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## **Christian Sportsmanship**

The athletic program is a part of the ministry of Good Shepherd Lutheran School. The number one goal of Good Shepherd Lutheran School is to see that each child develops to the fullest of his/her capabilities. Each activity and program is dedicated to our Lord and Savior, thus inspiring each student to dedicate all they do to His service. It is essential that the conduct of players, parents, coaches and fans, is exemplary. The following guidelines give specific expectations so that participation in the athletic program is at the highest level of Christian sportsmanship:

### **I. The Student Will**

1. Give glory to God through Christ-like speech and behavior at all times, both on and off the field or court.
2. Show respect to the coach, work hard and follow directions for the good of self and the team.
3. Treat opponents as guests and friends.
4. Accept the referee's decisions without arguing.
5. Discuss any questions or concerns with the coach.

### **II. The Parental Role in the Development of the Student Athlete**

The parent(s) / guardian(s) of a student are usually the determining factor in their child becoming an athlete. One of our primary goals is to experience and live out our faith in Christ. The responsibilities of the parent / guardian play a vital role with the development of a student athlete at Good Shepherd. A list of responsibilities is presented below:

1. Teach by example a Christian attitude towards all.
2. Assist the student to establish proper priorities with respect to church, family, peers, studies, and athletics.
3. Encourage and participate in the development of the student athlete's abilities.
4. Support the student's commitment to teamwork
5. Encourage each athlete to accept responsibilities for both individual and group actions.
6. Commit to help the athletes by attending sports events, driving, selling at the concession stands, assisting in clean-up and encouraging the coaches.
7. Pick up students on time after practices and games.
8. Understand not all students have the same athletic abilities so playing time will differ at each grade level.
9. Instill in the athlete good health habits towards diet, sleep and exercise.
10. Use the line of progression to resolve any problems. Address the problem first to the Coach, then to the Athletic Director, then to the Principal, and finally to the School Board.
11. Represent yourself in a Christian manner before, during and after athletic events.
12. Enthusiastically support teams at athletic events without being over zealous or critical of coaches and officials. The coach will respectfully address disagreements with the referee.

#### **IV. Objectives For Christian Sporting Activities:**

1. To promote a positive competitive atmosphere.
2. To represent Christian standards in athletics.
3. To encourage physical activity now and in the future.
4. To enhance one's own athletic ability and build self confidence.
5. To promote fellowship and sportsmanship in competitive play.
6. To promote healthy bodies through leisure activities.
7. To develop the ability to work together as a team.
8. To encourage one another through Christian witnessing.

#### **V. Code Of Conduct For All Sporting Activities:**

1. All members should remember they are representing Good Shepherd Lutheran School.
2. Uniforms will be kept neat, clean and in good order.
3. All members will dress up during games to present a good image.
4. Hair must be kept neat.
5. No member shall be untidy, wear jewelry, chew gum or behave in an unchristian manner.
6. Christian conduct is expected at all games and practices.
7. Each member will cooperate with fellow teammates and the coaches.
8. Failure to adhere to the code of conduct may result in suspension or dismissal from the team.

#### **VI. Volleyball**

##### **A. Philosophy**

1. The D-Team level will focus on fundamentals and the awareness of team play. (The amount of playing time will be as fair as possible).
2. The C-Team level will focus mainly on fundamentals with an increased awareness of team play. (The amount of playing time will be as fair as possible).
3. The B-Team level will continue to focus on fundamentals but with a greater level of competition. A fair amount of playing time will be given to each member, but equal time is not guaranteed. We may need to cut players through try-outs at this level.
4. The A-Team level will focus on being more competitive. This may result in unequal playing time for all members of the team (we will not guarantee playing time at this level). We may need to cut players through try-outs at this level.
5. Tournaments are more competitive than regular season play. Playing time during tournaments will follow the philosophy of each level listed above as closely as possible. However, we will not guarantee that every player will play in every game, nor will we guarantee playing time will be equal. The coaches will do their best to balance the competitive nature of the tournament with desire for each player to have an opportunity to play.
6. Application for participation in the LSA tournament is dependant upon meeting at least one of the following three requirements:
  - 1) Winning a tournament.
  - 2) Winning the conference.
  - 3) Winning 60% of the games.

