

St. John's Athletic Handbook



"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace..."

1 Peter 4:10



School Information:

700 S. Franklin St. Denver, CO 80209

Principal: Loren Otte loren.otte@sjdenver.org

Administrative Assistant: Sara Ness Sara.Ness@sjdenver.org

School Phone Number: (303)733-3777

Athletic Director: Emily Herrema athletics@sjdenver.org

Purpose:

This handbook serves as a resource book for the St. John's athletic program. It outlines the philosophy under which our school is expected to relate to each other in athletics.

I. Available Sports: (5-6th Gr. JV / 7-8th Gr. V)

Fall Sports: Junior Varsity / Varsity Girls Volleyball / Co-ed Varsity Soccer

[August thru October / 1-2 practices per week / 1-2 games per week]

Winter Sports: Junior Varsity / Varsity Boys and Girls Basketball

[November thru February / 2-3 practices per week / 2-3 games per week]

Spring Sport: Co-ed Varsity Track

[March thru May / 2 practices per week, 2-3 track meets on weekdays and/or Saturday]

II. Levels of Participation

- A. JV Teams should consist of 6th grade and younger.
- B. V Teams should consist of 8th grade and younger.
- C. Participation in SJ athletics and an outside team needs to be communicated with the athletic director and coach.
 - 1. This will help with communication of absences for practice/games.

III. Tips for Parents

- A. Make sure your son and/or daughters know that, win or lose, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life that they can look to for constant positive reinforcement.
- B. Be helpful, but don't coach him or her on the court, field, and track or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for your child to be inundated with advice, pep talks, and often critical instruction.
- C. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills, and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
- D. Try not to relive your athletic life through your child in a way that creates pressure.
- E. Don't compete with the coach- it is tough enough to be a parent.
- F. Don't compare the skill, courage, or attitudes of your child with other members of the team.

IV. Athletic Equipment

A. St. John's provides athletes with the following athletic equipment for each sport:

1. Soccer: Jersey top
2. Volleyball: Jersey top/bottom (Spandex for V) (Revised August 2021)
3. Basketball: Jersey top/bottom

B. Student athletes are responsible for the care and return of St. John's athletic uniforms.

1. Uniform turn in due dates will be communicated accordingly for each sport.

- a) Families will be charged a late fee of \$10 for uniforms turned in 1 week after the due date.
- b) Families will be charged a late fee of \$20 for uniforms turned in 2 weeks after the due date.
- c) Families with uniforms not returned by the end of the school year will be charged a fee to cover the replacement of the uniform which varies per sport.

V. Communications

A. Practice/Game Cancellation

1. St. John's will notify parents via email of a practice or game cancellation.
2. Students may also call home to notify parents of schedule changes, as needed.

B. No School = No Game / No Practice

1. Snow Day and No School Holidays result in no practice or games.

C. Missing a Game / Practice

1. Parents need to notify the athletic director and/or coach of their child missing any game or practice.

D. Injuries

1. Families need to communicate with the school office, athletic director and coaches of their child's injuries - especially when it occurs outside of school.
 - a) Concussion injuries require a doctor's evaluation and note to return to regular activity.
 - b) If an athlete is injured he/she cannot participate in athletics until a doctor's note is provided to the school office or athletic director.

VI. Eligibility

- A. Eligibility is checked every Friday for student participation in the upcoming week.
- B. We expect the student-athlete to maintain a 2.0("C") grade point average or better and assume responsibility for completing assignments on time. A failing grade in a class will result in ineligibility. (Revised August 2019)
 - 1. Additionally, any student who is required to attend lunch study hall three times in a given week and/or receives a detention in a given week will be ineligible.
- C. Students and parents will be notified by an ineligibility form and e-mail from the athletic director.

VII. Disciplinary Procedures

- A. Students and parents must follow the Code of Ethics at all athletic events -- home and away.
- B. Any word and/or action that needs discipline will follow the St. John's Parent Student Handbook discipline steps as determined by the coach, athletic director and principal.

VIII. Awards

- A. At the end of each season, a celebration will be held to recognize and honor the athletes for their hard work and participation in athletics.
- B. Details of dates and times will be announced as it becomes available.

IX. Denver Area League Policies

A. Volleyball

- 1. JV underhand serving line is 6 feet in front of the service line.
- 2. All overhand serves must be from behind the service line.
- 3. JV Volleyball will use VolleyLite size volleyballs in league Games.
- 4. V Volleyball may use a libero in league games; teams using a libero must provide a tracker.

