

Our Shepherd Lutheran School



Athletic Handbook

www.ourshepherd.net
www.nslaa.org

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Dear Parents and Athletes,

The staff and Board of Education of Our Shepherd Lutheran School are happy that you and your child have chosen to take advantage of the athletic opportunities offered at our school. We know there can be enjoyable and meaningful experiences for your child as a participant and for you as a spectator.

We firmly believe that participation in sports provides a wealth of opportunities and experiences, which are particularly influential in each student's physical, social, mental, and spiritual development. It can help to make a student well rounded and complete. Athletics, however, should not be the most important thing in a student's life. When God, home, school, then sports is the order of priorities followed, a student is well on their way to a successful life.

Please read the principles and the philosophy that follow in this handbook and discuss it together.

We are looking forward to a blessed year with you, and we know that we can count on your Christian support of our teams, coaches, and program. When Christ is kept the focus, failure is impossible!

In Christ,

Esther Spanos
Athletic Director

Philosophy

Our Shepherd Lutheran School has at the core of its existence the purpose of strengthening children in their faith that they may grow in knowledge of their Savior and in love and service to Him and others. The aim of Our Shepherd's athletics is to teach and develop physical skills, mental discipline, Christian character and sportsmanship, and a striving spirit for Christian living.

Participation in Our Shepherd's athletics is a privilege granted to spirit-filled, exemplary students who demonstrate skill in a given sport. Through participation in interscholastic sports, students will be encouraged to be the best that they can be to the glory of God.

Goals

1. To glorify God in all that is done on and off the playing field.
2. To help instill the priority that God is always first: God, family, school, and athletics.
3. To realize that certain rules are necessary and how to abide by these rules.
4. To learn the importance of cooperation and the need to respect the rights of others, to win with grace and humility, and to accept defeat with poise and dignity.
5. To recognize that the use and development of physical skills and talents is good Christian stewardship.
6. To improve the athlete's overall physical condition and specific athletic skills.
7. To prepare athletes for high school level athletics.

8. To provide a positive athletic experience for each athlete and to encourage a lifelong enjoyment of sports and recreational activities.

Eligibility

As stated in the Our Shepherd School Handbook our goal is to first nurture children in the Christian faith, maintain academic excellence and develop a physically healthy body.

Our Shepherd's eligibility process in sports is the E.S.P.U. Each week an E.S.P.U form is given out for the students. Teachers will then give them a grade of excellent (E), satisfactory (S), poor (P) or unsatisfactory (U) for each class, from the previous week. This will let us know how the student stands with their assignments and conduct in each class.

If a student received two U's (two P's are equal to one U) during a week they will be unable to play the following week. However, the student athlete must be present for practices and sit with the team on the bench during any games that week.

If a student-athlete receives two unsatisfactory reports twice during the season they will be removed from the team for the remainder of the season.

The Day School Committee adopted this policy in May 2001.

School Attendance

The inability to attend school on the day of a game indicates the inability to perform at a game on that day. A student must be in school by 11:30 A.M. in order to participate in a game that day.

Disciplinary Action

If a breach in school policy should occur it will also carry over into the athletic program. This could take the form of a temporary suspension or expulsion from the team. The school staff understands that students make mistakes. Therefore, every opportunity will be given to the athlete to correct their errors and again take part in the team effort. At the discretion of the Athletic Director and Principal, when the student makes no attempt to live up to what is expected they will be removed from the team.

GUIDELINES FOR CONDUCT OF STUDENT/ATHLETES, COACHES, AND FANS

Our Shepherd Lutheran School desires to teach and encourage Christian conduct and sportsmanship among our students/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 that 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, official, 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 encourages 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; does not "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. Does not 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.

Medical Requirements

Any student wishing to participate in any sport must meet a certified physical examination before the athlete tries out. If a physical has been completed with a 12-month period, which would extend through the entire sports season, this would be adequate. Physical forms may be obtained through the school office.

Any student receiving injury, requiring a physician's attention must have written doctor's approval to return to practice.

Insurance

Our Shepherd Lutheran School does not assume any financial expenses incurred because of athletic injuries. Therefore, it is necessary for every athlete to be covered by the parents' health insurance. Athletics is a voluntary program in which the student may participate if they so desire, but does so with a risk of injury.

Practice

When an athlete makes a commitment to a team, they commit to attending all practices and games. Missing practices or parts of practice affects the team and a coach's practice plan and could drastically affect playing time. Coaches should be informed personally when an athlete is not able to attend practice. If an athlete misses school because of illness it is considered an excused absence and no notification is necessary. However, if illness is hindering attending practice on a regular basis students will be removed from the team, at the discretion of the Athletic Director and Principal. Unexcused absences will alter playing time. Players will not be allowed to call home for equipment on the day of practice.

Before a student joins a team at Our Shepherd, it is important that they make a commitment to that team. This means putting our team before any other sports team they may be on. This commitment includes practices as well as games.

Since practice sessions will end on time, rides should be at the school within 15 minutes after it ends, if they are not picked up by that time, they will be taken to ABC. Telephone calls should not be necessary. Every participant will receive a practice and game schedule and will be notified when a change occurs.

Practice Clothes

No camis, tanks or short-shorts are allowed. Bellies are to remain covered when arms are up and extended, only traditional T-shirts are acceptable, with gym uniform-like shorts.

Playing Time

Our Shepherd is involved in a competitive interscholastic conference. Our teams are not recreational teams, guaranteeing equal playing 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, and contest situation. It is Our Shepherd's goal to involve all team members while remaining competitive.

TEAM PARTIES

Teams may choose to have a celebration at the end of their season. These parties should be organized by a parent and approved by the coach and Athletic Director.

Transportation

It is the responsibility of the parents to arrange transportation for athletes to and from games and practices. These arrangements need to be in place before school begins the day of the scheduled activity. Adults transporting athletes must have seatbelts for all athletes they are transporting.

Uniforms

Our Shepherd does provide uniforms for each of its athletic teams. They are to be kept neat and clean throughout the season. Uniforms should be washed in warm or cold water and should be air-dried. If any damage is done to the uniform, payment will be required on the part of the athlete. All uniforms must be turned in at the designated "turn-in time" in the same condition they were received. All students participating in each sport will be assessed a \$10.00 uniform usage/equipment fee which must be paid before the student can participate in a game.

League Membership

We are members of the North Suburban Lutheran Athletic Association (NSLAA). The following schools are members of the NSLAA:

- Bethany, Detroit
- Immanuel, Macomb
- Living Word, Rochester
- Peace, Shelby Twp
- Peace, Warren
- St. John, Fraser
- St. John, Rochester
- St. Luke, Clinton Township
- St. Paul, Sterling Heights

St. Peter, Eastpointe
St. Peter, Macomb
St. Thomas, Eastpointe
Trinity, Clinton Township
Trinity, Utica

League Website

www.nslaa.org

"Whatever you do, do all to the glory of God."