

OUR SHEPHERD

LUTHERAN CHURCH AND SCHOOL

ATHLETIC HANDBOOK



CENTRAL INDIANA LUTHERAN ATHLETIC ASSOCIATION



“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

Colossians 3:17

PHILOSOPHY

Each child in this school is redeemed by God and has been created with unique talents, abilities, and interests. Each child should be provided with opportunities to develop these talents beyond the normal classroom experience, as time and personnel permit. To that end, competitive athletic programs are offered to develop and promote the positive Christian growth of each student-athlete. We strive not only to expand the individual's physical abilities but also nurture them as a gift from God to be used for His praise and glory, utilizing them to the fullest potential. Our intent is that each child participates at a level that is equal to his/her developmental stage.

Our Shepherd Lutheran School recognizes that our interscholastic sports program is an extra-curricular component of our instructional day. Therefore, the child must maintain a high level of excellence in the classroom - both academically and behaviorally - to retain the privilege of participating in athletic activities.

GOALS

1. Honor God through all actions - this includes everyone involved in the athletic program.
2. Develop and cultivate skills, attitudes, and understandings which will carry over into life, both now and beyond.
3. Foster respect and an appreciation of athletics in a cooperative and a competitive environment while having fun.

ACTIVITIES OFFERED *

Fall:	Minimum Athletes Required
Co-Ed Varsity Soccer (4 th – 8 th Grades)	13
Girls JV Volleyball (4 th – 6 th Grades)	7
Girls Varsity Volleyball (7 th – 8 th Grades)	7
Co-Ed Cross Country (3 rd – 8 th Grades)	AD/Coach's discretion
Winter:	
Girls JV Basketball (4 th – 6 th Grades)	7
Boys JV Basketball (4 th – 6 th Grades)	7
Girls Varsity Basketball (7 th – 8 th Grades)	7
Boys Varsity Basketball (7 th – 8 th Grades)	7
Girls Cheerleading (4 th – 6 th Grades)	AD/Coach's discretion
Spring:	
Co-Ed Track and Field (4 th – 8 th Grades)	AD/Coach's discretion

**Based off of participation and coaching availability. In order for OSLS to offer the activities above, teams must meet the required minimum number of athletes AND have a coach. If one of these is not met, Our Shepherd Athletics will be unable to field a competitive team for that sport or level during that season.*

REGISTRATION

To join a team, the player and their parents must submit the correct registration forms and pay the appropriate fees. All forms must be submitted before being permitted to participate in practice or games.

Homeschool students may participate in sports at Our Shepherd IF they meet at least one of the following requirements:

- * The student is a member of Our Shepherd Lutheran Church
- * The student has siblings that attend Our Shepherd Lutheran School
- * The student intends to join/attend Our Shepherd Lutheran School

Homeschool student athletes and families are subject to all the same playing time, academic, conduct, concessions, and fee requirements as participating Our Shepherd students.

SPORTS PHYSICALS/CONCUSSION & SCA FORMS

All students participating in the school's interscholastic sports program are required to have a physician's approval. The date of the physical exam must not exceed one year. Sport physical forms are available in the school office, from the athletic director, or on the school website. Completed physical forms must be submitted to the athletic department before the student participates in practices or games. The student will be ineligible until the form is completed.

In 2016, Indiana law expanded concussion and sudden cardiac arrest (SCA) education and protocols from grades 9-12 to include grades 5-12. The new law requires schools to distribute information sheets to parents and athletes participating in an interscholastic sport. Acknowledgement forms are also required to be signed by the parent and athlete and returned to the school before an athlete can participate in practice or games. The law further provides protocols to follow if a concussion is suspected, and requires a player be removed from play until cleared by a professional health care provider.

ATHLETIC FEES

Each student participating in an extra-curricular athletic activity will be assessed an athletic fee. Athletic fees help finance uniform replacements, equipment purchases, and other athletic program needs. Fees are as follows:

Cross Country:	\$20	Soccer	\$20
Basketball:	\$20	Soccer Socks:**	\$7
Cheerleading:	\$30	Volleyball	\$20
Track & Field:	\$20	Volleyball Socks**	\$7

* A family cap will be set at \$100 ** Family cap does not in-

PLAYING TIME

Junior Varsity Level

At the JV level the focus is on developing and challenging each athlete to grow in their abilities and not on winning. Commitments will be limited to three per week, not including tournaments. Athletes at this level will be given ample playing time. We will still take into consideration certain criteria for playing in games such as **practice attendance, players work ethic, academic issues, and the like**. However, all efforts will be focused on encouraging player development.