## **B. Membership**

1. All members must have a physical before they can participate.
2. 5th graders will play on the D-Squad.
3. 6th graders will play on the C-Squad.
4. 7th graders will play on the B-Squad.
5. 8th graders will play on the A-Squad.
6. The size for the A- B Squads may be limited to 12 members each. The C-D Squads will not be limited.
7. Anyone from the B, C or D squad who the coach thinks will help the A-Squad in competition is eligible to play.
8. Before an athlete is allowed to play up on a higher Squad, a discussion will take place between the Athletic Director, the coach and the parent(s) / guardian(s).
9. Any new students who were unable to try out will be given the chance when school begins.
10. Try-outs will begin the 2nd Monday in August for the A & B - Squad.
11. All students must maintain the proper academic standards. Note the athletic eligibility requirements.
12. Membership will be dropped if one quits the team or if proper academic standards are not maintained.

## **C. Practices**

1. All practices will be held Monday through Friday excluding game days.
2. C&D - Squad will start practice the first week of school.
3. A&B - Squad will start practice after cuts in August (2nd Monday).
4. The D-Squad is limited to 3 events (games or practices) per week.
5. The C-Squad is limited to 4 events (games or practices) per week.
6. The A & B-Squads are limited to 5 events (games or practices) per week.
7. Locker rooms should be kept clean before, during and after practice.
8. All clothes and other accessories should be locked-up at all times.
9. All practices will be after school unless noted by the coach.
10. Team members are expected to be on time for all games and practices.
11. All girls must come dressed in proper attire (shirt, shorts, socks, tennis shoes).
12. Any members not able to attend a practice or game must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness.
  - b) Emergency, such as illness or death in family.
  - c) Other excuses must be approved by the coach.
13. Continual tardiness or excessive absences may result in dismissal from the squad.

## **D. Games**

1. All members should arrive 30 minutes before game time. If this is a problem please contact the coach.
2. Based on the coaches' discretion, you may be restricted from play if absent from school in the afternoon.
3. All valuables should be secured in lockers at home games.
4. Make sure locker rooms are kept clean before, during, and after the game.
5. While other games are being played, athletes should not be running around in the hallways. You should watch and support the other Charger Team.
6. Rides will be worked out with the coach.
7. School dress code applies to dress attire worn to the games.

## **B. Awards**

1. D-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
2. C-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
3. B-Squad.
  - a) Participation certificate. Eligible for school letter or letter certificate if on the A-Team.
  - b) Must follow all of the guidelines to be considered for any awards
4. A-Squad.
  - a) Eligible for school letter or letter certificate.
  - b) Participation certificate for those who did not letter.
  - c) Must follow all of the guidelines to be considered for any awards.
5. Letters and letter certificates.
  - a) Will be awarded to A-Squad only.
  - b) Average 2 sets out of 3 per season.
  - c) Attend all practices and games unless excused by the coach.
  - d) Shall be awarded a school letter if not already received; then a letter certificate will be given.
  - e) Bars or pins will get awarded after letter has been received.
  - f) Coaches may have the right to award a letter in special situations.
6. Most Valuable Player (MVP).
  - a) Will be chosen by the players, coaches, and the athletic director.
  - b) Will be presented at the awards banquet.
7. Christian Sportsmanship Award.
  - a) Will be given at the Annual Awards Banquet.
  - b) Will be chosen by classmates, coaches, principal, and athletic director.
  - c) See description on page 15 for additional information about this award.

## **VII. Baseball**

### **A. Philosophy**

1. This team will focus on being competitive and may result in unequal playing time for members of the team. (We will not guarantee playing time at this level). There may be cuts. We will keep a maximum of 18 members.