B. Soccer

- 1. Games will be played in two 30-minute halves.
- 2. Tie games will not be resolved, unless it is a tournament.
- 3. All players must wear shin guards.
- 4. No metal or toe cleats are allowed.

C. Basketball

1. JV Games:

- a) 8 minute running clock, except the last two minutes of each half which will be a stopped clock
- b) 28.5 size basketball (standard women's ball)
- c) Free throws may be shot from a 13-foot line, which will be marked.

2. Varsity Games:

- a) 6 minute stopped clock
- b) Boys' varsity will use the standard men's ball. Girls' varsity will use standard women's ball.
- c) Free throws must be shot from the 15-foot line.

3. Full Court Pressing:

- a) JV teams will have a 10 point lead rule.
- b) Varsity will have a 20 point lead rule.

(1) No full court press is allowed at these leads. A warning will be given the first time, then a technical - 2 free throws awarded.

D. Track

- 1. Students will participate in 2+ events per meet.
- 2. Track meets will be held on Saturdays and/or weekdays.

Denver Area School Teams:

St. John's

700 S. Franklin St. Denver, CO 80209 *Soccer Field:* Pinehurst Park
4600 W Quincy Ave, Denver, CO 80236

Bethlehem Lutheran

2100 Wadsworth Blvd, Denver, CO 80214

Peace With Christ

3290 S Tower Rd, Aurora, CO 80013

Zion Brighton

1400 Skeel St, Brighton, CO 80601 *Soccer Field:*
1 ½ blocks past Zion on Southern Road

International School of Denver

7701 E 1st Pl Unit C, Denver, CO 80230

Front Range Christian School

6657 W Ottawa Ave, Littleton, CO 80128

Denver Christian

3898 S Teller St, Lakewood, CO 80235

SkyView Academy

6161 Business Center Dr, Highlands Ranch, CO 80130

St. Mary's Academy

4545 S University Blvd, Englewood, CO 80113

Southeast Christian School

9650 Jordan Rd, Parker, CO 80134

Legacy Academy

1975 Legacy Cir, Elizabeth, CO 80107

Mile High Academy

1733 Dad Clark Dr, Highlands Ranch, CO 80126

*Not a complete list of schools

St. John's Lutheran School
Code of Ethics for Student-Athletes, Parents, and Coaches
Christian love, sportsmanship and forgiveness are priorities in the athletic programs at St. John's



1. We encourage positive participation by all students in practice and game situations.
2. We will treat all players, coaches, officials, parents, and administrators with respect and positive encouragement.
3. We will do our best to learn the fundamental skills, rules, and strategies of the sport.
4. We will uphold the authority and respect the officials of the contests at all times.
5. We expect the athletes, coaches, and spectators to win graciously and with equal consideration for the losing team. If we lose, we want to make the most of the opportunity to teach the qualities such as respect and Christian sportsmanship.

6. We expect all family members to be supervised at all times during practices, home/away games and tournaments.
7. We expect the student-athlete to maintain a 2.0 ("C") grade point average or better and assume responsibility for completing assignments on time. Any student who is required to attend lunch study hall three times in a given week and/or receives a detention in a given week will be ineligible.
8. If need be, we will send home an ineligibility form on Thursday, in their Thursday folder. We hope every student-athlete can maintain their school work at all times, but if a student is ineligible, they will not be able to participate in practices or games the following week and weekend.
9. We expect all adults to not consume alcohol or drugs, or be under the influence, at any school sponsored home/away games and events.
10. To resume activity after an injury, a doctor's note is required. If it is a concussion injury, the student-athlete must then follow St. John's protocol to resume activity.
11. Students are responsible for the care and return of St. John's athletic uniforms. Uniform turn in due dates will be communicated accordingly for each sport. Families with uniforms not returned by the due date will be charged a late fee of \$10 for uniforms turned in one week after the due date; \$20 for uniforms turned in two weeks after the due date. Families with uniforms not returned by the end of the school year will be charged a fee to cover the

replacement of the uniform, which varies per sport.

VIOLATION OF THIS CODE MAY REQUIRE SOME FORM OF DISCIPLINE, SUCH AS VERBAL WARNING, REMOVAL FROM THE GAME, OR AN INDEFINITE SUSPENSION FROM ANY ATHLETIC EVENTS.

We remember that we can never achieve perfection, but we will strive to be forgiving and encouraging at all times.

We, the undersigned, agree to abide by the St John's Handbook and Code of Ethics.

Athletic Director Principal

Student-Athlete Parent Signature

(Revised August 2021)