

Trinity Lutheran School

ATHLETIC HANDBOOK



TRINITY LUTHERAN ATHLETIC PHILOSOPHY

The coaching staff of Trinity Lutheran School (TLS) has and will continue to dedicate itself to the development of the total student athlete. The spiritual, physical, and emotional growth of each person is conscientiously considered when planning and implementing our athletic program. We believe that sports are a gift from God and participation in sports is always to be to His glory. We acknowledge that participation in the TLS sports program is totally voluntary, is a privilege, and is open to eligible students without discrimination on the basis of sex, color, race, religion, or national and ethnic origin.

Scripture will be the foundation for teaching commitment, trust, encouragement, love, humility, and forgiveness as important individual characteristics of who we are as redeemed children of our Heavenly Father. These characteristics are an important aspect of our team concept and important in the way we display our faith through athletics.

TLS strives to assist young boys and girls to become successful citizens in our highly competitive society. The athletic program is one component of the process to achieve this outcome. Tryouts are a part of competition and a part of the process for forming TLS athletic teams. Through this process, some students may not be selected for a team. Such decisions are a usual and normal part of the tryout procedure. We, as a coaching staff, will establish criteria for selection and will do everything possible to make the tryout process fair and accurate.

We recognize that students may be very disappointed if they are not included on a team after tryouts. We believe that the students and parents need to discuss this emotional risk in their family setting before students engage in tryouts. We also recognize that parents have the responsibility to prepare their children emotionally for the tryout process and to determine whether or not it is in the child's best interest to tryout.

Our staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Team members will be given the opportunity through coaching, extensive training, and the use of excellent equipment and facilities to improve and develop toward their maximum athletic potential if they dedicate and commit themselves to our program.

We believe that student athletes are precious gifts of God. Selection to a team must never become an excuse for arrogance or taunting of other students, nor should lack of selection to a team become an occasion for blaming and resentment of others. We recognize that parents are ultimately responsible for loving and guiding their students through all experiences of success and failure. Parents have the opportunity to model how to appropriately handle both accomplishments and disappointments with a mature Christian attitude and perspective.

The TLS athletic program has two distinguishable levels based on our participation in the Houston Lutheran Athletic Conference and also based on our philosophy. These levels are distinguished by different grades and in name. Our primary objective at the JV level is to give the student athlete an opportunity to develop as a player, improving specific sport skills, improving physical conditioning, and gaining valuable game experience. The TLS varsity athletic program is committed to competing at the highest level. The TLS varsity student athlete competes for a position on the team and playing time based on the athlete's attitude, skill level, athletic ability, and ability to compete and perform in game situations. We believe that playing time is determined at the coach's discretion. We understand that these situations can sometimes become emotional issues. We also recognize that this is an opportunity for parents to model appropriate behavior for students in using the principles of Matthew chapter 18.

ROAD TO VICTORY

Trinity Athletic Teams will strive to build and develop the following Christian characteristics . . .

COMMITMENT

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. 1 Corinthians 9:24

We are committed to Christ and Christian principles above all things. We are committed to our teammates and to the sport we are participating in.

TRUST

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

We are honest with each other, listen to each other, and respect each other so that trust is developed. We trust in God to provide us with our daily needs.

ENCOURAGEMENT

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29

We build each other up by encouraging and reminding each other of our strengths.

LOVE

Dear children, let us not love with words or tongue but with actions and in truth. 1 John 3:18

God's love for us is unconditional. Our love for one another is not tied to success or anything accomplished. We strive to show our love for each other because Christ first loved us.

HUMILITY

Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2

We give God the glory for the abilities he has given to us, the success we achieve, and for our victories.

FORGIVENESS

Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. Ephesians 4:32

We admit failure and ask for forgiveness when we've done wrong to our teammate or opponent.



BOOSTER CLUB

WELCOME TO TRINITY'S BOOSTER CLUB! As a parent/guardian of one of our athletes, you are automatically a member of our organization. The Booster Club is led by a board that consists of three officers (president, vice president, and secretary) and three appointed positions (service, activities, and fundraising) with the Athletic Director serving as advisor. There are also several key committee chairpersons that play important roles.

Booster Club's purpose is to "encourage, promote and help support" Trinity's teams and athletic program. In doing this, we find ourselves involved in a number of activities. We operate concession stands at our home games. We sponsor the sale of Spirit shirts. We organize and sponsor the Trinity Klein Invitational Basketball Tournament, a JV Volleyball tournament, and many other events. We host a Field Day every May for area Lutheran schools 5th-8th graders.