### **B. Membership**

1. All members must have a physical before they can participate.
2. There will be only one team in competitive play.
3. 6th - 8th graders will be eligible to try out for the squad.
4. Any new students who were unable to try out will be given the chance when school begins.
5. All students must maintain the proper academic standards. Note the Athletic Eligibility Requirements.
6. Membership will be dropped if one quits the team or if proper academic standards are not

maintained.

7. Uniforms will be given to each player and returned after the season, supporter and cup are mandatory.
8. The school hat will have to be purchased.

### **C. Practices**

1. All practices will be held Monday through Friday excluding game days.
2. Practices will begin after cuts the 2nd Monday of August.
3. Team members are expected to be on time for all games and practices.
4. Locker rooms should be kept clean before, during and after practice.
5. All clothes and other accessories should be locked-up at all times.
6. Make sure the locker room is clean before, during, and after practice.
7. If you are purchasing shoes, please check with the coach before buying them.
8. All boys should wear proper attire pants, t-shirt, tennis shoes, hat, supporter, and cup.
9. All members shall attend every practice except in the event of an emergency, illness, or by previous consent of the coach.
10. Any members not able to attend a practice or game must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness.
  - b) Emergency, such as illness or death in family.
  - c) Other excuses must be approved by the coach.
11. Continual tardiness or excessive absences may result in dismissal from the squad.

### **D. Games**

1. All members should arrive 30 minutes before game time. If this is a problem please contact the coach.
2. Based on the coaches' discretion, you may be restricted from play if absent from school in the afternoon.
3. All games will start at 4:00 p.m. unless otherwise noted.
4. Make sure locker room is clean before, during, and after games.
5. You must have the proper outfit to play.
6. Rides will be worked out with the coach.

### **E. Awards**

1. Participation Certificate
  - a) Will be given to all members who follow the guidelines and did not receive a letter.
2. Letter and Letter Certificate
  - a) Will be awarded for playing in an average of 4 innings per game per season.
  - b) Attended all practices and games unless excused by the coach.
  - c) Shall be awarded a school letter, if not already received then a letter certificate will be given.
  - d) Bars or pins will be given after a letter has been received.
  - e) Coaches may have the right to award a letter in special situations.
3. Most Valuable Player (MVP)
  - a) Will be voted on by players, coaches, and athletic director.
  - b) This award will be given out at the Annual Awards Banquet.

4. Christian Sportsmanship Award.
  - a) Will be given out at the Annual Awards Banquet.
  - b) Will be chosen by classmates, coaches, principal, and athletic director.
  - c) See description on page 15 for additional information about this award.

## **VIII. Cross Country**

### **A. Philosophy**

1. Stress skill development.
  - a) Emphasize the benefits of physical conditioning through running.
  - b) Encourage work ethic among the athletes.
  - c) Instill confidence to compete in cross-country meets.

### **B. Membership**

1. All members are required to have a physical prior to the first day of practice.
2. There will be one cross country squad.
3. 5th-8th graders will be divided by class.
4. All students must maintain the proper academic standards. Note the athletic eligibility requirements.
5. Membership will be dropped if one quits the team or if proper academic standards are not maintained.
6. Uniform shirts will be provided to be worn with P.E. shorts.

### **C. Practices**

1. Practices will begin the first week of school.
2. All practices will be held Monday through Friday excluding meet days.
3. The 5<sup>th</sup> grade athletes are limited to 3 events (meets or practices) per week.
4. The 6<sup>th</sup> grade athletes are limited to 4 events (meets or practices) per week.
5. The 7<sup>th</sup> and 8<sup>th</sup> grade athletes are limited to 5 events (meets or practices) per week.
6. Make sure everything is locked up in the lockers.
7. Make sure the locker room is clean before, during, and after practice.
8. Team members are expected to be on time for all meets and practices.
9. All members should have the proper attire (P.E. clothes) for practice and meets. Spikes are optional.
10. Any members not able to attend a practice or game must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness
  - b) Emergency, such as illness or death in family
  - c) Other excuses must be approved by the coach.
11. Continual tardiness or excessive absences may result in dismissal from the squad.

