

**CHRIST THE KING  
LUTHERAN SCHOOL**



**KNIGHTS ATHLETIC  
HANDBOOK**

## **Philosophy**

Christ the King Lutheran School seeks to develop the whole child, including the physical realm. Our athletic program is offered to help equip the child with opportunities to develop skills and talents in sports. We hope to nurture these skills as a gift from God to be used for His praise and glory.

Christ the King tries to teach Christian sportsmanship through athletics. We strive to encourage the child to win with graciousness, and to lose without excuse, celebrating the opportunity to participate and be active. We encourage coaches, teachers, and parents to model these attributes in word and action.

Christ the King Lutheran School recognizes our interscholastic sports program as an extra-curricular part of our instructional program, and expects that all participants be students in good academic standing. In addition, participants should carry and present themselves in a manner that reflects the Christian values we all strive to demonstrate as children of God. We want to make God proud through word, action, effort, etc.

We believe that as we work together, our athletic program can help each child gain the proper skills and Christian attitude necessary to compete, and these attributes will carry on later in life.

## **Objectives**

- To understand that the use of physical skills are a form of worship and praise to God.
- To help children become thankful to God for their various talents and abilities.
- To have fun through physical activity.
- To give students the opportunity to improve their skills, physical conditioning, and commitment to team concepts.
- To provide an avenue for school spirit.
- To learn the rules and strategies of competitive athletics.

## **Teams / Sports Offered**

Fall:	Soccer – Co-ed Girls Volleyball	Spring:	Girls Track and Field Boys Track and Field Girls Soccer Tournament Boys Soccer Tournament
Winter:	Girls Basketball Boys Basketball		

We will make every effort to offer all sports to Grades 5-8. However, in some circumstances, we may only be able to offer a sport to Grades 6-8 if participation numbers are high. In other circumstances we may open a sport up to Grade 4, if participation numbers are low.

## **Eligibility**

All students participating in sports must maintain a “C” average (2.0) and cannot be **failing** any subject. In the event they are not able to maintain this average, or are failing a subject, they will be ineligible for a one-week period (no practices or games) and their grades will be re-evaluated at the end of that one-week period. All assignments are also to be turned in complete and on time. If a student is not turning in assignments in a timely fashion, or is turning in incomplete work on a regular basis, they may be declared ineligible.

**Late homework** will not receive full-credit. Repeat offenses will result in “Lunch Detention.” Homework is considered late if it is not turned in on-time as outlined and assigned by the teacher.

Students who consistently do not turn in homework may be placed on probation and/or not allowed to participate in athletics. Furthermore, any student with more than THREE (3) missing assignments at any one time cannot participate in athletics: *practice or* games, until the late work has been completed and turned in.

If a student is absent, he/she is allowed one extra day to complete assignments missed due to absence.

## **“Lunch Detention”**

Students will receive a Lunch Detention for disciplinary reasons including inappropriate conduct, disrespect, repeat violations of the school dress code, excessive tardies, excessive late homework assignments, and other instances as deemed necessary by the teacher and/or principal.

Parents will receive notice of the violation/behavior and the date when the lunch detention will be served. Detentions will only be served on Thursday each week. Students who earn a “Thursday School” may not participate in extra-curricular activities (practices, games, rehearsals, etc.) on that Thursday until the detention has been served.

\*\* Further discipline, including but not limited to, in-school suspension, may be imposed if

Lunch detentions prove to be ineffective for repeat violations of the same inappropriate behavior.

All students will be held accountable as far as Christian conduct is concerned. If a teacher feels a student’s conduct is not appropriate, a student may be declared ineligible for a one-week period.

## **Team Rosters**

**Soccer:** Co-ed Sport open to Boys and Girls in grades 5-8. If participation is fewer than 15, 4<sup>th</sup> graders may participate. This sport is offered at the A-team level only.

**Volleyball A-Team:** A-Team Volleyball is open to 7<sup>th</sup> and 8<sup>th</sup> grade girls. Rosters will be capped at 12 players. All 8<sup>th</sup> graders will be placed on the A-team. 7<sup>th</sup> graders will fill the remaining roster spots. Remaining 7<sup>th</sup> graders will play on the B-team. These decisions will be at the discretion of the coaches.

**Volleyball B-Team:** will consist of remaining 7<sup>th</sup> graders and 5<sup>th</sup> and 6<sup>th</sup> graders.

**Basketball A-Team:** A-team basketball will be open to 7<sup>th</sup> and 8<sup>th</sup> graders. Rosters will be capped at 12 players maximum with all 8<sup>th</sup> graders playing on the A-team and remaining spots being filled by 7<sup>th</sup> graders. Remaining 7<sup>th</sup> graders will play on the B-team. These decisions will be at the discretion of the coaches.

**Basketball B-Team:** B-team basketball will be open to 7<sup>th</sup> graders not playing on the A-team, followed by 6<sup>th</sup> graders and 5<sup>th</sup> graders.