Varsity Level

At the Varsity level students will experience a more competitive team situation. Commitments will be limited to four per week, not including tournaments. An intentional effort will be made to offer each athlete playing time in a game situation, however, focus for playing time will be based off of **skill of the player, practice attendance, game situation, and work ethic/attitude**. Coaches will work with each athlete to teach the skills necessary for the game. The focus is not on winning, but on putting together the most competitive and game ready team possible.

PRACTICE AND GAME ATTENDANCE

Our Shepherd athletics discourages consistent absences because this negatively affects team development. Practice and game schedules will be available at the start of each season, in order that interested athletes and their families may determine if commitment is feasible. Any student participating in extra-curricular athletic activities at Our Shepherd must present a parental written excuse (note, text, email) to the coach in charge prior to a practice or game, if he/she is going to be absent. This allows the coach time to adjust practice or game strategies. If a student is absent from school, they cannot participate in that evening's practices or games. If a student is absent from school on Friday, the coach and parent(s) will determine weekend participation. If a student does not arrive for class before 11:30 that day, he/she is not allowed to participate in that day's practices or games (excluding late arrival due to scheduled appointments). If a student goes home from school due to illness they may not participate in after school programs.

ELIGIBILITY POLICY

Our Shepherd Lutheran School is a Christ-centered educational institution where academics and character come before athletics. Eligibility for athletic participation at Our Shepherd is determined by grade level, academic performance, and behavioral conduct. A student's academic eligibility is determined by grade point average and failing grades. Each student is required to maintain a 2.0 grade point average and have no failing grades at mid-season, mid-term, or end of trimester. The parents, teachers, and coaches will monitor grades. A student's behavioral eligibility for participation in Our Shepherd athletics involves evaluation by teachers, athletic directors, and the principal if one or more of the following factors are demonstrated:

1. Disruptive behavior in school
2. Disrespectful attitude
3. Refusal to do work/low effort
4. A pattern of incomplete or late work
5. Low test grades

A student who falls below academic or behavioral requirements may face certain restrictions as stated below. A student that is put on probation more than once during a season may automatically be removed from the team.

1st Notice: Probation. The student may practice and participate in games or performances for the period of the probation while working to meet requirements. When the probationary period is over, the student must have met the requirements.

2nd Notice: Student is removed from the activity until such time as the requirements have been met.

3rd Notice: Student is removed from the activity for the season.

If a teacher feels that the student is putting forth their best effort, but still is unable to achieve the academic requirements, the teacher may suggest that the student can participate in the extra-curricular activity. This decision will be made if it is in the best interest of the student, and will be based upon consultation between the teacher, parents, athletic directors, and the principal.

UNIFORMS

The Our Shepherd Athletic Department has established a cycle for purchasing new uniforms. A uniform rental fee or purchase fee is included in the athletic fees. Uniforms are the property of the Athletic Department and will be signed in/out with the student and athletic director's signature. Track and cross country shirts, volleyball and soccer socks, and cheerleading briefs are part of the uniform, but remain under the ownership of the athlete. Uniforms should be returned within one week of the end of the season.

Uniforms should be cared for properly. It is typically best to machine wash on cold and line dry the uniforms. Athletes must inform the coach or AD if damage or loss of a uniform occurs. **A fee of \$75 will be issued if a uniform must be replaced.** Cross country and track shirts will be replaced at cost due to no shipping or single uniform purchasing fees.

Athletes who have forgotten their uniforms for a scheduled game may have another uniform issued to them at the discretion of the coach and athletic directors and hence may not play in the scheduled game. Athletes will still be expected to be present at the scheduled game and support their teammates also at the discretion of the coach.

Practice clothing should be clean and appropriate reflecting Christian modesty. The athlete should have quality shoes and wear clothing that is appropriate to the sport. If practice time is outside, please wear appropriate attire, i.e. layers if necessary.

TRANSPORTATION/SUPERVISION

Transportation to and from athletic activities is the responsibility of the parents. Please consider arranging rides ahead of time. **None of the responsibility falls upon the school or the coaches to arrange rides.** Maps and directions can be attained via the internet or by contacting the athletic director or coach for help.

Coaches will supervise players during warm-ups, game times, and practices. Parents will need to make every effort to pick up their child from practices on time. Players will be checked into extended care ten minutes after practice ends at the parents' expense.

QUITTING TEAMS

Before an athlete chooses to discontinue participation in a sport, the athlete and the parents should contact the coaches to inform them of their decision. If at all possible, all avenues should be explored before the final decision is made. All uniforms should be returned to the athletic department immediately.

