

# St. Paul's Lutheran School Athletics Handbook



St. Paul's Ev. Lutheran School  
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## *Section I*

### **GOALS OF OUR ATHLETIC PROGRAMS**

The Word of God is also the Word of Life and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs which certainly includes the athletic activities of our school. As such, the goals of our athletic program are:

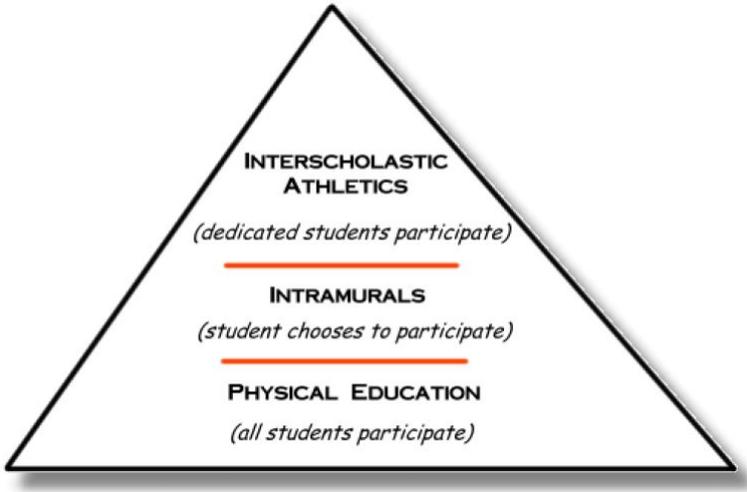
1. To help children to recognize and appreciate in themselves and others the gifts they have received from God.
2. To develop character traits such as self-discipline, self-esteem, responsibility, leadership, team-work and self control under pressure, defeat, and failure, as well as proper acceptance of success and victory.
3. To develop to a greater degree the fundamental skills and knowledge of the rules appropriate to each grade level.
4. To help prepare our students for participation in advanced levels of athletics.
5. To provide a Christian witness to all our members and to our community and to demonstrate by example the fruits of Christian faith in athletic competition.

*“... I chose you and appointed you to go and bear fruit - fruit that will last.”*

**– John 15:16**

## Section II

# PHILOSOPHY OF OUR ATHLETIC PROGRAMS



St. Paul’s Lutheran School has an athletic program to allow students in grades 3-8 to use their God given gifts to His glory. However, interscholastic athletics are not a requirement of the curriculum as physical education is. The above tiered pyramid shows the levels at which children participate and the levels of commitment.

Physical education is part of the school’s curriculum. It is a requirement of every student of St. Paul’s to participate in this class. That is why it is at the bottom of the pyramid, all students must participate.

As you skip to the top of the pyramid, you reach interscholastic sports level. That is the participation of the school in athletic competitions against other schools. This level is a student choice. However, it needs to be understood that this level

requires discipline and dedication on the part of the student and parents.

Competitiveness at the various levels of interscholastic sports is different. The goal at C team level is to introduce and develop the athletes in the basic skills and rules of the sport. Players who faithfully attend practice; work hard and listen will play in all games with nearly equal playing time. All players will have the opportunity to start at least one game during the season.

At the B team level, the competition is more intense, but players are still developing the necessary skills with the goal of the team to make everyone better. Players who faithfully attend practice; work hard and listen will play in all games, but the playing time may not be equal. The same is true for tournaments.

The A team level is the most competitive for our conference. Therefore we strive to be as competitive as possible with our A teams. Although playing time won't be equal, it is the intent for every athlete to play in each game. Situations may arise in which an athlete may not play in a particular game. If this should occur, the coach should provide additional playing time in a subsequent game as the situation allows. In tournaments, at this level, playing time is not guaranteed.

We believe that practice is vital to our program. Playing time for a student at any level will be affected if he/she consistently misses practice.

When it comes to what grade can play at what level, the conference rules govern some of those participation requirements. For conference, the team splits can be as follows:

- A teams: Grades 7 and 8

- B teams: Grades 5 and 6
- C teams: Grades 3 and 4

It is the goal of St. Paul's, to keep the grades together. Therefore, St. Paul's will not typically move up an individual(s) based on their talent unless class sizes are smaller and the player(s) are needed to field a team. When the participating class sizes are small, for instance, the 4<sup>th</sup>, 5<sup>th</sup> grade and 6<sup>th</sup> grade may combine to have a B team and there will be no C team.

