



2016 – 2017
Student Activities
Handbook

Lutheran High School
St. Charles, MO

Lutheran High School Mission Statement

Empowered by the Gospel of Jesus Christ, Lutheran High School nurtures spiritual, academic and personal growth equipping its students for a life of Christian service.

Lutheran High School Vision Statement

We envision utilizing God's blessings in partnership with our families, congregations and community, to be a dynamic leader in academic excellence and Christian service.

Lutheran High School Core Values

- We value quality Christian education.
- We value faithfulness to God's Word and the Lutheran Confessions.
- We value excellence for all areas of school life.
- We value developing and modeling Christian character.
- We value a caring and nurturing community.
- We value servant leadership in service for others.
- We value establishing and fostering respectful relationships.
- We value an environment of innovation and discovery.

Lutheran High School Activities Department Mission Statement

In accordance with nurturing of personal growth, the central goal of the LHS activities program is to foster personal Christian characteristics and qualities of respect for self and others, honesty, integrity, commitment, reliability, common sense and perseverance. These values learned through their experiences at LHS will equip the students for a life of Christian service.

Collaboration with Lutheran High School Student Life Handbook

The Lutheran High School Student Life Handbook and the Lutheran High School Activities Handbook work in collaboration with each other. Both handbooks serve to provide the policies and expectations for our school community. As such, they work together. In the event that the Activities Handbook does not address a particular situation, the Student Life Handbook should be used for clarification. In the unforeseen circumstances that a policy or expectation appear to conflict between the two handbooks, the Student Handbook will supersede the Activities Handbook.

It is also not possible to foresee every situation or circumstance and address it in the Activities Handbook. In these circumstances, the school administration will take the most appropriate action deemed necessary.

Collaboration with the Missouri State High School Activities Association

Lutheran High School is a member of the Missouri State High School Activities Association (MSHSAA), and as such adheres to all MSHSAA By-laws and Policies. In several areas, LHS has athletic and activity policies that may be more stringent than the MSHSAA policy. Lutheran High School students will be held to a higher standard that best reflects their capabilities and expectations. These local school policies do apply beyond the MSHSAA policies. Students must follow all MSHSAA By-Laws and Policies as well as our LHS local school expectations and policies.

Participation in activities at LHS is a privilege, not a right. As such, students and parents must follow the policies and expectations required to participate in activities at Lutheran High School. Each student and parent/guardian must read this Activities Handbook and acknowledge acceptance of these policies and expectations by completing the proper forms.

Lutheran High School Athletic Philosophy

Interscholastic Athletics are an integral part of the total school educational program. Athletics can help to develop young athletes in the areas of knowledge, skills, and emotional patterns. Athletics should promote the Christ-centered qualities such as: self-control, loyalty, leadership, teamwork, hard work, and friendship.

Additionally, the concept of being on a team should allow the athlete opportunities to excel in the areas of humility and selflessness and at the same time give the athlete a proud sense of belonging.

Sportsmanship is paramount at Lutheran High School, St. Charles and held in high esteem. Sportsmanship and fair play in athletics can be a great tool and maybe the best way to shine God's light on this world. Winning is not the only thing, but to play at a maximum ability level with maximum effort, is the goal for every team. Athletics should be fun, and at the same time be a great challenge. Above all, we are striving to do what is right and do the things that bring glory to our Lord Jesus Christ.

Requirements for Participation in Lutheran High School Athletics

The following forms and information must be completed and on file in the LHS Activities Office prior to a student athlete trying out or participating for any athletic team.

- MSHSAA Pre-Participation Physical Evaluation (4 pages)
- Medical Insurance (Part of MSHSAA Physical)
- Media Authorization Release
- IMPACT Test (for contact sports)
- Training Rules
- Handbook Acknowledgement
- Participation Fee

GENERAL INFORMATION

The Lutheran High School Association of St. Charles County is dedicated to the task of helping young people grow in the Christian faith and to live in that faith. To that end, in partnership with congregations and Christian homes, Lutheran High involves its students in:

- a systematic study of God's Word
- a study of the teachings of the Lutheran Confessions
- worship activities and Christian service projects
- a broad range of academic studies
- a program of co-curricular activities in a Christ-centered environment.

Co-Curricular Activities

Lutheran High School is a member of the Archdiocesan Athletic Association (AAA) and the Missouri High School Activities Association and participates in the MSHSAA-sponsored activities of cross-country, football, soccer, softball, boys and girls volleyball, cheer, pom, boys and girls swimming, basketball, wrestling, baseball, track, golf, tennis, instrumental and vocal music, and scholar bowl. Other co-curricular activities include: Student Council, National Honor Society, Teens for Life, Kingdom Workers, Thespians, Pep Band, Key Club, FBLA, Book Club, Sister Cities, FCA, Art Club, Creative Writing Club, Robotics Club.