### **D. Meets**

1. All members should be present.
2. Unexcused absences will result in loss of participation.
3. Based on the coaches' discretion, you may be restricted from play if absent from school in the afternoon.
4. Rides will be worked out with the coach.



## **E. Awards**

1. Participation Certificate
  - a) Will be given to all members who follow the guidelines.
2. Most Valuable Player (MVP)
  - a) Will be voted on by players, coaches, and athletic director.
  - b) This award will be given out at the Annual Awards Banquet.
3. Christian Sportsmanship Award.
  - a) To be presented at the Annual Awards Banquet.
  - b) Will be chosen by classmates, coaches, principal, and athletic director.
  - c) See description on page 15 for additional information about this award.

## **IX. Girls Basketball**

### **A. Philosophy**

1. The D-Team level will focus on fundamentals and the awareness of team play. (The amount of playing time will be as fair as possible.
2. The C-Team level will focus mainly on fundamentals with and increased awareness of team play. (The amount of playing time will be as fair as possible.)
3. The B-Team level will continue to focus on fundamentals but with a greater level of competition. A fair amount of playing time will be given to each member, but equal time is not guaranteed. We may also be cutting players through try-outs at this level.
4. The A-Team level will focus on being more competitive. This may result in unequal playing time for all members of the team (we will not guarantee playing time at this level). This level may have cuts through tryouts.
5. Tournaments are more competitive than regular season play. Playing time during tournaments will follow the philosophy of each level listed above as closely as possible. However, we will not guarantee that every player will play in every game, nor will we guarantee playing time will be equal. The coaches will do their best to balance the competitive nature of the tournament with desire for each player to have an opportunity to play.
6. Application for participation in the LSA tournament is dependent upon meeting at least one of the following three requirements:
  - 1) Winning a tournament.
  - 2) Winning the conference.
  - 3) Winning 60% of the games.

### **B. Membership**

1. All members are required to have a physical prior to the first day of practice.
2. There will be four squads.
3. 5th graders will play on the D-Squad.
4. 6th graders will play on the C-Squad.
5. 7th graders will play on the B-Squad.
6. 8th graders will be eligible to play only on the A-Squad.
7. Anyone who the coach feels will help the A-Squad in competition is eligible to play.
8. Before an athlete is allowed to play up on a higher Squad, a discussion will take place between the Athletic Director, the coach and the parent(s) / guardian(s).
9. The A-B Squads may be limited to 10 players. All other teams will not be limited.
10. Try-outs will begin the first week of practice.
11. All students must maintain the proper academic standards. Note the athletic eligibility requirements.
12. Membership will be dropped if one quits the team or if proper academic standards are not

maintained.

### **C. Practices**

1. All practices will be held from Monday through Friday excluding games.
2. The D-Squad is limited to 3 events (games or practices) per week.
3. The C-Squad is limited to 4 events (games or practices) per week.
4. The A & B-Squads are limited to 5 events (games or practices) per week.
5. Practice for the C & D teams will begin in November.
6. Try-outs will begin the Monday after the LSA Volleyball Tournament for the A&B teams. Practices will then follow.
7. Make sure the locker room is clean before, during, and after practice.
8. Make sure everything is locked up.
9. All practices will be after school unless otherwise announced.
10. Team members are expected to be on time for all games and practices.
11. All girls should have the proper attire for practices (t-shirt, shorts, tennis shoes, socks).
12. Any members not able to attend a practice or game must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness
  - b) Emergency, such as illness or death in family
  - c) Other excuses must be approved by the coach.
13. Continual tardiness or excessive absences may result in dismissal from the team.