With the proceeds of the school's fundraising efforts, the Booster Club pays the referees for our games, provides physical education and athletic equipment, team uniforms, FLC items, and more. The Booster Club has also been a major contributor toward capital improvements such as school vehicles, scoreboards, and athletic field upgrades.

Sound like a lot? It is! Without a doubt, our athletic program relies heavily on its Booster Club. In turn, the Booster Club relies heavily on its members. Your time and talents make all of this possible.

All of us on the Board say "Welcome to the Team!" We are really looking forward to a year of fun and fellowship with each other as we work to support our athletes.

GREETINGS FROM THE ATHLETIC DIRECTOR

Just as Trinity Lutheran School has a rich heritage as an academic institution, our school has also been blessed with an outstanding athletic tradition. My challenge, to both parents and athletes, is that you use the opportunity athletics provides to glorify Christ and build each other up in our faith.

The foundation of our athletic program is not to win games at any and all costs. Instead, we strive to follow the **attitude** Jesus exemplified to his disciples and to the people he taught. When they ask the question, "How can we be great?" The answer is we must serve one another. We serve our teammates! We show service to our opponents, and to anyone we encounter as representatives of Trinity Lutheran School. A group of athletes dedicated, disciplined, and concerned about each other; having faith and trusting first in our Lord and also in our teammates is the foundation of our program. This is the **attitude** we follow.

We pray that our program will be a blessing to you. We hope that you will be actively involved by participating in our Booster Club, and by attending as many of your child's games as possible.

In Christ's Service,
Nathan Frerking

TRINITY ATHLETIC ELIGIBILITY

(In accordance with the minimum eligibility standards of the Houston Lutheran Athletic Conference)

1.
 - a. No student may compete in athletics who was 15 years of age on or before the first day of September of the current school year.
 - b. A minimum age of 10 years on or before the first day of September of the current school year, or officially in the fifth grade, must be reached in order to play Varsity sports.

2. As using our God given talents is the main purpose in Christian Education, therefore, be it said that when athletic contests & their practice sessions interfere with the student's scholastic progress, then shall the student be suspended from athletics until such time that said student shall again work at his or her ability level. We therefore, apply the following scholastic eligibility requirements:
 - a. Athletic eligibility will be reviewed twice every grading period.
 - b. A student will be ineligible for athletic involvement if he/she receives two (2) or more failing grades (F) on a Progress Report; or one (1) or more failing grades (F) on a Report Card.
 - c. The ineligible period for the athlete will begin the day after the report card or progress report is issued. Three weeks following the issuance of a report card or progress report, any student ineligible must have each teacher sign an eligibility form. If the student receives the signature and current grade from all of his or her teachers, demonstrating that the student is passing all classes, the student will be eligible to participate the day after submitting the form to the Athletic Director for approval to participate.

3. For any Spring sport, if you are ineligible at the time of tryouts you may not try out or participate in that sport. If you become ineligible during the season, for a fall or spring sport, you may not participate for the remainder of that particular athletic season.

4. Student participation during the basketball, winter cheerleading, and swim season must abide by the criteria given in the above eligibility standards. Due to the length of these seasons (4-5 months), a student becoming ineligible once during the season, may be reinstated if his/her grades meet the eligibility standards according to item 2.c. above. If the student does not meet the eligibility standards twice during the season's activities, then the student may not participate for the remainder of these athletic seasons.

5. Eligibility status for any player participating on a team applying to attend a national tournament will be determined on the date the application is sent.

6. Students must be in school attendance a minimum of ½ day to participate in an extracurricular practice or a game that same day. Please refer to attendance policy in the School Handbook for clarification. Exceptions to this policy, if not illness related, will be considered (such as attending a funeral), on an individual basis.