WEATHER PLAN

The Our Shepherd Athletic Department recognizes that weather can play a large part in the logistics of competition. Weather will be monitored so that the safety of the athletes and spectators are foremost. Outdoor events will still occur so long as there is no severe weather to interfere. A delay of game or practice will take place if severe weather interferes and play will resume if possible when any severe weather passes. If severe weather will not permit the reasonable continuation of play, competition or practice will be cancelled. Athletic directors will notify participating schools and attempt to reschedule, if appropriate, the event to the earliest convenient date. All effort will be made to reach host schools for away events to determine the cancellation of events and then communicate the necessary information to coaches and teams.

CONCESSIONS/BOOSTERS

The Our Shepherd Athletic Department organizes concessions for home athletic contests. Finances raised by concessions are used to directly cover fees and financial needs of the athletic program. Athletes and their families participating on interscholastic teams at Our Shepherd Lutheran School are expected to participate in this program. A sign-up/assignment sheet will be circulated for regular season and tournament games we host. If there is a conflict that results in a family not being able to fulfill its scheduled time, that family must find a substitute for the position. Failure to sign-up for or fulfill a scheduled work time will result in a fee of \$50 to the originally scheduled family.

PRACTICE/GAME SCHEDULES

The athletic department will provide copies of the athletic calendar either by paper copy or website communication. The Our Shepherd Athletics calendar can be found on the church and school website or at <http://ourshepherdlutheran.tandemcal.com>. By signing up for a free Tandem user account, parents and athletes have access to features like: calendar filters to show only the athletic events important to you, import capability into personal calendars like Outlook, Google, iCal, and Yahoo, email and text message options when events change, and directions or maps to event locations.

Schedules will be posted as soon as practice and game times are confirmed with coaching staff and athletic directors of other school.

ATHLETICS COMMUNICATION

It is often difficult for athletes and parents to accept when participation in a team sport does not occur as anticipated. If a parent/guardian has a concern regarding their child's participation on an Our Shepherd Athletics team, communication should first be made with the coach. This communication should be documented if necessary, and take place at a time when emotions are not high and a resolution is more likely to be made.

If a meeting/communication with a coach does not resolve a concern, then contact the athletic director to discuss the concern. The appropriate next steps will be determined during this discussion with the athletic director. If necessary, the principal will be informed and advised in a final decision making process.

CENTRAL INDIANA AREA LUTHERAN SCHOOLS

GUIDELINES FOR PLAYERS, SPECTATORS, AND COACHES

Players:

1. Team players are representing their school and their Lord and will do so in a Christ-like manner.
2. Players will show respect for property when visiting other schools.
3. Players will try their best, but not make winning their most important goal, but rather that they display Christian action.
4. Players will win with humility, and lose with grace.
5. Players are not to question the decisions of referees, but accept those decisions graciously.
6. Players will play within the rules and keep a sense of fair play.
7. Players may never use crude, vulgar, or un-Christian language.
8. Players are to be polite to opposing coaches and students who are new to Our Shepherd.
9. Players will never belittle or make fun of other players.
10. Players will respect their coaches as their parents' representative.

Spectators:

1. Spectators at our games should at all times behave in a Christian manner.
2. Cheering will always be positive, and negative yelling will not be tolerated.
3. Fans who are parents should give Christian witness to their children on the team.
4. Fans should at all times show respect for the referees.
5. Spectators should encourage one another to behave in a Christian manner.
6. Fans should respect others' property when visiting other schools.
7. Spectators should be kind and polite to opposing teams, coaches, and fans.
8. Parents of players should instruct their children that their Christian witness and fair play are more important than winning.
9. Fans should be humble in victory and gracious in defeat.
10. Rude, vulgar, and un-Christian language by spectators will not be tolerated.

Coaches:

1. Coaches represent the school, teachers, parents and Christ when with the players.
2. Coaches will emphasize as their main goal the development of Christian attitudes toward athletics.
3. Winning is secondary to positive Christian teaching.
4. Coaches will always represent their Lord in appearance, attitude, and action.
5. When questioning referees' decisions, coaches should do so in a God-pleasing manner.
6. Coaches will by their speech and action demonstrate proper game behavior to their players and fans.
7. Rude and vulgar language is never to be used by coaches.
8. Coaches are to instruct their players in a kind and loving manner, and should not berate the players in their care.
9. Coaches will discipline children who are not demonstrating Christian behavior by removing them from competition.
10. Coaches will instruct players about the proper respect of property when visiting other schools
11. Coaches will remain until all players are picked up from practice and games.
12. The Our Shepherd Athletic Department supports its coaches.

Any questions or concerns regarding athletics at Our Shepherd Lutheran School should be brought to the attention of the Athletic Director.

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Our Shepherd Lutheran School

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