### **D. Games**

1. All members should arrive 30 minutes before game time. If this is a problem please contact the coach.
2. All games will start at 6:30 p.m. unless otherwise noted.
3. All valuables should be secured in lockers at home games.
4. Make sure locker rooms are kept clean before, during, and after the game.
5. While other games are being played, athletes should not be running around in the hallways. You should watch and support the other Charger Team.
6. Unexcused absences will result in loss of playing time.
7. Based on the coaches' discretion, you may be restricted from play if absent from school in the afternoon.
8. Rides will be worked out with the coach.

### **E. Awards**

1. D-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
2. C-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
3. B-Squad.
  - a) Participation certificate.
  - b) Eligible for letter or letter certificate if on the A-Team.
  - c) Must follow all of the guidelines to be considered for any awards.

4. A-Squad.
  - a) Eligible for letter or letter certificate.
  - b) Participation certificate for those who do not letter.
  - c) Must follow all of the guidelines to be considered for any awards.
5. Letter and letter certificate.
  - a) Will be awarded to A-Squad only.
  - b) Average 2 quarters per game per season.
  - c) All practices and games will be attended unless excused by the coach.
  - d) If a school letter has already been earned then letter certificate will be given.
  - e) Bars or pins will be given after letter has been received.
  - f) Coaches may have the right to award a letter in special situations.
6. Most Valuable Player (MVP)
  - a) Will be chosen by the players, coaches, and the athletic director.
  - b) Will be presented at the Annual Awards Banquet.
7. Christian Sportsmanship Award.
  - a) Will be presented at the Annual Awards Banquet.
  - b) Will be chosen by classmates, coaches, principal, and athletic director.
  - c) See description on page 15 for additional information about this award.

## **X. Cheerleading / Pompon Squad**

### **A. Membership**

1. All members are required to have a physical before the season begins.
2. The cheerleading and pompon squads are the same.
3. Spirit squad uniforms will be the P.E. uniform.
4. All members will be required to purchase their own uniforms: including shoes and socks.
5. Division of squads
  - a) B-Squad - 7th graders
  - b) A-Squad - 8th graders
  - c) Spirit Squad – 5<sup>th</sup> and 6<sup>th</sup> graders
6. All students must maintain the proper academic standards. Note the athletic eligibility requirements.
7. Membership will be dropped if one quits the team or if proper academic standards are not maintained.

### **B. Practices**

1. A minimum of 3 a week beginning October 25. They may start earlier at the discretion of the coach.
2. The 5<sup>th</sup> graders are limited to 3 events (games or practices) per week.
3. The 6<sup>th</sup> graders are limited to 4 events (games or practices) per week.
4. The A & B-Squads are limited to 5 events (games or practices) per week.
5. Team members are expected to be on time for all games and practices.
6. Make sure the locker room is clean before, during, and after practice.
7. Make sure everything is locked up.
8. All practices will be after school unless otherwise announced.
9. Team members are expected to be on time for all games and practices.
10. Uphold a positive image while cheering and performing.
11. All girls must come dressed in proper attire including P.E clothes and shoes.

12. Any members not able to attend a practice or game must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness.
  - b) Emergency, such as illness or death in family.
  - c) Other excuses must be approved by the coach.
13. Continual tardiness may result in dismissal from the squad.

### **C. Games**

1. All members should arrive 30 minutes before game time. If this is a problem please contact the coach.
2. Stay in the gym and cheer, but ask permission from the coach if you need to go in the hallway.
3. Unexcused absences will result in loss of cheering time.
4. Rides will be worked out with the coach.
5. Based on the coaches' discretion, you may be restricted from play if absent from school in the afternoon.