Participation in these activities is encouraged and is open to all students according to interest and ability. Students are encouraged to develop new activities. The school will sanction clubs, which have a faculty advisor and a statement of purpose and goals, which conforms to the purpose, and goals of Lutheran High School. Membership in school sponsored clubs is recorded on the student's permanent record and may be a positive factor in future evaluations of the student's academic program by outside agencies. The decision of the school to sponsor new activities is based on student interest, feasibility, and compatibility with existing programs and goals of LHS. Competitive athletic clubs will only be considered as part of a program designed to eventually enter MSHSAA competition.

Administrative Responsibility

The Activities Director of Lutheran High School is the authorized representative to the Missouri State High School Activities Association and is responsible to the MSHSAA, the Head of School, and the Board of Directors of the Lutheran High School Association of St. Charles County, Inc. for the conduct of the athletic program.

- The Activities Director (AD) shall supervise the athletic program and shall be responsible directly to the Head of School.
- Coaches and assistant coaches shall be appointed by the Activities Director and approved by the Head of School. Coaches shall be accountable for the conduct of their athletes while they are official representatives of Lutheran High School. All coaches must meet the MSHSAA requirements.
- The Athletic Council will be comprised of the Activities Director, Principal, and the Assistant Activities Director and/or the Assistant Principal.

The coaches shall assist the Activities Director in the formulation of athletic policy, in the approval of awards, and the addition of new sports. Meetings will usually be held before the beginning of the school year and at the end of the spring sports schedule and any other time deemed necessary by the Athletic Council.

General Rules and Policies

All athletes are to conduct themselves in a manner that reflects the Christ-centered objectives of Lutheran High School. The athlete is given the privilege of representing these principles for all of us on the court, field, or out in the community.

Each coach of a sport will adopt general policies outlining specific guidelines for that sport season. This list of rules will be distributed to each athlete at the first official team meeting and/or practice. Each student/athlete is expected to comply with the guidelines, which includes dress, curfew, and grooming.

Each athlete is to make arrangements to be picked up no later than 15 minutes after the conclusion of practices or home games and no later than 30 minutes after arriving back to Lutheran High School from away games.

Unless specifically excused by the administration, an athlete is required to be present for half of the school day to participate in an athletic event on that day (practice or games). Friday attendance will be used to determine participation in games held on Saturdays.

Coaching Philosophy

The mission statement of Lutheran High School states that the curriculum is planned to aid in the growth and development of the whole person—spiritually, intellectually, emotionally and physically and socially. The athletic program is to support this philosophy by providing positive supportive athletic experiences for as many children as possible, in an environment where each child will have an opportunity to participate. Each adult coach, supervisor and advisor will support the school's philosophy and adhere to all policies as stated by the athletic director and principal, and will make a commitment to place primary emphasis on each child's development and growth.

The objective of the athletic program is to provide the individual as a part of the team as a whole an atmosphere that will encourage the athlete to be a positive influence on and off the playing fields while reaching his/her fullest potential.

Thank you for volunteering your time to serve as coach for our Lutheran High School. As you know, being a coach entails more than just teaching skills and game strategies. Our goal is to shape the individual in all areas of life: spiritual, social, intellectual and physical. The issue is not who wins the game, but what is learned from competition. You, as the coach, are the one who instills the values of healthy competition and development in each of your players.

Organization and Affiliation

The coaching staff is directly responsible to the AD for conducting the athletic program as outlined in this handbook. The athletic director is responsible to the principal for the total conduct of the athletic program. The Head of School is in turn responsible to the Board of Directors of Lutheran High School - St. Charles Co. We compete as a member of the Missouri State High School Athletic Association (MSHSAA) and of the Archdiocese Athletic Association (AAA).

General Eligibility

Please see the MSHSAA by-laws for further explanations as rules and regulations regularly change.

- He/She will have spent no more than eight (8) consecutive semesters in high school.
- An athlete may not have reached his/her nineteenth (19) birthday prior to July 1st preceding the opening of school.
- An athlete must have turned in a parental permission/physician's certificate and an emergency medical release form to the school office before he/she is eligible to participate in formal practices or contests. The medical certificate is valid if issued on or after February 1 of the previous school year.
- Any athlete demonstrating serious negative citizenship may be suspended or removed from an LHS team or squad. Actions on the part of the student, which require administrative probation or suspension from school, shall be considered as demonstrations of serious negative citizenship.
- A student must be Academically Eligible (See following sections)

Citizenship

Students who represent LHS in activities must be credible citizens and judged so by proper authorities and local school administration. Students whose character or conduct is such as to reflect discredit upon themselves and LHS are not considered "credible citizens," (MSHSAA by-law 2.2) and as such may be suspended or removed from activities as deemed as such by the school administration.

Citizenship Eligibility

Through local policy, LHS has Citizenship Requirements and Expectations. Students are required to be credible citizens while in public, at school, at school sponsored activities and events, and while on the athletic field/court/course. Student athletes must understand that they are always representing Lutheran High School and our Activities Program. As such, students who are not being credible citizens are subject to discipline by the Activities Director, the School Administration, and/or the Coach. For offenses deemed serious enough, the student athlete can be suspended or removed from their program.

