

Immanuel Lutheran

Athletic Handbook



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Introduction

Immanuel Lutheran School provides its students with educational and spiritual guidance, as well as social and physical activity necessary for their development as individuals. Our athletic program provides physical activity and involvement at levels best suited for the child's safety, skill level, and opportunity to have a successful and rewarding experience.

Program Offerings

Immanuel is a member of the North Suburban Lutheran Athletic Association (NSLAA). When indicated, the "A" teams participate in Division 1, and the "B" teams participate in Division 2. If neither "A" or "B" is indicated, the team competes in Division 1. Immanuel offers the following athletic programs, grade levels involved indicated.

Season	Sport	Grade Level	Team Name
Fall (September - October)	Soccer	5 th – 6 th	JV Soccer
		7 th – 8 th	Varsity Soccer
	Cross Country	4 th – 8 th	Cross Country
	Volleyball	5 th -6 th	JVA Volleyball JVB Volleyball
7 th – 8 th		Varsity A Volleyball Varsity B Volleyball	
Winter A (End of October - December)	5 th & 6 th Boys' & Girls' Basketball	Girls 5 th -6 th	JVA Girls' Basketball JVB Girls' Basketball
		Boys 5 th – 6 th	JVA Boys' Basketball JVB Boys' Basketball
Winter B (January - First week in March)	7 th & 8 th Boys' & Girls' Basketball	Girls 7 th -8 th	Varsity A Girls' Basketball Varsity B Girls' Basketball
		Boys 7 th – 8 th	Varsity A Boys' Basketball Varsity B Boys' Basketball
Spring (April - May)	Track	5 th – 8 th	Track

Schedule

A calendar with practices and games will be distributed to athletes at the beginning of each season. Tryout dates and times will be listed in the school newsletter and/or emailed to all families. Schedules will be available at the Parent Meeting and/or GOOGLE Calendar. If there is a change to the schedule, an email will be sent to the parents of the team members indicating the change as well as instant updates through GOOGLE Calendar. They will also be noted in the Daily Sports Update.

Athletic Philosophy & Goals

Philosophy

The athletic program at Immanuel refers to competitive sports between schools, as an after school extra-curricular event. Having school teams provides the student body with events beyond academics to develop school spirit.

Our athletic program is an extension of the overall school ministry here at Immanuel. The aim of Immanuel athletics is to facilitate the goals of Immanuel Lutheran School through sports activities. We follow the Mission Statement of our school -

To Know Christ is to Share His Love – Our mission is to mature our students spiritually and academically to their highest standards. In partnership with home, school, and church, we strive to develop disciples of Jesus Christ.

One of the major goals of the athletic program is to help students learn to apply Christian principles to their lives. Dealing with success, as well as frustrations and failure, understanding team work, and maintaining a proper Christian attitude in sports and in daily life is our goal.

The athletic program strives to develop technically correct physical skills, physical conditioning, commitment to team concepts, self-discipline, priority-setting, the encouragement of others, perseverance, and the earning of playing and a position on the team.

Athletic Program Goals

- 1) To teach our athletes to be thankful for their God given talents.
- 2) That all of life is worship, including athletics.
- 3) To practice Christian love among students, parents, and coaches.
- 4) To provide Christian discipline when a problem arises.
- 5) To develop character traits such as responsibility, leadership, sportsmanship, teamwork, and self-control.
- 6) To stimulate school spirit and pride without compromising respect toward others.
- 7) To develop fundamental skills and knowledge of the rules of respective sports.
- 8) To prepare our athletes for high school level athletics.
- 9) To provide a positive athletic experience for each athlete and to encourage a lifelong enjoyment of sport and recreational activities.

Participation and Team Selection

The athletic program is designed for students who demonstrate an emotional and mental readiness for competition, and who possess a satisfactory level of physical and academic competence.