**Track and Field:** Track and Field is offered to all students in grades 4-8. Students in grades 4-6 will participate on the B-Team and students in grades 7-8 will be part of the A-team.

**\*\*4<sup>th</sup> graders can be added if participation is low.**

**\*\*There may be an instance where a sport cannot be offered at the 4<sup>th</sup> and/or 5<sup>th</sup> grade level due to high participation numbers.**

## **Playing Time**

There are two levels of interscholastic competition at Christ the King. The purpose to the “B” team is to emphasize skill development, being part of a team, and participation. Winning, while always a goal, is not a major priority.

“A” Team competition is designed to be more competitive, with the emphasis on winning increasing. Not all team members will necessarily play in each game, although efforts will be made to accomplish this. Playing time will be at the discretion of the coaches and is determined by a variety of factors including attitude, work ethic, skill level, and game situation.

## **Participation/Absences**

Students absent from practices should be excused by a parent in writing or by phone to the coach. A student who is going to be absent from a game should be excused by a parent in writing or by phone to the coach prior to the day of the game, if possible. If a student is absent from school, he/she is not allowed to participate in extra-curriculars for that day. If this is an unavoidable absence (funeral, doctor’s appointment, etc.) please communicate this to your child’s coach and the athletic director in advance. A student with unexcused practice absences should expect to receive considerably less playing time for that week.

## **Dress Code**

As a way to promote team unity and promoting team spirit, team members are encouraged to dress up on game days. Coaches and/or the athletic director may decide on a dress code for their specific team. All team members are encouraged to follow the dress code set forth by their coach

– for example: khakis and a button up shirt or polo; or in the event that a team designs a special “team t-shirt” they may decide to wear that team shirt with khakis. In the event there is not specific dress code outlined by a coach, then all participants are asked to dress up on game days. Not following the dress code as outlined or expected by a coach or the athletic director can result in loss of playing time (being benched for a half), and if in repeat violation, missing an entire game or being dismissed from the team.

In order for athletes to derive the best benefit from practices, each athlete needs to dress appropriately for practice for the sport. For sports that take place outdoors, special consideration needs to be made for weather – dress in layers, wear a stocking hat, etc. as necessary. Athletes also need proper equipment for the sport they participate in:

Any Court Sport: Non-marking gym shoes with good ankle and arch support. Volleyball:

Knee-Pads

Soccer: Shin-Guards that are either covered, or worn with socks that will cover them.

Soccer cleats are recommended, but not required.

Track and Field: Spikes, or shoes made for a specific event are available, but not required.

## **Uniforms**

Athletes are required to return their uniform, to the school, within two weeks following the conclusion of their sport season. Loss of the uniform, failure to return or damage rendering the uniform unusable will result in a \$65 fine.

## **Transportation**

Parents will be asked to arrange transportation for their own child both TO AND FROM each game. In the event that a child will be brought to the game and taken home by different parents, please communicate that to the coach. Your child’s coach might have the ability to transport a small number of athletes to and from games, but it is the responsibility of the parent to ensure that their child has transportation both to and from each game. Carpooling is encouraged.

In regard to practices, parents are asked to pick up their child in a timely fashion. Be sure that your child knows who is picking them up, or where they are to go after practice.

Students need to be supervised at all times. Coaches will be here after school for early practices.

It is the parents’ responsibility to have somewhere for their child to go after school and before late practice or a game. Also, it is not the responsibility of the early practice’s coaches to watch your child when they are spending their time coaching their team. Arrangements need to be made prior to the day of the practice or game.

## **Scheduling**

Prior to each season, the coach will distribute an athletic calendar indicating the appropriate games, practices, and tournaments. Parents are encouraged to consult this calendar when making family travel arrangements. In order to facilitate family time, practices will be generally held to 90 minutes in length. Some practices at the beginning of the season may run up to 120 minutes. We will also try to ensure that there is one evening each week where there is not a game or practice scheduled. In some circumstances this may not be possible, but every effort will be made to make this possible.

Changes to the schedule, including additions, cancellations, or reschedule dates may be necessary due to the weather, or other unforeseen circumstances. Communication of any changes will be sent out as soon as it is available.

## **Clock, Concessions, Gate, Scorekeeping**

At home games, it is the responsibility of Christ the King to provide volunteers to help with keeping the clock for games, keeping score for games, taking the gate receipts, and working in the concession stand. *All parents of student athletes are expected to help out with these service opportunities.*

## **Concussion Awareness and Prevention Laws**

Beginning with the 2013 sports season, new laws on concussion awareness and prevention were put into place which will affect players, parents, coaches, schools and other oversight organizations. Athletes and parents should be fully aware of the symptoms and regulations.

concerning concussions. Athletes and parents need to sign a concussion information sheet that will be kept on file at the school. Forms can be found in the school office or on the school website. Families can obtain more information by going to [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

## **Concussion Policy**

In accordance with Public Acts 342 and 343, any athlete suspected of having suffered a concussion will be removed from a practice or game immediately. The athlete may not return to practice or competition until a written clearance from a medical doctor has been submitted to the athletic director.