Eligibility

Students must be eligible to practice, compete, and/or perform in co-curricular activities. Activities covered by the eligibility rule include:

1. All MSHSAA sanctioned interscholastic activities including: all athletics, non-graded music groups, Scholar Bowl, and Spirit Teams (Cheer or Poms).
 2. Theatre.
 3. Student Council-members that become ineligible following election/appointment will forfeit the remainder of their term for which they were elected/appointed.
 4. Robotics.
- To be eligible, a student shall have earned no less than 4.0 units of credit the preceding term (semester) of attendance. That is, a student must pass every course in the preceding term.
 - The length of eligibility is 1 term.
 - Eligibility is determined by Term grades. In the case of an incomplete, eligibility will be determined no later than two weeks from the last day of the preceding term.
 - Ineligible students and their parents will be notified of the ineligibility status no later than the first day of the term for which they are deemed ineligible.
 - Up to 1 credit may be applied to the previous spring term when credits are earned during the summer. Requirements as spelled out in the MSHSAA handbook must be met.
 - The school for disciplinary reasons without regard to academic status may remove eligibility.
 - Coaches, advisors, and school administration, may establish additional requirements for participation in school-sponsored activities.

At mid-term, as indicated on the school calendar. All student grades will be checked. Those students who have any F's or a GPA less than a 1.5 will be placed on the Academic Watch List. Those students placed on the Academic Watch List will have certain requirements that must be met.

Academic Watch List (AWL)

At mid-term, as indicated on the school calendar, all student grades will be checked. Those students who have any F's or whose GPA is less than a 1.5 will be placed on the Academic Watch List (AWL). Students meeting the Academic Watch List criteria will be informed of their status immediately following Mid-Term by the Principal and Director of Student Services. In addition, a letter will be sent to the parents of students placed on the AWL informing them of their child's status. Students placed on the AWL and who are failing at least one class will be required to attend Homework Hotel and may have additional restrictions to encourage improvement.

Homework Hotel

Homework hotel is assigned to students on the Academic Watch List (AWL) and for other students as deemed necessary by school staff. Student Services will create the Homework Hotel schedule. The schedule will be established with the following requirements:

1. Students assigned to Homework Hotel are required to check in with a member of Student Services once a week. At this check in, recent progress, deficiencies in class work, and plans for making up missed work will be discussed.
2. Students will be required to meet with a teacher of the class they are failing no less than once a week for 30 minutes. Students will be required to work on homework, receive tutoring, and conference with the assigned teacher about their progress.

Attendance for contests, competition, and practices

Unless specifically excused by the administration, a student is required to be present for 2 blocks to participate in a co-curricular event or practice on that day. Exceptions to this rule include: pre-planned college visits, school sponsored events and funerals.

1. Parental permission must be given to the administration before a student is authorized to leave campus during the school day. The student driving himself is to sign out in the office before leaving campus. Parents picking up students during the school day are asked to sign out the student in the office at which time the student will be released from class. Parents are required to send an excuse for the time missed when the student returns to school. Parents who are to be out of town are to send a note to the school office, which indicates the name, address, and telephone number of the individual responsible for the student during their absence.
2. Further, it is the responsibility of the athlete to PERSONALLY INFORM the coach in advance of any anticipated absence or tardiness from practices and/or games (including all school sponsored activities).
3. Any student who has been absent from school is not eligible to participate in a practice or play in a game scheduled for the same day. This ruling may be waived in individual cases by the administration if in their judgment; the absence was for "valid reason," not the result of carelessness or willful disregard of responsibility. Likewise, a student dismissed early from school is not eligible to participate in a practice or game without permission from the administration.

School Closings – "Snow Days"

In the event that inclement weather makes it impossible to conduct classes or when the snow schedule is used (late start), every attempt will be made to notify students and parents by a phone message through an automated phone call. In addition, an announcement on local television stations and social media (facebook and twitter) will post the information before the beginning of the school day.

There may be times when the weather will take a turn for the worse during the school day. In most instances, classes will NOT be canceled once the school day has started. Students are not allowed to call out to request permission to leave school early. If Lutheran High is closed for inclement weather, then all school activities involving members of the student body scheduled for that day and evening are canceled as well. This would include all music, athletic, drama or club activities. Any exception would need special permission from the administration. Any exceptions, which would receive consideration, would be:

School Closings – “Snow Days” (cont.)

1. Drama performances since tickets have been sold in advance and rescheduling may be very difficult
2. Drama rehearsals during "tech week" (the week of the play)
3. Varsity athletic competitions which are part of District or State schedule out of our control
4. Varsity athletic practices immediately prior to District or State competitions
5. A scheduled music concert
6. Music practices immediately prior to a concert
7. Regularly scheduled athletic contests where driving conditions are safe.

