



ATHLETIC DEPARTMENT HANDBOOK

Guardian Lutheran School

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Athletic Opportunities

Fall Sports

Grades

Co-Ed Soccer		5- 8
Girls Volleyball	Varsity	7- 8
	Junior Varsity	5- 6
Co-Ed Cross Country		4- 8

Winter Sports

Boys Basketball	Varsity	7 - 8
	Junior Varsity	5 - 6
Girls Cheerleading	Varsity	7- 8
	Junior Varsity	5 - 6
Girls Basketball	Varsity	7 - 8
	Junior Varsity	5 - 6

Spring Sports

Track & Field		4 - 8
Co Ed Softball		6 - 8

Athletic Program

The athletic program at Guardian Lutheran School plays an important role in the development of self and community. Sports can enhance an individual's relationship with God, aid in the growth of healthy bodies, and encourage interpersonal relationships and personal maturity in handling challenges and simple life enjoyment.

Athletes are expected to learn and exhibit a Christ-like spirit, good sportsmanship, a wholesome attitude, loyalty among the students, and cooperation within the school community.

Philosophy

Our philosophy must stem directly from the school's Christian philosophy of education. The ultimate goal is for each athlete to "be conformed to the image of Jesus Christ" (Rom. 8:29) and to develop the spiritual part of the athlete so that the Holy Spirit is in control directing his mind and body (1Thess. 5:23). It is Guardian's mission to prepare students to integrate faith and life in all aspects of their daily living.

Our goal is that athletes develop positive, Christ-like character qualities that can be expressed through athletics. Athletes are confronted with all types of life situations, which are opportunities for applying biblical principles.

It is the job of the parents and coaches to properly direct athletes in these situations in order to build vital character qualities.

Athletics should help foster vital relationships among team members by promoting the team concept and utilizing the direct leadership of the coach. There should be a commitment to excellence in each particular sport. "Do heartily as unto the Lord" (Col. 3:23).

Athletics are an aspect of the educational program, not the main focus. The student's academic life is a priority. Students make a commitment to excel in his/her chosen athletic pursuit while maintaining the academic standards of a Guardian Lutheran School athlete. Students are also committed to pursuing the goal of becoming a well-rounded individual, striving toward his/her God-given potential in each area of his/her life.

The athletic program strives to provide well-balanced inter-scholastic activities for as many participants as possible, consistent with available facilities, personnel, and financial support.

The athletic program will be planned so as to present a minimal amount of interference with the academic program. We desire to involve the student body, parents, and friends.

Objectives

1. Develop each participant's knowledge and use of fundamental skills.
2. Foster each athlete's moral, social, personal, and spiritual development.
3. Encourage each athlete to extend himself/herself to the best of his/her ability.
4. Develop positive relationships within and outside the school community in support of the athletic program.
5. Promote the values of physical fitness and health.
6. Emphasize teamwork and sportsmanship.
7. Promote the ability to accept defeat graciously and victory modestly.
8. Teach the value of commitment.

Academic Policy

Because Guardian's first concern is the education of the students, eligibility for athletes will depend on academic performance. Conditions of ineligibility are as follows:

A student who receives less than a 2.0 GPA or an "F" on a report card or mid-term report will be ineligible to participate in any extra-curricular activity for a period of up to 5 weeks, or until cleared by the Principal in consultation with the Athletic Director(s).

A student who receives two or more Notices of Homework Concern in one week is ineligible to compete for one week (including practices).

Receipt of a Conduct Report may also result in a period of ineligibility depending on the severity of the infraction.

A student who is ineligible is not allowed to practice or participate during the period of ineligibility in order to allow them to focus on improving their academic performance.

The student may resume participation contingent on documented improvement in the deficient academic subject(s) and /or attitude. The final decision on when a student may resume activities during the ineligibility period resides with the Principal in consultation with the Athletic Director(s).

Guardian also recognizes that in dealing with ineligibility there are many "gray" areas and that we need to work towards the best interest of each child. In these special cases the Principal, Athletic Director(s), teachers, parents, and the child will meet to discuss possible solutions to the ineligibility.

Athletic Dress Code

Practice Day Attire: Athletes should dress modestly and in comfortable workout clothing. Tee shirts with pictures or slogans must promote wholesome, traditional values. **Tank tops, camis, and yoga pants are not permitted as well as shorts or sweat bottoms with writing on the seat. Spandex shorts are ONLY permitted as part of the Girls Volleyball uniform and are to be worn only on games days (see below).** Shorts must have an inseam of at least 4". A coach can determine if practice clothing is inappropriate and decide not to allow the athlete to participate in practice for that day. The Guardian PE uniform can be worn for practices.

Girls Volleyball Uniform: Solid black, spandex Volleyball shorts will be worn as part of the game day uniform. These shorts will be provided by the athletes and must conform to the minimum 4" inseam policy stated above. Athletes choosing to not wear spandex volleyball shorts can wear a solid black sport short.