ATHLETIC POLICIES

1. Athletic Participation Form - Every athlete must have all four pages of this form (including the physical exam) completed, signed and on file with the athletic director before he/she may participate in any tryout, practice session, scrimmage, or game.
2. Uniforms are handed out at the beginning of each season. Each athlete is responsible for laundering his or her own uniform during the season and turning it in at the end of the season. If the uniform is lost during the season, the participant will pay the replacement cost. If another uniform is available it will be issued. If the original uniform is then found, the replacement fee will be refunded with \$10.00 being kept as a processing fee. If at the end of the season, a uniform is deemed by the Athletic Director or the Uniform Representative to be abused and needing repair or replacement, the athlete will be charged the repair or replacement cost. During the two weeks before the respective sports seasons as over, the dates for uniform check-in will be announced. If uniforms are not turned in on those given dates, the participant may be charged a fee of \$2 per day until the uniform is received.
3. TLS will not issue a uniform or other school issued equipment to any athlete who forgets to bring it on the day of the game, or on team picture day.
4. All athletes must be picked up within 15 minutes after practice. If athletes are not picked up they should wait at the designated waiting area in either the FLC bleachers or in the concession area. The coach will send them to extended day care if they have not been picked up within 15 minutes. Any athlete not conforming to this policy will be disciplined and parents will be notified.
5. Students in extended day care will be released 15 minutes prior to a starting practice time or designated departure times for away games so that they can change clothes and get ready for the game or practice.
6. Any student who has practice or games that begin at or before 4:00 will be supervised by the coach from the time school is out until the end of the practice or game. Any student having practice or game beginning after 4:00 p.m. will need to check-in to Day Care after school or leave campus until the practice or game. Students found loitering around campus prior to their practice or game will be checked in to Day Care.
7. Practices and games are mandatory. If you must leave school early because of illness, dentist appointments, or doctor appointments, tell your coach and bring a note signed by your parents when you return to school. This will be considered an excused absence. Two (2) unexcused absences will result in suspension from one game and (3) will result in dismissal from the team.
8. All parents with a child in a sport will assist with concession stand, admission, supervision duty, or in some cases, sport specific duties, or pay a \$225.00 fee per child for each sport in which they are participants. This service must be provided by the athlete's parents for each sport season. You will be given the opportunity to select your schedule times of service just prior to the season using an online volunteer scheduling website. There is an optional \$225.00 buyout fee that can be made at the Booster Club General meeting. However, no-shows for assigned concession service will be assessed \$75.00.

9. If school transportation is used to take students to an away contest, the students must return to school with the provided school transportation unless:
 - a. The parent notifies the coach, either written or verbally, that the child is leaving with the parent after the contest.
 - b. The student may leave the contest with another family only if they are listed on the student's Athletic Participation Form as having permission to transport their child.
10. Electronic devices are allowed on the school vehicles at the coach's discretion, but their use will not be allowed in gyms. TLS will take no responsibility for electronic devices damaged, stolen, or lost.
11. Coaches have the authority to close a practice to spectators. If parents are watching a practice, siblings should not be allowed to play or wander in the gym or other areas of the FLC.
12. In a situation, where in the opinion of the varsity coach, a JV athlete has the ability to perform at a varsity level, the player may be placed on the varsity team provided it is to fill a vacancy and does not cause the abstraction of a varsity level player.
 - a. A JV player may not tryout for a varsity team where player cuts are needed.
 - b. A JV player may not be placed on a varsity team either during the season or at the end of the JV season when the varsity team has had player cuts.
13. Trinity offers these sports for student participation: volleyball, soccer, cheerleading, cross country, tackle football, basketball, baseball, and softball. All of the above mentioned sports require their own separate tryouts to qualify for the squad/team. It must be understood and agreed upon by the participant that upon selection to the above mentioned sports, full commitment must and should be given to each sport the participant chooses to be a part of. In addition to these school sports teams, Trinity students have to opportunity to play track through the Blue Knight club.
14. Trinity Lutheran School is a member of the Houston Lutheran Athletic Conference. For fall and winter sports, there is a varsity and junior varsity division. For the spring sports there is only a varsity division. When considering team formation, Trinity's highest priority is to place a team in each league division. Other factors involved in team formation include number of players wanting to participate in the sport, coach availability, practice facilities, and Houston Lutheran Athletic Conference scheduling and acceptance. The numbers of participants per sport listed are guidelines only. Being on a team one year does not guarantee selection the following year. Final decisions on team formation and players selected for a team will be with the approval of the athletic director. In a situation where a student is not selected to play on any team during a season, the final decision will be reviewed by school administration.
15. SELECTION PROCESS FOR ATHLETIC TEAMS A number of evaluators will be selected to observe and score each participant that tries out for a sport. All evaluators' scores will be averaged. The number of evaluators, and those selected to evaluate will be approved by the Athletic Director.