In each of these cases the coach or advisor would be expected to request that an exception be considered by the administration. Each event would be decided on an individual basis. The safety of our students and staff is our top priority.

Parent Expectations

Parents are some of the greatest assets that Lutheran High School has. There are expectations of parents of student athletes that are critical to our overall athletic success.

The Lutheran High School Booster Club and Volunteering:

- The Booster Club operates through volunteer leadership to help facilitate athletic contest on and off campus as well raise funds to help support the athletics and activities of LHS.
- The Booster Club is a volunteer lead parent organization that supports the activities department with service and fundraising.
- Every parent of a student at LHS is a member of the Booster Club.
- The Booster Club coordinates parent volunteers to manage the admission gates; concession stand and spirit wear sales at all home athletic contests. Parents are assigned their volunteer shifts shortly before the first contests of their specific sport season.
- The Booster Club generates funds that support activities and the activity department through concession sales, spirit wears sales, and major events throughout the school year.

Parent Conduct at Contests

Just as students represent LHS at athletic contests, so do parents. Parents are encouraged to cheer for our teams and athletes, but are asked to do so in a sportsmanlike manner. It is never acceptable for someone to yell at, taunt, or defame an opponent, coach, or official at a high school athletic contest. If there is an incident a parent may be asked to change their behavior or leave an athletic contest. If there are repeated incidents, a parent may not be allowed at athletic contests.

STUDENT INFORMATION

Harassment - Bullying

It shall be the responsibility of all members of the LHS family (teachers, students, staff) to respect the rights, feelings, and sensitivities of others and accept one another as of equal value in the sight of God in the spirit of Christian love, even as Jesus Christ first loved us and gave His life for the sins of all mankind. Lutheran High School will not tolerate any harassment, "bullying" (including cyber bullying), "or hazing" of any person by any staff member or student relating to the person's sex, race, color, religion, age or handicap. The term "harassment" includes but is not limited to "bullying", "hazing", slurs, jokes, unwanted touching, e-communications, and other verbal, graphic, or physical conduct relating to an individual's sex, race, color, religion, age, handicap or class in school. The term "hazing" includes but is not limited to any activity, which degrades, humiliates or provides risks of emotional/physical harm, regardless of the person's willingness to participate.

Harassment of any nature is a serious offense and is strictly prohibited. Retaliation against an individual who makes charges of harassment is likewise prohibited. Those guilty of harassment or retaliation will meet with appropriate sanctions, which may include expulsion, termination and/or prosecution by the civil authorities. This policy is based on Title VII of the 1964 Civil Rights Act and numerous ensuing court decisions.

Harassment - Bullying (cont.)

It is also the policy of LHS that any unwelcome touching or grabbing, comments about one's body, sexual remarks or suggestions, conversations that are too personal, pornographic pictures or stories, dirty jokes, obscene gestures, offensive displays of sex-related objects, or staring in a way that seems too personal constitute sexual harassment since such conduct creates an intimidating, hostile, or offensive school environment and has no place in a Christian setting.

Those individuals who believe that they have been a victim of any type of harassment or discrimination should immediately report in confidence the conduct to any administrator, counselor, teacher, or coach. Following an investigation of the incident, appropriate action will be taken which may include suspension or expulsion.

Cyber-bullying

In accordance with Missouri Law, the use of electronic communications, including but not limited to: email, texting, social networking (Facebook, twitter, instagram, snapchat, etc.) blogs, websites, other digital media, for the purpose of bullying or harassment is strictly prohibited. Cyber-bullying that involves any LHS student either on-campus or off-campus will be dealt with in a swift and serious manner, consequences may include: removal of technology privilege, suspension, expulsion, and/or prosecution by the civil authorities.

Hazing

LHS believes that hazing activities of any type are inconsistent with the educational process and prohibits all such practices at any time. "Hazing," means the performance of any act or the coercion of another to perform any act of initiation into any team that causes or creates a substantial risk of causing mental or physical harm. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug or other substance, or any brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such students or other person to extreme mental stress, including extended deprivation of sleep or rest or extended solitude.

Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy. All staff members shall be alert to possible circumstances or events that might include hazing. A staff member who detects hazing or planned hazing shall immediately inform the pupils involved of the prohibition against hazing and direct them to cease all hazing activities or planning for hazing. All hazing incidents must be reported to the Athletic Director as well as the principal. A staff member or pupil who fails to observe the prohibitions and mandates of this policy will be subject to discipline.

Off campus hazing incidents will be investigated and proper punishment will be administered in accordance with the school handbook.

Dress and Appearance

In an effort to maintain a high level of academic focus, Lutheran High School has a Standardized Dress Policy. Lutheran High School, as a Christian school, requests students to give careful consideration to how they dress and groom themselves. Students found to be out of dress code may be issued a detention. Parents are urged to carefully monitor the clothing worn by their students to school. Students found out of dress code will not be allowed in class until they are in dress code. Students will also be issued a detention. Details can be found in the LHS Student Handbook.