Academic Eligibility

Participation in extracurricular activities is a privilege, not a right. Students who are getting a “D” in any subject at the end of a trimester will be subject to an “Athletic Academic Contract” which could impact their ability to tryout or participate in a sport the following trimester. Once a student is on a team, student athlete’s grades will be checked every Friday morning (see procedures below).

“Friday Grade Check” / Academic Probation & Ineligible Athlete Procedures -

- The athletic director will do a “Friday Grade Check” each Friday morning starting with the 4th Friday of the trimester. If there is no school on Friday, the grade check will be done Thursday morning to determine the following weekend and week’s eligibility.
- If a student is getting a “D” in any subject at that time, they will be placed on Academic probation for one week until the next Friday Grade Check.
- A player who is on Academic probation can still participate with their team for the week they are on probation.
- Athletes who are on probation for a week will be given a note on the Friday they are determined to be on probation indicating the duration of the probation and the subject(s) in which they did not meet the requirement. The note will be signed by the athlete, parent, teacher, and athletic director and kept on file with the athletic director.
- If by the following Friday the athlete has not brought their grade above the standard (D). They will then be ruled ineligible.
- Note: An athlete can only be on academic probation once within an athletic season. A second occurrence will result in ineligibility.
- A player who is ineligible is not to attend or dress for any practices, games, or tournaments during the week of ineligibility. The week of ineligibility includes Friday after school, weekend, and after school practices or games Monday - Thursday of the following week.
- The following Friday morning grade check will determine if the athlete is eligible again.
- Athletes who are ineligible for a week will be given a note on the Friday they are determined to be ineligible indicating the duration of the suspension. The note will be signed by the athlete, parent, teacher, and athletic director and kept on file with the athletic director.

If a student is having repeated academic concerns (i.e., week(s) of ineligibility, low grades, missing work), parents and the student/athlete will be required to sign an “Athletic Academic Contract” along with his/her teacher(s), principal, and the athletic director outlining requirements and expectations related to their academic progress. If a student fails to meet the academic expectations outlined in the “Academic Contract”, he/she will be removed from the team.

Tryouts and Team Selection

Numbers of athletes to place on any team is an ever-present concern of coaches and parents alike. This decision takes into consideration manageable numbers for supervision and instruction, and the ability to provide quality practice and game playing time. Some sports such as soccer, basketball, and volleyball lend themselves to a limited number of players.

To arrive at manageable numbers for athletic teams, tryouts are conducted. Team selections are made by the head coach, assistant coaches, and athletic department. Team selections are based on such criteria as emotional and mental readiness for competition, physical competence and skills, experience, attitude, coachability, cooperation, conditioning, attendance, and priority-setting.

Playing Time

Immanuel is involved in a competitive athletic conference. Our teams are not recreational teams guaranteeing equal play time. Playing time, which involves both games and valuable practices, is left to the discretion of the coaches and is determined by a variety of factors including attitude, work ethic, skill level, practice/game attendance, and contest situation. It is Immanuel's goal to involve all team members while remaining competitive.

School and Athletic Attendance Policy

Regular attendance is important for success in school and a requirement of the state. Notification of absence procedures are outlined in the school handbook. It is the student's responsibility to make up all missed assignments and tests within a reasonable period of time.

A student who is unable to participate in physical education may not participate in any after school athletic function.

In order to participate in after school or evening activity, students must be in school **for at least one-half of the school day (in the afternoon).**

Practice and Game Attendance Policy

When an athlete makes a commitment to a team, he/she commits to attending all practices and games. Please make arrangements so that your son or daughter does not miss any practices, games, meets, or tournaments. Absences for illness and funerals are considered excused. However, we ask that you avoid conflicts with any other activities (such as music lessons, doctor's appointments, other sports teams, etc). Missing practices or parts of practice affects the team and a coach's practice plan and could affect playing time. Absences such as forgetting practice, not having practice/game apparel, detentions/suspensions, or not informing the coach ahead of time about missing a practice will be considered unexcused and will drastically alter playing time.

If your child must miss an event due to any reason besides illness, please inform the coach **ahead of time** by note, phone call, or email. If an athlete misses school because of illness, no written notification is necessary.