SOCCER

Varsity Team (11 vs. 11) = Gr. 7-8, minimum of 13 players and maximum of 20 players on team.
JV Team (8 vs. 8) = Gr.5-6, minimum of 10 players and maximum of 20 players on team.

VOLLEYBALL

Varsity "A" Team = Gr. 7-8, minimum of 8 players and maximum of 12 players on team.
Varsity "B" Team = Gr. 7-8, minimum of 8 players and maximum of 14 players on team. (if needed)
JV (A, B, & C) Teams = Gr. 5-6, minimum of 9 players and maximum of 14 players on team.

CROSS COUNTRY

One team = Gr. 5-8 no minimum or maximum.

FOOTBALL

A Team = Gr. 7-8, minimum of 11, no maximum.
B Team = Gr. 6-7, minimum of 11, no maximum.

CHEERLEADING

Varsity = Gr. 7-8, Fall and/or Winter seasons, minimum of 6, maximum of 12 cheerleaders.
JV = Gr. 5-6, Fall and/or Winter season, minimum of 6, no maximum.

BASKETBALL

Varsity "A" Boys = Gr. 7-8, minimum of 10 players and maximum of 12 players on team.
Varsity "B" Boys = Gr. 7-8, minimum of 10 players and maximum of 14 players on team. (if needed)

JV "A" Boys = Gr. 5-6, minimum of 10 players and maximum of 12 players on team.
JV "B" Boys = Gr. 5-6, minimum of 10 players and maximum of 14 players on team. (if needed)
JV "C" Boys = Gr. 5-6, minimum of 10 players and maximum of 14 players on team (if needed)
JV "D" Boys = Gr. 5-6, minimum of 10 players and maximum of 14 players on team (if needed)

Varsity "A" Girls = Gr. 7-8, minimum of 10 players and maximum of 12 players on team.
Varsity "B" Girls = Gr. 7-8, minimum of 10 players and maximum of 12 players on team. (if needed)

JV A Girls = Gr. 5-6, minimum of 8 players and maximum of 12 players on team.
JV B Girls = Gr. 5-6, minimum of 8 players and maximum of 12 players on team. (if needed)

BASEBALL & SOFTBALL

Varsity "A" Boys Team = Gr. 6-8, minimum of 12 players and maximum of 16 players on team.
Varsity "B" Boys Team = Gr. 6-8, minimum of 12 players and max. of 16 players.(if needed)
Varsity "A" Girls Team = Gr. 6-8, minimum of 12 players and maximum of 16 players on team.
Varsity "B" Girls Team = Gr. 6-8, minimum of 12 players and max. of 16 players. (if needed)

NATIONAL LUTHERAN BASKETBALL TOURNAMENT

The ultimate goal of Trinity Athletics is to teach, model, and encourage characteristics listed and portrayed on the "Road to Victory ". It is our belief that a trip to a national tournament gives greater opportunity to instill and build these characteristics in our student athlete.

Purpose and Objectives

1. To set a standard of excellence that would require dedication and commitment to reach the goal of qualifying the varsity "A" boys and varsity "A" girls basketball teams for the National Basketball Tournament held at Valparaiso University the last week in March.
2. To provide motivation for excellence and reward proper behavior. To give students the opportunity to demonstrate responsibility.
3. To give the students a memorable experience and to provide an opportunity to grow in our relationships with team members, coaching staff, and parents.
4. To visit a different part of the country, providing an out of school educational experience.
5. To represent our school and community at a national event providing positive public relations to the community.
6. To provide an opportunity for spiritual growth through devotions, prayer and a dynamic worship experience with student participation.

GUIDELINES FOR INDIANA BASKETBALL TRIP

1. The TLS boys varsity or girls varsity basketball team may make application for the National Basketball Tournament if the team meets the criteria of finishing First, Second, or Third in the LMST State Tournament.
2. Varsity Cheerleaders (consisting of 7 & 8 Graders only) with at least 4 squad members, may go to the National Tournament at coach's discretion if both basketball teams qualify for the National Tournament, with final approval from the Athletic Director.
3. Each Coach will determine if the application will be made for the National Tournament if the team qualifies by Trinity's standards to make the application.
4. The principal will review the application and make final decisions concerning individual player participation and whether the application is submitted.
5. The Board of Christian Day School will hear any appeals to the process.