Note: The appropriateness of clothing, hairstyles, and accessories is always subject to the approval of the administration.

Drug and Alcohol Abuse

The possession, use or distribution of alcohol, drugs of any type (other than taking one's own prescription medication), or drug paraphernalia at school or at any school sponsored activity is strictly forbidden and will result in suspension or expulsion. Long term suspensions will also result in suspension from school sponsored activities and organizations. Students requiring prescription medication are required to identify such arrangements with the school as outlined in the Student Medications Taken at School, section of the Student Life Handbook.

In an effort to keep the campus "drug free," the school and/or law enforcement may administer a Breathalyzer test when there is reasonable suspicion that alcohol has been consumed. In addition, the police department's canine unit may periodically check the campus for drugs - this may include lockers, book bags, and vehicles.

Drug and Alcohol Abuse (cont.)

A recommendation may be made to the parents/guardians of a student dealing with a substance use problem to seek assessment or evaluation by a qualified alcohol/drug counselor, approved by the school, or to seek counseling from the student's pastor or other similarly qualified individual.

If the assessment indicates need for further treatment of the student, participation of the student in an appropriate treatment program may be a prerequisite to continued enrollment at Lutheran High School. The school reserves the right to request periodic progress reports from the agency responsible for the treatment.

Students who personally and voluntarily seek help for problems with drugs or alcohol may be exempted from the above procedures at the option of the school.

Electronic Devices

The only personal electronic device allowed to be used by a student throughout the entire school day is the student's iPad. Cell phones may be used with the permission of a teacher but are not to be visible unless special permission is granted. Headphones/earbuds, may not be used, displayed, or worn during school hours including lunch and passing periods unless given special permission for educational purposes. If used, displayed, or worn during school hours (including: lunch and passing periods) electronic devices will be confiscated and given to the Principal. Parents will be required to come to the Principal's office to pick up their student's device. The school is not liable for loss or damage to these devices when brought to school. Before and after school, personal electronic devices may be used as long as the rights of others are NOT disturbed. Students who abuse these privileges may have the device confiscated.

Lockers

A locker is assigned to a student for the storage of books, clothing, and other necessary school items. In addition, students taking physical education classes and/or who participate in athletics are assigned a separate athletic locker. All personal items brought to school by a student must be stored entirely in his or her assigned locker(s). Students must store book bags in their hall locker and athletic bags in their athletic locker. Student book bags and athletic bags are not to be left in lobbies, hallways, or classrooms. Personal items, or school items assigned to a student, not kept in lockers will be placed in the lost and found. Persistent negligence may be cause for disciplinary action. STUDENTS ARE RESPONSIBLE FOR LOCKING THEIR VALUABLES WITH A LOCK in both the hallway lockers and the athletic locker room lockers.

Theft and Vandalism

Everyone is expected to respect school property, as well as the property of others; and to practice good Christian stewardship toward the facilities and equipment that have been provided. If school property or personal property is damaged or lost, restitution is required. A student involved in theft or vandalism may be subject to suspension and/or expulsion from school.

Weapons and Violence

Our school is established as a safe environment. A weapon shall be defined as any instrument or device customarily used for attack or defense against an opponent, adversary or victim, or any instrument or device used to inflict physical injury or harm to another person. Threats of violence or threats to use a weapon are prohibited. The possession or use of a weapon by any person, except where authorized by law, shall be prohibited in all school buildings, on or about school grounds and at all school activities. Use of a toy or imitation weapon in a threatening matter is also included in this policy. Violators of this policy may be referred to the appropriate legal authorities. In addition, any student who violates this policy may be subject to suspension and/or expulsion from school.

Student Discipline

It is our belief that God is an active force in the lives of the students and faculty at LHS. We also believe that while we are children of God, our human nature prevents us from being all that God desires. At Lutheran High School, we work to lead students to a greater faith in Christ and the recognition that while all are sinners, forgiveness is available to all who believe and repent. We believe we are truly free to live our lives guided by the Holy Spirit in accordance with God's will. We further believe that under the forgiveness of sins here on earth, consequences of sin may remain to be lived with; yet, they in no way reduce full and free forgiveness.

Student Discipline (cont.)

The policies established within this handbook do not define all types and aspects of students' behavior. Lutheran High School has the authority to set forth policies, rules, and regulations to help each student conduct themselves in a manner appropriate and proper for a Christian school.

When a student conspicuously or consistently violates a rule of Christian conduct, it is the duty of the school community (teachers, staff, students and parents) to deal with the student. The ultimate goal of this ministering is to help the student recognize sin and be aware of the need for forgiveness and rededication to God and His will with the help of the Holy Spirit. At times, it may be appropriate to make use of professionals outside the LHS community or to exclude students from attendance to work toward these goals.

