

ST. CROIX LUTHERAN ATHLETIC POLICIES AND PROCEDURES

1. SPORTS

Volleyball, Girls Soccer, Boys Soccer, Cross Country, Girls Tennis, Bowling, Football, Boys Basketball, Girls Basketball, Wrestling, Dance, Boys Hockey, Girls Hockey, Softball, Baseball, Girls Track, Boys Track, Boys Golf, Girls Golf, Boys Lacrosse, Clay Targets

2. PHYSICALS & SPORTS REGISTRATION

A current sports physical and online sports registration are necessary in order for an athlete to practice.

3. BASELINE CONCUSSION TEST

A baseline concussion test is required every two years for CONTACT and LIMITED CONTACT sports.

MSHSL Sport Classification Based on Contact		
Collision Contact Sports	Limited Contact Sports	Non-contact Sports
Basketball Football Hockey Lacrosse Soccer Wrestling	Baseball Field Events: *High Jump *Pole Vault Softball Volleyball	Bowling Cross Country Dance Team Field Events: *Discus *Shot Put Golf Tennis Track

4. MSHSL ELIGIBILITY

Any consumption of a chemical substance such as alcohol, drugs, or tobacco causes an athlete to be ineligible to participate in contests. This time period begins when an athlete enters 9th grade and extends continuously including summers through grade 12. This also applies to all other MSHSL eligibility rules.

5. ACADEMIC ELIGIBILITY

A minimum 1.67 (C-) grade point average is necessary for an athlete to remain eligible to play in contests. One failing grade will result in a two week academic probation period for an athlete. Two or more failing grades will result in an athlete becoming ineligible to participate in contests.

6. PRACTICES

Practices are usually held from after school until 5:00 – 5:30 p.m. Late practice until 8:00 p.m. Attendance at all practices is required.

7. SCHEDULES

Contests are listed on the SCL online school calendar. Additions or changes will appear on the calendar as soon as they are made. Sign up under “Notify Me” for automatic e-mail or text notifications of schedule changes of the designated sports. Transportation schedules for away contests will be given to athletes by their coaches.

8. DIRECTIONS TO CONTESTS

Directions for the various activity sites are available on the SCL online calendar.

9. TRAVEL

Each coach will give specific information for away trips. Written permission must be given to a coach when an athlete does not ride on the team bus/van.

10. INJURIES

SCL has an athletic trainer on-site for home games, and the trainer has office hours at SCL after school on Wednesdays. The trainer will treat minor injuries. Coaches also treat minor injuries. Taping, wrapping, and applying band-aids and ice are usually the extent of this treatment. For more serious injuries, proper first aid procedures are followed on the spot and further emergency medical help is obtained if necessary. For these injuries, parents are contacted for information and guidance.

11. WEIGHT TRAINING

Many coaches require it in order to help athletes prevent injuries, develop physically and improve in sports. SCL carries out a weight program applicable to all sports.

12. LETTER

These are awarded to athletes on a varsity team who meet the coach’s criteria. **An athlete must be and remain eligible for the entire season in order to letter.** Quitting the team for any length of time or an unexcused absence from any practice – defined as not contacting and receiving permission in person from the head coach - is grounds for not lettering.

13. SCHOOL ABSENCES

On the day of an athletic contest, participating students are expected to be in school all day. Students who miss classes due to illness, including time in the nurse’s office, or who have an unexcused absence will not be permitted to participate in any contest on the day of the absence. Students who miss class due to scheduled appointments (i.e., doctor, dentist, college visit) must provide written documentation of the scheduled appointment, including contact information of the provider, and a written excuse by a parent/guardian before they are allowed to participate on that day.

14. VOLUNTEER OPPORTUNITIES

Parent help is vital to the success of the SCL athletics program. Volunteers are needed for selling tickets, working in concessions, and working at track meets. In order to fairly disperse this workload, parents are asked to work at 1-2 events during each season their child is in a sport. If you are unable to volunteer, there is an opt-out option for a fee of \$100 per family per sports season. Your part in volunteering adds a lot to the program and is greatly appreciated!

15. CUTS

Some sports require cuts if a large number of athletes try out for the team. Preparing your son/daughter for this before they try out will be beneficial for them.

16. COMMUNICATION

Our Philosophy

- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- St. Croix Lutheran athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understand the focus and direction of the program.

Your Expectations

A. It is reasonable to expect your child's coach to inform you:

1. When and where practices are held
2. About his/her coaching philosophy
3. About expectations he/she has for all athletes on the team
4. What is required to be a part of the team
5. If your child is injured during participation in a practice or contest
6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest

B. It is reasonable for you to expect that your child will receive:

1. Coaching that will be geared to improvement of skills
2. Instruction in being a member of a team
3. Guidance in positive Christian values
4. Loving discipline when necessary
5. Open communication on any topic
6. Care and Christian concern

C. Typical concerns of parents that are **appropriate** to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance)
2. How you can contribute to your child's skill improvement and development
3. Any dramatic changes you detect in your child's behavior

Our Expectations

A. It is **not appropriate** to discuss with a coach:

1. Playing time
2. Team strategy or play calling
3. Other student athletes

B. Coaches often need parents to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the coach at a mutually convenient time
2. Notification of any schedule conflicts well in advance
3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your son/daughter is at practice each day on time and to supervise that your child gets enough rest and nutrition at home
4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

C. If you have a concern to discuss with a coach, what procedure should you follow?

1. Make an appointment with the coach.
2. If the meeting with the coach does not result in resolution to the problem, call the Athletic Director to discuss the situation.

17. PLAYING TIME

This is usually the area of most concern.

1. Coaches evaluate athletes daily.
2. Coaches see each athlete every day at practices and in games.
3. Coaches make playing-time decisions based on an athlete's ability, effort, and attitude. The most important of these is usually ability.
4. C and JV teams – All athletes get some playing time with those with more ability getting the greater amount of playing time.
5. VARSITY – Athletes with the greater ability get the most playing time. It is possible that in some contest not all athletes will play.

18. SPORTSMANSHIP

Coaches, spectators, and athletes show respect at all times to officials, opponents, and spectators of the opposing team. Each one of us has a great opportunity to show who we really are, especially in an emotional setting like an athletic contest. Even though many times this is difficult, it is vital to let people see us as the Christians we are, showing love and respect to all.

19. ATHLETICS IS MINISTRY

Athletics is one part of our ministry here at SCL – just like math class, history class, religion class, chapel, band, theatre, speech, etc. The goal in athletics is the same as in all other aspects of our ministry – prepare young people for life, a life with Jesus Christ as the foundation and focus. Athletics provides a wonderful arena to actually practice Christianity (leadership, sportsmanship, teamwork, effort, enthusiasm, caring). This is the reason SCL exists. This is the reason we have an athletic program. We, as coaches and parents, want to keep this as our major focus as we work with our young people this year in athletics.