## **Physician Physical Requirement**

All athletes must be cleared by a physician and have a completed MHSAA physical form on file, at the school, **in order to practice**. MHSAA forms will be provided by the athletic department. A copy of a well visit note will not be accepted, however, the MHSAA physical form can be completed and signed by a physician at a well visit if it's dated on or after May of the current year and will be valid for one year.

### **Player and Parent Guidelines**

- While we can't always win, each event should be approached with optimism and a desire to do our best.
- Success can be measured in many ways other than the "win" or "loss". Place emphasis on improvement, effort, teamwork, etc.
- The success of a season is not ONLY measured by a win/loss record, but also by knowledge gained, improvement in skills, and an increased attitude of Christian sportsmanship.
- It's the team that wins or loses, not the individual.
- Each athlete is important to the team, even if he/she doesn't play as much as the others. Team members must realize that academic studies come before athletics.
- Athletes must recognize the importance of regular church attendance.
- Improper behavior by student athletes, (swearing, poor sportsmanship, undermining of team members or coaches, lack of respect for team members or coaches, fighting, etc.) will lead to disciplinary action by the coach or athletic director. This may include suspension from the team.
- Parents are asked to display proper behavior in all situations as parents are pivotal in providing and reinforcing good Christian sportsmanship and behaviors.

If at any time, a parent/guardian/family member becomes disrespectful or does not abide by the athletic policy, an automatic two-game suspension will be enforced to the individual that violates this policy. At the time of the first offense, the student athlete will still be eligible to participate. If the policy continues to be broken, the child will no longer be eligible to participate until a meeting with the policy violator, athletic director, principal and pastor has taken place. If there are no remaining games to serve the suspension, a \$100 fee will be assessed to the family's account. A signed policy form must be on file at CTK for an athlete to participate.

### **Conflict Resolution**

In keeping with the Lord Jesus' teachings in Matthew 18, a policy set by our board of education, all disagreements and concerns between players, parents, and/or coaches should be handled in the following manner, after the 24 hour waiting period.

1. Meet directly with the parties concerned to discuss the problem and come to a resolution.
2. If a resolution cannot be reached, arrange a meeting with the coach, athletic director, and all concerned parties.
3. If a resolution has yet not been reached, meet with the principal and athletic director.
4. If problems still exist, contact the Board of Christian Education of Christ the King Lutheran School in writing and arrange for a meeting of that Board.
5. Anonymous complaints cannot be dealt with in a proper manner. As Christians, we need to be open and honest with each other in an atmosphere of mutual respect and care.

In all conflict situations, it is understood that all contacts should be handled in a Christian and discreet way in order to promote a Christian witness to the spectators, team members, and other parents.

## **Coaches Guidelines**

Coaches are expected to be regular in their church attendance. Good sportsmanship is to be encouraged at all games and practices. Good Christian attitude is the primary goal. Attitudes consistent with our Christian Faith are to be displayed at all times. The coach is the example for the team, and also to the player's family. The language of the coach and the team should always reflect our Christianity.

Prayer is a part of every practice as well as before and after games. You are working with children; therefore patience needs to be used. The main objectives are learning, teaching, and enjoyment of the game. As a coach, you are responsible for and are to be in charge of your team at all times during practices and games. You are the adult in charge, and should be in control of yourself and your team. Team member's friends are not allowed at practices. Do not allow team members to criticize teammates, or to attach their self-worth in any manner. We are to build each other up and encourage one another, both in times of success and when we struggle.

- As a coach, you are also responsible for building security. After practices and games, check:
  - All lights have been turned off.
  - All interior and exterior doors are closed AND locked.
  - All windows are closed AND locked.
  - All equipment is put away properly.
  - Locker rooms are clean and neat.
  - All students have been picked up – you must be the last to leave.
  - Be sure team members stay in the gym and that they do not run around the hallways of the school.

Coaches are to take a first-aid kit with them to all away games and tournaments. Track coaches are to take one to practices at USA. They are located in the closet outside the gym doors.

Coaches are expected to attend and coach all scheduled games, or make sure a capable assistant coach is in place. Coaches are expected to be on time for all practices and games. Students are not to be left unattended. Coaches are to strive to help each and every team member feel like an important member of the team and to use positive reinforcement, encouragement, and they will strive to communicate the role of each team-member and their importance to the team.

All coaches are required to take an online test about concussions. The test can be found at <http://www.cdc.gov/concussion/HeadsUp/Training/index.html> Once the test is completed, a copy needs to be turned into the Athletic Director for the school's records.