### **D. Awards**

1. First year certificate and megaphone.
2. Second year certificate and pin.
3. Special awards will be given at the Awards Banquet for cheerleading.
  - a) Dedication award: The most reliable cheerleader as determined by the point system.
  - b) Skill award: The most improved cheerleader as determined by the cheerleader's progress since the beginning of the season.
  - c) Spirit award: The most enthusiastic cheerleader as determined by a balloting of cheerleaders, teachers, and coaches.
4. All members must follow the guidelines of this policy to be considered for any awards.
5. The coach may have the right to award participants in special situations.
6. Christian Sportsmanship Award.
  - a) Will be presented at the Annual Awards Banquet.
  - b) Will be chosen by classmates, coaches, principal, and athletic director.
  - c) See description on page 15 for additional information about this award.

## **XI. Boys Basketball**

### **A. Philosophy**

1. The D-Team level will focus on fundamental and the awareness of team play. (The amount of playing time will be as fair as possible).
2. The C-Team level will focus mainly on fundamentals with and increased awareness of team play. (The amount of playing time will be as fair as possible).
3. The B-Team level will continue to focus on fundamentals but with a greater level of competition. A fair amount of playing time will be given to each member, but equal time is not guaranteed. We may need to cut players through try-outs at this level.
4. The A-Team level will focus on being more competitive. This may result in unequal playing time for all members of the team (we will not guarantee playing time at this level). This level may have cuts through tryouts.
5. Tournaments are more competitive than regular season play. Playing time during tournaments will follow the philosophy of each level listed above as closely as possible. However, we will not guarantee that every player will play in every game, nor will we guarantee playing time will be equal. The coaches will do their best to balance the competitive nature of the tournament with desire for each player to have an opportunity to play.

6. Application for participation in the LSA tournament is dependant upon meeting at least one of the following three requirements:
  - 1) Winning a tournament.
  - 2) Winning the conference.
  - 3) Winning 60% of the games.

## **B. Membership**

1. All members are required to have a physical by the first practice.
2. There will be four squads.
3. 5th graders will play on the D-Squad.
4. 6th graders will play on the C-Squad.
5. 7th graders on down will play on the B-Squad.
6. 8th graders will be eligible to play only on the A-Squad.
7. Anyone who the coach feels will help the A-Squad in competition is eligible to play.
8. Before an athlete is allowed to play up on a higher Squad, a discussion will take place between the Athletic Director, the coach and the parent(s) / guardian(s).
9. The A-B Squads may be limited to 10 players each. The other squads will not be limited.
10. The try-outs will begin the first week of practice and will be 3 days long.
11. All students must maintain the proper academic standards. Note the athletic eligibility requirements.
12. Membership will be dropped if one quits the team or if proper academic standards are not maintained.

## **C. Practices**

1. All practices will be from Monday through Friday excluding games.
2. C & D teams will begin practice in November.
3. Try-outs will begin the fourth Monday in October.
4. All practices will be after school unless otherwise announced.
5. The D-Squad is limited to 3 events (games or practices) per week.
6. The C-Squad is limited to 4 events (games or practices) per week.
7. The A & B-Squads are limited to 5 events (games or practices) per week.
8. Team members are expected to be on time for all games and practices.
9. Make sure everything is locked up during practice.
10. Make sure the locker room is clean before, during, and after practice.
11. All members should have the proper attire for practices (t-shirt, shorts, tennis shoes, socks).
12. Any members not able to attend a practice or game must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness.
  - b) Emergency, such as death in family or illness.
  - c) Other excuses must be approved by the coach.
13. Continual tardiness may result in dismissal from the team.

## **D. Games**

1. All members should arrive 30 minutes before game time. If this is a problem please contact the coach.
2. All games will start at 6:30 p.m. unless otherwise noted.
3. Unexcused absences will result in loss of playing time.
4. Players should stay in the gym unless given permission by the coach.
5. Based on the coaches' discretion, you may be restricted from play if absent from school in the afternoon.
6. Dress attire for ball games is a tie and nice pants.

7. Everything should be locked up during a game.
8. Make sure the locker room is clean before, during, and after games.
9. Rides will be worked out with the coach.