Parent Responsibility

Parents are an integral part to the Christian education of children. Parents are expected to review and understand the expectations and responsibilities for students as established by Lutheran High School. These expectations are in place to help maintain a climate where spiritual, academic, and personal growth is nurtured and encouraged. Parents are expected to see that students arrive and depart from school on time, to make sure they receive proper rest and nutrition, and to help facilitate with their studies. Parents are also expected to be mindful of ways in which students are spending their time, guarding against time spent in wasteful, potentially harmful, or nonproductive activities. Lutheran High School greatly values the partnership it has with the parents and families of its student body, and appreciates the support and care given by these families.

Chain of Communication

Communication is the cornerstone of any relationship. As such it is important that coaches and student athletes have a strong relationship. Parents need to feel comfortable with their child's communication with their coach. Parents that have a concern about their child, as it relates to a particular team or athletic program, are encouraged to seek resolution in the most appropriate manner. Conversations and correspondences between coaches and/or student athletes and/or parents should all stay positive and centered around the student athlete and their opportunity to help the team. Playing time is a coach's decision, and is not an available topic for discussion with a parent. A student athlete who wishes to increase their role on a particular team should communicate directly with the coach regarding this.

The following provides a chain of communication that will maintain and build a positive relationship between the athletes and the coach.

- **Step One:** Student Athlete-Coach Communication
- **Step Two:** Student Athlete-Coach-Parent Communication
- **Step Three:** Student Athlete-Coach-Parent-Activities Director Communication

Communication at any level should always stay student centered. If an issue is not addressed to a student athlete's understanding, then they should move to the next step of the Chain of Communication.

24-Hour Rule

In the unfortunate circumstance that a student athlete or parent is upset about something that has occurred during a practice or contest, they are always asked to follow the 24 hour rule. The 24-hour rule asks that a student athlete or a parent who is upset wait until the next day to contact a coach with their concerns. This allows for the emotion to leave the situation and allow everyone to communicate in a more effective way that focuses on the student athlete. In cases where waiting until the next day could cause injury or harm to a student, communication is encouraged to happen immediately.

Disciplinary Cycle

The school administration deals with school discipline involving all aspects of the school program and its relationships with the community. The majority of school discipline relates to the classroom and that is where the cycle of discipline usually begins. Teachers have discretion in dealing with classroom discipline. This allows teachers the option of taking care of problems within the classroom, which might otherwise be referred to the principal. Serious incidents however, allow no choice in disciplinary decisions and should be referred to the office. These incidents will move immediately to latter steps of the Disciplinary Cycle and include, but are not limited to, the following: tobacco, drug and alcohol, weapons and violence, premarital sexual activity/pregnancy, harassment, defiance to authority, inappropriate use of technology, and

theft/vandalism. Any student who violates these policies may be subject to suspension and/or expulsion from school.

Appeal Process

A student and/or parent who feel that unfair treatment has been administered in the handling of a disciplinary matter may request an appeal to the Head of School.

Coach/Director Expectations and Responsibilities

A Coach is an educator and mentor who should always serve as a positive role model to our student athletes. There are many expectations of a coach, just as a coach will have many expectations of their student athletes. Coaches should continually communicate these expectations throughout the offseason and while in season.

Following are expectations of our coaches.

- **Supervision:** A coach must remain present with their student athletes until they have been picked up from practice or contests, or they have been designated under another coach or supervisor's care. Parents are expected to pick up their children in a reasonable time following practices and games.
- **In-Season Scheduling:** A coach is responsible to create a regular practice schedule that is communicated in advance with the members of the team. Athletes should expect to practice 5-6 days a week while in season. Attending daily practice is required to participate on any athletic team at Lutheran High School.
- **Off Season Expectations:** Most successful programs require a level of preparation that must begin long before tryouts. Most programs will have some level of off-season participation in activities. No off-season expectation can be mandatory, however; athletes who dedicate themselves beyond just the regular season get better. The nature of competitive sports is that you must continue to develop your physical skills, fitness, and mental skills beyond just the in season time and training.
- **Multiple Sport Athletes:** Lutheran High School's athletic success has been built upon multi-sport athletes. Athletes are strongly encouraged to participate in more than one athletic program or activity. Student athletes become well-rounded athletes and learn different styles and approaches by playing multiple sports.
- **Communication with Student Athletes:** Coaches must openly communicate with student athletes. They should speak to them in person whenever possible. When not possible to speak in person, a coach is encouraged to communicate with the student athlete through an approved means. Some messages a coach will communicate are not always what a student athlete wants to hear, but if they are honest and student centered it will benefit the student athlete.

ACTIVITY INFORMATION

Equipment and Uniforms

Student athletes are responsible for all equipment and uniforms issued to them for a sport season. It is the athlete's responsibility to keep the equipment and uniform in general good care. If equipment or uniforms are not returned, returned damaged, or returned not in general good care, the student athlete is financially responsible for the replacement of this equipment or uniform. Replacement costs are generally much more expensive than an initial cost as often times purchasing one of an item is much more costly. Academic grades, diploma, and transcripts can all be held until all equipment and uniforms has been either returned and/or paid for. If a student athlete is issued equipment or a uniform not in general good care, it is their responsibility to return it immediately to the coach that issued him or her the equipment or uniform. Equipment and uniforms are to be returned immediately following the conclusion of that individual sport season.