If a player has an unexcused absence, the following consequences will apply -

- Unexcused absence from practice – player sits out 1st half of next game or 1st game of next match
- Unexcused absence from game/match – player sits out next game/match
- Unexcused absence from tournament game – player sits out next game/match of tournament (if possible) or next regular season game/match.

The coach and athletic director will discuss each instance on an individual basis and determine a course of action if necessary.

Parental Role

Our athletic program is not possible without the support and help of the parents. Assistance is required in every area: driving to games, operating concession stands, readying fields and facilities, clean-up, coaching, supporting the individual athlete, attending sport activities, cheering positively for our teams, and reinforcing the responsibilities of the student in Christian behavior and understanding. Some of these responsibilities include:

- 1) Teach by example-a Christian attitude towards all. The school can only support and encourage the basics, as taught in the home.
- 2) Assist the student to establish proper priorities with respect to church, family, peers, academics, and play.
- 3) Encourage and participate in the development of the student athlete's abilities.
- 4) Support the student's commitment to teams and program.
- 5) Develop within each athlete foresight, which enables him/her to accept responsibility for both individual and group actions.
- 6) Make a commitment to help the athletes by attending sports events, driving, working concession stands, assisting in clean-up, and encouraging coaches.
- 7) Instill in the athlete good health habits toward food, sleep, and exercise. Discourage the use of cigarettes, liquor, and drugs.
- 8) Enthusiastically support teams at athletic events without being over-zealous or critical of coaches and officials.

In general, the parent must exemplify everything that he/she wants the student athlete to be, and must participate in both home and school activities, if the student is to be successful.

In order that we may foster a God-pleasing spirit of cooperation and willingness to work together, all involved must realize that all people are sinners, full of many imperfections and shortcomings. Coaches will endeavor to train, guide, to lead, and to discipline in a Christian manner.

At Immanuel we believe that all conflicts, disagreements, and misunderstandings can be dealt with in a Christian manner by following the words of Matthew 18:15, "If your brother sins against you show him his faults, just between the two of you." The athletic program follows this model Christ gave us when concerns occur. Follow the following "due process" procedure to handle concerns that arise. First, wait 24 hours and allow strong emotions to be calmed. Second, talk to the individual involved face to face at an appropriate time. "Mentioning" often gets misinterpreted. Third, follow up your meeting, and if you are not satisfied, meet one more time. At this meeting, have a brief written statement of the problem and a way to resolve it. If the problem still exists, set up an appointment with the athletic director to discuss the issue. If the problem is still not resolved, set up an appointment with the athletic director and principal where all parties can discuss the issue.

Athletic Physicals and Emergency Contact Forms

Athletic Physicals

All parents are required to submit to the school office a Sports Physical form with doctor's signature, indicating that the athlete has undergone a recent physical examination indicating special health concerns. The Sports Physical must be done **after April 15th** to be current for the upcoming school year. This form also requests parent signature, authorizing emergency medical attention. A current Sports Physical must be on file in order for athletes to tryout for any sport or participate in any practice or game.

Emergency Contact Forms

Parents will also need to complete an Emergency Contact form with phone numbers and contact information for your child for the after school time period. These forms must be on file in order for athletes to tryout for any sport.

Failure to supply these forms will prevent the athlete from participating in tryouts, practicing with the team, or competing in athletic competition.

Sports Fee

All athletes must pay a **\$75** sports fee for each sport they participate in throughout the year. This fee will be collected at the beginning of each season. [This fee helps pay for referees, tournament registrations, facility upkeep and coaches stipends.](#)

Athletic Uniforms & Practice Clothes

Athletic Uniforms

Team uniforms are issued to and become the responsibility of each team member, in terms of laundering, care, and upkeep. Game uniforms are only to be worn for games. Do not wear them for practices or for other purposes. All team uniforms are to be returned by the dates indicated at the end of each sport season or face consequences such as detentions, fines, etc. Please return your uniform washed and in a bag with your name clearly marked on the bag.