#### **E. Awards**

1. D-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
2. C-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
3. B-Squad.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
  - c) Eligible for a letter or letter certificate if on the A-Team.
4. A-Squad.
  - a) Eligible for letter or letter certificate.
  - b) Participation certificate for those who do not letter.
  - c) Must follow all of the guidelines to be considered for any awards.
5. Letter and letter certificate.
  - a) Will be awarded to A-Squad only.
  - b) Average 2 quarters per game per season.
  - c) All practices and games will be attended unless excused by the coach.
  - d) If a school letter has already been earned then letter certificate will be given.
  - e) Bars or pins will be given after letter has been received.
  - f) Coaches may have the right to award a letter in special situations.
6. Most Valuable Player (MVP)
  - a) Will be chosen by the players, coaches, and the athletic director.
  - b) Will be presented at the Annual Awards Banquet.
7. Christian Sportsmanship Award.
  - a) Will be presented at the Annual Awards Banquet.
  - b) Will be chosen by classmates, coaches, principal, and athletic director.
  - c) See description on page 15 for additional information about this award.

## **XII. Girls And Boys Track**

### **A. Philosophy**

1. Stress skill development.
2. Encourage work ethic among the athletes.
3. Stress competitiveness in the district and state meets.

### **B. Membership**

1. All members are required to have a physical prior to the first day of practice.
2. There will be two squads.
3. 5th-6th graders will be on the junior division.
4. 7th-8th graders will be on the senior division.
5. 5th-6th graders are eligible for State competition.

6. All students must maintain the proper academic standards. Note the athletic eligibility requirements.
7. Membership will be dropped if one quits the team or if proper academic standards are not maintained.
8. Uniforms will be the GS uniform top and P.E. shorts.

### **C. Practices**

1. Practices will be after school.
2. Practices will begin on the third Monday in March.
3. Team members are expected to be on time for all meets and practices
4. The D-Squad is limited to 3 events (meets or practices) per week.
5. The C-Squad is limited to 4 events (meets or practices) per week.
6. The A & B-Squads are limited to 5 events (meets or practices) per week.
7. Make sure everything is locked up in the locker room.
8. Make sure the locker room is clean before, during, and after practice.
9. All members should have the proper attire for practice and meets. Good Shepherd track uniform and or P.E. clothes, (spikes are optional).
10. Any member unable to attend practice or a meet must notify the coach personally. This should be done in advance with a phone call, email or written note. Valid excuses include:
  - a) Illness.
  - b) Emergency, such as illness or death in family.
  - c) Other excuses must be approved by the coach.
11. Continual tardiness may result in dismissal from the squad.

### **D. Meets**

1. All members should be present.
2. Unexcused absences will result in loss of participation.
3. You will be restricted from participation if absent on the day of a meet due to illness.
4. Rides will be worked out with the coach.

### **E. Awards**

1. Jr. Division.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
2. Sr. Division.
  - a) Participation certificate.
  - b) Must follow all of the guidelines to be considered for any awards.
3. Letter and letter certificate.
  - a) Will be awarded to the Sr. squad.
  - b) It may be awarded to the Jr. squad if placing in the State Meet.
  - c) All practices and meets should be attended unless excused by the coach.
  - d) Average 25 points per meet, or place in the State Meet, and be in all meets.
  - e) If a school letter has already been earned, then a letter certificate will be given.
  - f) Bars or pins will be awarded if a letter has been received.
  - g) Coaches may have the right to award a letter in special situations.
4. Most Valuable Player (MVPs).
  - a) Will be chosen from the Sr. Division - 1girl and 1 boy.
  - b) Will be picked by the players, coaches and the athletic director.
  - c) To be presented at the Annual Awards Banquet.
5. Christian Sportsmanship Award.
  - a) To be presented at the Annual Awards Banquet.

- b) Will be chosen by classmates, coaches, principal, and athletic director.
- c) See description on page 18 for additional information about this award.