Failure to turn in uniforms and equipment will result in the following penalties. (Each family will receive notification of the penalties prior to the deadlines being met.)

- After three weeks: \$25 fine (provided the equipment comes in)
- After four weeks: \$50 fine and pay for the replacement cost of the jersey (whichever is greater).
- All uniforms and gear fines must be paid before a student is issued another uniform for the next season. All equipment must also be turned in before a report card is issued.

Transfer Students

Please see the MSHSAA by-laws for further explanations as rules and regulations regularly change.

If you transfer schools and your parents do not have a complete move out of the current district and into the district of your new school, you will be ineligible for 365 days - unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules.

Non-School Competition

Please see the MSHSAA by-laws for further explanations as rules and regulations regularly change.

- You may not practice for or participate with a non-school team or in any organized non-school athletic competition and for your school team in the same sport during the same season of the school team. Several sports (wrestling, golf (B/G), track and field, cross country, and swimming and diving (B/G)) have special exceptions. Contact the AD for specific details.
- You may not practice for the non-school team or participate in organized non-school athletic competition on the same day that you practice with or participate for the school team without prior approval of the AD.
- You must receive approval in advance from the administration in order to miss school time to practice for, travel to or compete in organized non-school athletic competition.
- Before you join a non-school team or enter any non-school competitive athletic event, the school administration should be consulted to make certain these standards are met.

College Additions and Try-Outs

Please see the MSHSAA by-laws for further explanations as rules and regulations regularly change.

- You may participate in a college tryout, audition, or evaluation event for a specific sport outside the school season of the sport concerned.
- You may not miss school time to travel or participate in the event unless your absence is approved in advance by the school administration.
- You may not miss an MSHASAA-sponsored postseason athletic event to participate in or travel to and from the event.
- You may only attend one evaluation event by invitation per sport per year. You may attend any number of "open" evaluations (anyone may register) with no limit on college-sponsored tryouts.

Medical Care

Each athlete is required to fill out and turn in to the school office an "Emergency Medical Authorization" form and a "Parent's Permission Physician's Certificate" form. These forms must be returned before an athlete can participate in any practices or games.

LHS is not responsible for injuries, which occur as a result of your participation in the athletic program.

Athletic injuries should be reported immediately to the coach so that he/she might recommend the medical attention that should be given. The coach must file an injury report so that the insurance company can be notified of the pertinent facts.

Insurance

All students participating in interscholastic athletics must have some form of accident insurance. (MSHSAA requirement). Check to see if your family insurance provides the adequate coverage needed.

Substance Abuse Guidelines

The possession or use of alcoholic beverages, tobacco and any drug or substance designated by law as illegal, are strictly forbidden. Students should be aware that pictures posted online (Twitter, Facebook, blogs, etc.) will be considered "proof" and therefore will cause the athlete to face the discipline procedure. These rules are in effect during the season, which a student participates. Coaches and the administration may impose additional penalties if these rules are broken out of season and punishment may take place in the following season. If possession of a controlled substance occurs on school property or at a school event, the policies in the student handbook are applied. In some cases, this is cause for disenrollment.

Substance Abuse Guidelines (cont.)

Attendance of an in-season athlete at a party where alcohol or drugs are knowingly present is considered a violation of the training rules agreement.

Penalties for possession and/or use of alcohol and tobacco and narcotics (marijuana, Heroin, Cocaine, Meth, et. al.):

- **First Offense** – Lose eligibility for 20% of the games or meets.
- **Second Offense** – Lose eligibility for one (1) semester. Student must also seek guidance from a counselor.
- **Third Offense** – Student will be declared ineligible from extracurricular activities for the remainder of the year. Student must also seek guidance from a counselor.
- **Fourth Offense** - Student will be declared ineligible from extracurricular activities for the remainder of their high school career. Student must also seek guidance from a counselor.

If a violation occurs at the end of the year, the suspension will be carried over to the next school year. Practice participation is up to the athletic council. Students who violate this policy will be encouraged to seek treatment in an approved drug and/or alcohol rehabilitation program. Successful completion of such a program may be grounds for a review of the student-athlete's athletic eligibility at LHS-SC. The athletic council will conduct the review.

Transportation

Athletes will be expected to travel to and from "away" contests with the team. If an athlete wishes to be with his/her parents before/after a contest:

- A written excuse or personal contact (verbal) must be filed with the head coach before or during the contest.
- Permission from the head coach must be granted.

Scheduling of Activities

It is our desire and intent to provide a well-rounded education for LHS students and consequently, we encourage our young people to be involved in as many activities as possible to accomplish this goal. It is obvious they cannot be involved in every available opportunity and it is equally obvious limiting them to one activity is unrealistic.