Athletic Procedures at a Glance

Early Dismissal - If there is a sibling that needs to be dismissed early, it's the parent's responsibility to notify the child's teacher and have the child sent to the office. You must sign out the player, sibling, and anyone that maybe carpooling with you in the school office.

Transportation – Parents are responsible for their child's transportation to away games. Coaches are not responsible for transporting athletes.

Uniform Cleaning – Jerseys should be washed in cold water and hung to dry. Please do not dry them in the dryer.

Academic Policy – Academic requirements are laid out in this Handbook as well as the Parent Handbook. Both are available in the school office and on RenWeb.

Dress Attire – Please make sure your child is modestly dressed. All shorts must have at least a 4” inseam. Please make sure the slogans on t-shirts are within school dress code guidelines. **Tank tops, camis, shorts or sweat pants with writing on the seat, yoga pants, spandex* or tight fitting clothing are not permitted. (*Volleyball uniform exception)**

Absences – If your child is going to be absent from practices or games, please contact the coach **before the practice or game**. *Unexcused absences from practices or games may result in loss of play time for subsequent games.* See [Attendance Policy](#) below.

Practice Pick Up – Please be on time picking your child up from practice. This is out of respect for the coach and his/her time. If you are more than 15 minutes late, your child will be sent to Cougar Care and you will be charged.

Game/Tournament Responsibilities - As part of your child playing a sport, each family is expected to help during home games and/or tournaments. There are several positions to fill during sporting events, and the amount of help needed during the season will depend on the number of home games and athletes involved. See [Parent “Volunteer” Assignments](#) below.

Sports Fee*, Permission Form, Physical, and Concussion Waiver – Guardian participates in a Pay to Play program in which a fee is charged for each sport played. Along with the fee, all players must have a signed Permission Form, Concussion Waiver and physical on file in the school office *at least one day prior to participating in any practice*. These forms can be obtained from the school office and are also available on RenWeb. *Sport fees help to cover the costs of uniforms, equipment, referees, and coach stipends.

Parental Conduct - Enjoy the game and enhance the experience by providing your child with humble wisdom. Teach them to be gracious in victory and in defeat. Sports can instill nobility in kids or self-centeredness. It is your choice. America has developed some destructive beliefs that have placed sports above character and self-control. The coach or referee may make a decision you disagree with, but how you respond to the disappointment will teach a life lesson that will be remembered long after the game is forgotten.

Athlete Play Time - It is our plan to give every student time to play in a game. Coaches will make roster decisions that are in the best interest of the team.

Junior Varsity Level - At the junior varsity level, our philosophy is to help athletes learn and build the basic skills they need to play and succeed in the sport. Coaches will make every attempt to allow all athletes to play as much as possible during a game. During games that are very close, coaches may play the most skilled players. Win/Loss records are not recorded among the WLAL league.

Varsity Level - Games at this level are played on a more competitive basis in which Win/Loss records and league standings are recorded within the WLAL league. Season and league tournament trophies are awarded to the top school at the end of the season. It continues to be Guardian’s goal to play athletes as much as possible, but *play time is not guaranteed at this level*. Individual position and play time is at the discretion of the coach. No child wants to remain in the game if it means a loss. Many athletes have expressed in the past that they enjoy playing time but not at the expense of losing the game. They understand the

skilled players will take precedence. Student athletes need their parents to calmly guide them to learn that disappointments are often useful in teaching life's most important lessons.

Attendance Policy

All athletes are expected to be at all scheduled practices and contests. Any absence must be pre-arranged with the coach and/or Athletic Director(s). Absenteeism may affect the athlete's standing/position with the team. Continued, unjustified, unexcused absenteeism will result in suspension from the team.

Students must be in attendance at least half the school day in order to participate in practice or a game. All exceptions must be discussed with the Coach and/or Athletic Director.

Students absent from school or unable to participate in PE cannot be involved in sports after school. If they are contagious with a virus they cannot come to practice. If it is an injury that prohibits them from participating in PE, then they cannot participate in a sport. They can observe without physically participating. Any exceptions to this policy must be discussed with the PE teacher and Athletic Director/administrator.

Athletes are required to attend practices. If an athlete misses a practice due to an unexcused absence or illness the day before a game, they may not start in the next game. If an athlete missed three practices and/or games during the season, the athlete will not be allowed to play in the next scheduled game. If an athlete continues to miss practices/games, ineligibility will be considered for the rest of the season.

Occasionally, participation in athletics requires that the student be dismissed early from a class. The athlete is responsible to have his/her academic work completed or prior arrangements made with the teacher before he/she is dismissed from class. Students must not leave earlier than the time announced.

Students serving an in-school or at-home suspension are excluded from attending practices or games on those days and possible subsequent practices and games*. *This is at the discretion of the Administrator and Athletic Director(s).