### **XIII. Academic Eligibility For Athletics**

1. These guidelines have been established to emphasize the extreme importance of academics and of the well-being of the student. Good Shepherd Lutheran School "GSLs" is deeply concerned about each student's mental, spiritual, physical, and emotional development. GSLs desires that students achieve a defined level of academic achievement in order to be eligible to participate in school athletics as an extra-curricular activity. The following policy and procedure shall be followed:
  - 1) "Academic standard" means no grade of an "F" and not more than one grade of a "D".
  - 2) "Grade" means the letter grade given to a student on a report card or in a mid-quarter report.
  - 3) "Grading period" means the time of distributing a report card or a mid-quarter report.
2. If a student does not meet the academic standard at any grading period, he will be put on academic probation. Academic probation shall last to the next grading period. During this period, the student will be permitted to participate in practices and games as regularly conducted. At the end this period, all of the student's grades will be examined. If the student's grades do not then meet the academic standard, he will not be permitted to participate in school athletics for the remainder of that season. The student may participate in school athletics in a subsequent season if he has met the academic standard at that time.
3. The eligibility / ineligibility will go into effect the day report cards or mid-quarters are issued out.
4. The guidelines will be administered by the Athletic Director. Questions concerning the guidelines should be addressed directly to the Athletic Director.
5. Questions concerning grades in specific subjects should be addressed directly to the subject teacher.



#### XIV. Sample Letter

RE: \_\_\_\_\_  
(Name of the student)

Dear \_\_\_\_\_

As of \_\_\_\_\_, 20\_\_\_\_, your child is on academic probation. Attached to this letter is a copy of the GSLS policy concerning academic eligibility for athletics, which explains this term.

Your child's grades will be reviewed in the next grading period to determine whether he/she has met the academic standard. As the guidelines state, if the student's grades do not meet the academic standard at that time, he/she will not be permitted to participate in athletics for the remainder of the current season.

Please contact the teacher or teachers involved to begin the process of helping your child academically.

I hope and pray this matter will be taken care of so your child may continue in the sports program. If you have any questions regarding the guidelines, please contact the Athletic Director, Mr. Mayhew.

In Christ,

Robert Mayhew, Athletic Director  
Good Shepherd Lutheran School

#### XV. Christian Sportsmanship Award

- A. This award is presented by the Athletic Department. It will be given to a boy and or a girl whom the classmates, coaches, principal, and athletic director believe best represent the following qualities and fulfill the proper requirements.
- B. The recipient (s) of this award shall:
  1. Be an 8th grade student.
  2. Have participated in two sports during their 8th grade year (**Fall:** girls - cross country, volleyball \\ boys - cross country, baseball. **Winter:** girls - cheerleading, basketball \\ boys - basketball. **Spring:** girls - track \\ boys - track.)
  3. Reflect in their lives the fact that they are God's children "on and off the playing field".
  4. Show evidence of quality in their athletic abilities and sportsmanship while they participate in practice and game situations.
  5. Reflect qualities of leadership and citizenship in their classroom activities.
  6. Have met the requirements for a letter in one of the 3 sport seasons during their 8th grade year.

## **XVI. Requirements For School Letter Awards**

- A. The following standards must be met to earn an Athletic Letter "GS" or Letter Certificate.
  - 1. Baseball - Average 4 innings a game per season. All practices and games must be attended unless excused by the coach.
  - 2. Volleyball - Average 2 sets out of 3 per season. All practices and games must be attended unless excused by the coach.
  - 3. Basketball - Average 2 quarters a game per season. All practices and games must be attended unless excused by the coach.
  - 4. Track - Must participate in all meets unless excused, or an alternate and average 25 points or place in the LSA State Track meet as a senior track member.
- B. All excuses must be in writing. Excuses other than illness must be cleared by the Athletic Director/Coaches.
- C. Students who do not meet the requirements for a Letter will receive a participation certificate if all the guidelines have been fulfilled.