At St. Paul's, we do not as a general rule "cut" players from the team. Generally, anyone who is interested in the sport will be able to participate as long as they meet the handbook requirements. However, we want to keep our team sizes at a manageable level for both the coaches and the athletes to best instruct and participate. To that end, in a given year where team sizes are large, we would first try to split the grade between two teams (e.g. 7<sup>th</sup> graders on an A team or B team) before having a cut.

### **Section III**

## **ATHLETE GUIDELINES**

1. All necessary forms are signed and returned to the athletic director before the first practice. An athlete may not participate in a practice or game until this is accomplished.
2. The Board of Education has approved the fees for each sport. Each athlete is required to pay the sport's fee before practice begins. An athlete may not participate in a practice or game until this is accomplished.
3. If athletes have practices starting after 3:15PM, they must leave the school grounds after the school day and return no sooner than fifteen (15) minutes before

practice. Players are to leave the school building within fifteen (15) minutes of the conclusion of practice. If parents are unable to pick up their child within fifteen minutes, the child should arrange to ride home with another student and be picked up there.

4. Players should not use the telephones at school to arrange transportation after practice or games. Transportation arrangements should be made prior to the event.
5. Parents/Guardians, together with the athlete, are responsible for transportation of the athlete to and from all games and practices.
6. There are no sports practices conducted on Saturday or Sunday in any season. No practices are scheduled over school vacations. However, *optional* open gym times may be scheduled over school vacations.
7. To encourage responsibility, leadership, and teamwork, members of St. Paul's athletic teams must make it a priority to attend their school teams' athletic event, whether games or practices, before any athletic activity outside of school.
8. Uniform care is the athlete's responsibility. Any uniform not returned, or returned in an unusable state, will be replaced at the athlete's expense.
9. Any incidents involving drugs, alcohol or weapons will be addressed according to the directions as printed on page 10 of the *School Handbook*.
10. Students have the *privilege* to represent St. Paul's in extracurricular activities. Their behavior reflects directly on St. Paul's and their Savior Jesus Christ, whom we serve. A student can be declared ineligible based on an attitude or any incident that harms the mission of St. Paul's Ev. Lutheran School.

11. These eligibility standards do not replace or diminish the *School Handbook* given to each student and parent. Rather these guidelines are in addition to those guidelines.

***Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.***

***Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.***

**– 1 Corinthians 9:24-25**

## **Section IV**

### **ELIGIBILITY GUIDELINES**

*As a student athlete, your first responsibility is to your academics. Therefore, the following guidelines will be used to determine a student's eligibility for sports and cheerleading:*

1. Two “D’s”, one “F”, or below a 2.0 GPA on a quarterly report card or midterm report will be cause to declare a student ineligible to participate in extracurricular activities until the next quarterly report card or midterm report is released. The ineligibility begins after the school administrator or classroom teacher has informed the parents in writing.
2. An incomplete (I) mark will be cause to declare a student ineligible until the work is completed. Eligibility cannot be restored for a student who receives an “I” until the Monday following distribution of report cards. In cases where lack of academic ability, not lack of academic effort is the cause of the poor grades, the teacher(s), athletic director and

school administrator will make the final decision regarding the student's eligibility.

3. Second quarter eligibility is based on first quarter grades, etc. All students entering the first quarter will be eligible unless otherwise decided by the teacher(s), athletic director and school administrator.
4. These eligibility standards do not replace or diminish the *School Handbook* standards given to each student and parent. Rather these guidelines are in addition to those guidelines.

## **Section V**

### **UNEXCUSED ABSENCES**

As an athlete you are responsible to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If you are unable to attend practice or will be tardy, the athlete must notify the coach at least one day before the absence (illness the exception). Excused absences would include dentist and doctor appointments, emergency situations, etc. Please communicate with the coaches!

Unexcused absences from practice(s) or game(s) will result in the following penalties:

1. First offense: A verbal warning and words of encouragement from the coach to attend practice and/or game.
2. Second offense: Player will receive limited playing time in the following game as decided by the coach and athletic director.

3. Third offense: Suspension from the following game. The player may NOT suit up but MUST sit on the bench with the team.
4. Fourth offense: Removal from the team for the remainder of the season.