Behavioral Ineligibility

Participation in co-curricular activities is a privilege that may be lost when a student consistently defies authority or commits a serious breach of conduct. A student may also be found ineligible if his/her behavior and/or cooperation in class is found unacceptable by at least two of his/her classroom teachers. After consultation with the student and staff members involved, the administration may declare a student ineligible to participate for a period of one week or until there has been a significant improvement on the part of the student. Parents will be notified of such ineligibility. **Without prior approval, no athlete is allowed to use electronic devices on Guardian property during practices and sporting events, with the exception of calling a parent/guardian.**

Parent "Volunteer" Assignments

As part of your child playing a sport, each parent is requested to work at the concession stand, score book, clock, or line judge during volleyball when your child participates in a sport. Tournaments require additional helpers. Each family will be sent an Assignment Form allowing them to pick a shift(s) that works with their schedule. The number of shifts necessary will be

determined by the number of positions needed to be filled and the number of athletes playing. The Athletic Director will make every attempt to fill positions based on returned requests. Families who have not returned the Assignment Form will be assigned to the remaining positions. Parents are responsible to work their assigned shift or switch with another parent in which case the Athletic Director(s) must be notified. It is not the responsibility of the coach(es) or the Athletic Director to make these changes.

Equipment Policy

Uniforms remain the property of the school while they are on loan to the athlete. The Athletic Director will issue game uniforms to athletes at the beginning of the season.

Unless otherwise stated, uniforms will be laundered at home in cold water and hung to dry. **A replacement fee, varying by sport, will be charged if the uniform is returned damaged or not returned.**

Game & Practice Day Pick-up

Athletes who are not be picked up immediately after games or practices will escorted to Cougar Care and all fees will be applied. If the athlete is not picked up by 6:00 p.m., there will be an additional late fee charge of \$12.00 for each fifteen minutes of lateness. For the safety of your child they are not allowed to be left alone or wait for parents outside of Cougar Care.

Maps and Schedules

Maps to all AWAY games will be available on the WLAL website, wlalsports.org. A hard copy of season schedules will be provided to the athletes, posted on the athletic bulletin board outside the gym doors, and posted on RenWeb. When changes in the schedule occur, a revised schedule will be posted on the website. Day of game or practice cancellations will be communicated to parents by a phone call from the athlete during their lunch period and posted on the Guardian Facebook page when at all possible.

Practices

In order for our coaches to provide quality, focused practices, all Guardian practices are "closed". Whether or not the gym doors are closed, parents should wait outside the gym until practices are completed. Parents wishing to speak to coaches should do so after practice.

To allow for students to participate in additional after-school activities (such as P.R.E.T.Z.E.L and Chess Club), practices will not be held on Mondays. An exception to this rule may be made for Soccer in the event that a playoff game falls on a Tuesday. Practice times may vary per sport and coach, but during the Advent and Lenten seasons Wednesday practices will end no later than 4:30.

Permission Slip, Physical and Concussion Forms

All athletes must have a signed concussion form, permission slip and current physical to participate in any practice or game. Due to possible insurance constraints, sports physicals are available at many Urgent Care locations for a nominal fee.

Siblings and Friends

Siblings and friends, accompanied by a parent, are encouraged to come to the games and support the team. Students are not allowed to have siblings and friends be present during practices. Students without a parent present following the games or practices will be escorted to Cougar Care by the coach and all fees will be applicable. In no case will unsupervised siblings or friends be permitted at any athletic event.

Sports Fees

All athletic department forms and sport fees must be turned into the school office by the first practice or the student will not be able to participate in practices or games. Sport fees cover the cost of the coaches and officials for that specific sport.

Sportsmanship

All parents, coaches, and athletes are expected to demonstrate appropriate sportsmanship at all athletic events. There is a correlation between sportsmanship and a positive Christian testimony. As the saying goes, "we may be the only Bible others read." This should always be considered in athletic competition. Great sportsmanship, 100% effort, and a positive Christian testimony should be shown at all times on the athletic field, floor, and in the stands by athletes, coaches, and parents.

Team Sport Gatherings

All team sport gatherings need to be approved and scheduled by the Athletic Director. Gatherings cannot conflict with certain school-wide events. Adult supervision needs to be present at the gathering, including an approved school representative. No pool parties are permitted.

Tournaments

Since tournaments are entered into with the idea of fielding a competitive team, no guarantee of playing time will be given to any athlete.

Transportation Policy

Each athlete is responsible to provide his/her own transportation to and from all practices and games. Parents must make arrangements in advance for their child's transportation with another parent. Do not assume that a teammate or coach can provide transportation. The person who is providing their transportation must sign out all athletes leaving early for an away game in the school office. Written permission authorizing another adult to transport must be on file.

Website

The website, www.renweb.com will be available to get forms, schedules, and maps to the away games. Use the sport tab to navigate your way around.