If there is any damage above and beyond normal wear and tear, athletes will be assessed a fee to replace the damaged uniform(s).

As a general rule, always wash your uniform in cold water and hang dry (or very cool dry!!).

Practice Clothes

Athletes are encouraged to wear their Immanuel physical education uniform for practices. All athletes are required to wear proper fitting, sport appropriate clothing for all practices. Quality socks and footwear are a must for all sports. Do not wear game uniform for practices.

Guidelines for Conduct of Student/Athletes, Coaches, and Fans

North Suburban Lutheran Athletic Association (NSLAA)

(Updated August 2013)

As an association of Lutheran schools, we desire to teach and encourage Christian conduct and sportsmanship among our student/athletes, coaches, and fans. To help us achieve that goal, we have developed the following guidelines to help emphasize what we feel to be proper conduct for our athletes, coaches, and fans.

THE STUDENT ATHLETE:

1. accepts referee's decisions in a proper manner; does not argue or make non-verbal gestures which indicate disagreement with officials, opponents, or fans.
2. treats opponent as a guest and a friend-as he wishes to be treated; appreciates his opponent's good play, and encourages his opponent when he makes a mistake.
3. does not use profanity or vulgarity at any time.
4. realizes that he is representing his Lord- as well as his church, school, and team- and reflects this awareness in his conduct.
5. win or lose, thanks his Lord for allowing him to take part in the contest and keeping him safe.

THE COACH:

1. treats each player, opposing coach, parent, and administrator with respect and dignity.
2. uses the game as an avenue to minister to children, parents, and fans.
3. knows he is an ambassador for Christ, and as such, conducts himself in a proper manner when dealing with athletes, parents, and fans.
4. sets a good example for players and spectators.
5. maintains self-control at all times. The desire to win must not overcome rational behavior.
6. helps players appreciate opponent's good performance and encourage opponents who make mistakes.
7. expects good sportsmanship from his athletes.
8. removes players using profanity from the game.
9. shows respect to his opponents; doesn't run up scores or embarrass his opponents in any way.

THE FAN:

1. attends the game to encourage and support the athletes.
2. shows respect for the judgment of the officials; does not question their calls.
3. recognizes and appreciates outstanding plays by either team.
4. doesn't use profane or obscene language.
5. does not verbally assault others or in any other way become generally obnoxious.
6. is a positive example for setting the tone for those around him so that everyone may enjoy the game.
7. shows respect for those who are hosting his school; respects the rules and expectations of his host. (EXAMPLE: does not take food or drink into the gym when it is clearly prohibited)

We ask that these guidelines be shared with athletes, coaches, and fans so that we more closely achieve the purpose of our competitions.

NSLAA League Overview

Immanuel participates in the North Suburban Lutheran Athletic Association ([NSLAA](#)).. The League is comprised of the following schools:

NSLAA	
Immanuel, Macomb	St. John, Rochester
Our Shepherd, Birmingham	Peace, Shelby Township
St. Luke, Clinton Township	St. John, Fraser
Trinity, Clinton Township	Trinity, Utica
St. Peter, Macomb	Peace, Warren
St. Peter, Eastpointe	St. John, Rochester

2019-2020 Divisions

Fall

- Volleyball - 2 Divisions
- Soccer - 2 Divisions
- Cross Country - 1 Division

Winter

- 5th/6th Basketball - 2 Divisions
- 7th/8th Basketball - 2 Divisions

Spring

- Track - 1 Division

In some sports, Immanuel has teams in two divisions. For example, Immanuel has two 7th & 8th Girls' Volleyball teams. Our Varsity A volleyball team competes in Division 1, and our Varsity B volleyball team competes in Division 2. For a complete list of the division alignments and league seasons, please see the athletic director.

Transportation

It is the parents' responsibility to provide or coordinate rides for away games and tournaments. For links of maps to schools please go to our school website. Here's the link - http://www.immlutheran.org/?school_k8_athletics_maps.