## **Section VI**

### **COACHING GUIDELINES**

1. Coaches are representatives of St. Paul's Ev. Lutheran School and Christ. They are approved by the Board of Education and the pastors. They are informed of the goals and expectations at a preseason coaches meeting held with the athletic director. There is a high expectation for modeling Christian living placed upon our coaches.
2. Coaches...
  - a. Will submit forms for a background check.
  - b. Will have knowledge of this handbook and the School Handbook, and be in agreement with it.
  - c. Should have a general knowledge of the sport they are coaching.
  - d. Will encourage all athletes at all levels.
  - e. Will demonstrate organization and responsibility for his/her team at all practices and games.
  - f. Will encourage prayer before all athletic events.
  - g. Will be regular in church attendance and the Lord's Supper.

## Section VII

### PARENT SECTION

1. It will be the responsibility of the parents to watch, care for, and discipline their children before and after all home and away games. If the child's own parent is not able to attend the athletic contest, the parent will be responsible for finding a "care-giver" when the child is not under the direct supervision of the coach.
2. Parents/Guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
3. Due Process. It is hoped that healthy relationships are maintained by all those involved in our sports programs. Communication is the key. Any problems which do arise should be worked out in a God-pleasing way. Parents are asked to resolve conflicts using the following order:
  - a. Discuss the matter in private with the coach.  
(Matthew 18:15)
  - b. Contact/meet with the athletic director along with the coach.
  - c. The athletic director along with the coach(es) will involve the school administrator.
  - d. Meet with the Board of Education.
4. Volunteering is needed by the parents. This is for all parents of St. Paul's, not just parents with students participating. To truly make the athletic program work, it requires parents to help out in many various ways. These ways will be made known throughout the school year.

## *Section VIII*

# **INTERSCHOLASTIC ATHLETIC ACTIVITIES**

## **Lutheran Athletic Association**

Fall sports offered are boys' and girls' cross country and girls' volleyball. Winter sports are boys' and girls' basketball. Spring sports include boys' and girls' softball and track.

### **A. Girls' Volleyball**

1. Volleyball is offered to girls in grades 3-8.
2. Girls may participate in cross country and volleyball at the same time.
3. Season is from the beginning of the school year to approximately the middle of October.
4. A schedule for practice and games will be given prior to the beginning of the season.

### **B. Cross Country**

1. Offered to girls and boys in grades 3-8.
2. Girls may participate in cross country and volleyball at the same time.
3. Season is from the beginning of the school year to approximately the middle of October.
4. A practice and game schedule will be sent home prior to the season.
5. Practices will be after school outside. If weather conditions are poor (below 40 degrees Fahrenheit, rain, or 30+ MPH sustained winds), there will be no practice. All participants should be ready to be outside at all times.

### **C. Basketball**

1. Offered to girls and boys in grades 3-8.
2. Season begins roughly the second week of November and concludes by the second weekend in March.
3. A practice and game schedule will be sent home prior to the season.
4. In the event that school is closed due to weather, all practices and/or games are canceled for that day.

### **D. Slow Pitch Softball**

1. Offered to girls and boys in grades 5-8.
2. Practices will start around the middle of April and go until the third weekend in May.
3. Boys and girls may participate in track and softball at the same time.
4. The gym may be used for early season practice and outside practice will begin as soon as weather permits.
5. If weather conditions are poor (below 40 degrees Fahrenheit, rain, or 30+ MPH sustained winds), there will be no practice. All participants should be ready to be outside at all times.

### **E. Track**

1. Offered to boys and girls in grades 5-8.
2. Practices will start around the middle to end of April and go until the second weekend in May.
3. Boys and girls may participate in track and softball at the same time.

4. The gym may be used for early season practice and outside practice will begin as soon as weather permits.
5. If weather conditions are poor (below 40 degrees Fahrenheit, rain, or 30+ MPH sustained winds), there will be no practice unless the gym is available and the coaches move practice to the gym. All participants should be ready to be outside at all times.

## *Section XI*

### **OTHER SPORTS OPPORTUNITIES**

- A. Every coach greatly appreciates having a good student manager. If any child wants to be part of a team with less active participation, he/she is encouraged to consider being a student manager. Simply make your desire known to the coach and/or athletic director. Only two student managers per team.

***“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”***

**– Colossians 3:17**