The conflict resolution procedure will be as follows (in terms of LHS sponsored activities):

- A Contest (game) overrides a rehearsal.
- A Performance (concert, drama) overrides a practice.
- When a conflict exists between a practice and a rehearsal or a performance and a game, a "give and take" policy based upon the objective information available should prevail. This "give and take" is the responsibility of the teachers, coaches and sponsors.

Communication is the key. The responsibility belongs to the athlete. Get together and "work it out." If together a mutual decision cannot be reached, the Athletic Council should be consulted for a final decision.

Club Team Participation

The LHS Athletic Department encourages players to participate in other sports and not focus solely on one because a well-rounded athletic experience will only enhance the overall high school atmosphere.

The coaches and staff of Lutheran High School realize how important it is for athletes to prepare performance sessions and practice in the sports in which they play. However, it is the expectation of LHS coaches that athletes will not be on two of the same teams (club and school team) during their school season.

Research clearly indicates that playing a sport year round is not always in an athlete's best interest. Information and research can be provided if a family desires. Furthermore, research indicates that a high school athlete who plays more than one sport in their careers will become a better, more well rounded adult.

College recruiters want to see their incoming athletes as well rounded and having participated in more than one sport while in high school. Furthermore, a mere 1% of all high school athletes receive scholarships from Division I-A schools; therefore, a better-rounded athletic career is paramount.

Club Team Participation (cont.)

While we do want our athletes to be well rounded and participate in more than one sport, we do recognize that there are some athletes who will be able to compete at a club level in a different sport at the same time that their school sport season is going on. These are very special circumstances and both coaches should be addressed prior to taking on two "teams" and their schedules of games and practices. LHS supports club sports and encourages their participation as long as their schedules do not interfere with LHS sponsored activities. The priority must be with the LHS sports.

As a MSHSAA rule, club team schedules must be cleared with the coach and the athletic director. Parents and club team members must provide the AD with a written letter (via email or letter) and the "Two Sport Form." Coaches should be aware of any schedule conflicts before teams are selected (following tryouts) so coaches can clearly choose their respective teams. Again, while we encourage participation in different sports, we also encourage club sport participation as long as athletes recognize that the LHS sponsored activity takes priority.

A Lutheran High practice, contest, activity must take precedent over a club activity. All athletes should be aware that if they do play on a club team during a varsity school sport season and they miss a practice or a game or any team function, they face the possibility of disciplinary action.

Coach Player Contact

- In-Season
- Off-Season
- Summer

LHS places a priority on encouraging our athletes to play more than one sport. We want ALL of our athletic programs to succeed, but not via hurting another sport. Because of this, we have parameters placed upon coaches for contact with their athletes on three different levels: in-season, off-season, and during the summer months.

➤ In-Season

Philosophy - In-seasons sports ALWAYS have the priority when it comes to any LHS or club sponsored sports. Adherence to the code as found in the athletic handbook is up to the coaches and the player and his/her parents.

1. Coaches will not schedule any practices on Sunday at any point during the school year or summer with the notable exception: before tournament games on Monday (this includes regular season and post season tournaments) or before district playoff games on Mondays.
2. Coaches are not permitted to hold "open gyms" or any other non-mandatory practices on Sundays. Teams will not use the LHS campus for any practices.
3. In-season coaches will encourage maintaining a regiment of weight training in-season and implement such a program into their normal practice routine.
4. Coaches will not schedule practices on short notice (less than 24 hours) and will not allow kids to simply come to LHS for an impromptu practice, open gym, etc.
5. When LHS does not have classes because of inclement weather (snow, ice, flood, etc.) coaches may not schedule practices without administrative approval or before tournament games (this includes regular season and post season tournaments) and before district playoff games.
6. During vacations and holidays, coaches are permitted to have practices as needed. This depends on the availability of coaches and athletes alike. It is up to the coach and parent and athletes to understand that during the season, there may be conflicts and the head coach of each sport will deal with those accordingly.

➤ Off-Season

Philosophy -- LHS encourages Cougar athletes to play more than one sport. We also want all of our athletic teams to be competitive, which is helped by off-season participation in not only a conditioning program, but also limited workouts. While opportunities exist for year round participation in one specific sport, our coaches and our administration do not endorse year round participation.

1. A student-athlete's first priority is the sport in which they are currently participating. It is the out of season coach's responsibility to encourage them to be successful in that sport. A coach shall never require any workout that will cause a student-athlete to miss a team function in their current sport. Student athletes are not permitted to miss any team function to participate in an out of season workout and also may not "compete" in any school sponsored sporting event outside of their current LHS sport. Example - Basketball, baseball, soccer, football, et.al teams (coaches) are not permitted to play in coach or team organized, school-sponsored leagues during the off-season.

Club Team Participation (cont.)

➤ Summer

Philosophy -- *Over the summer months (end of school year to the start of fall camp, the key piece is coaches working together to ensure that ALL of our programs have the time they need to improve and hone their skills. It is the responsibility of coaches to work with the AD as they plan their camps, leagues, and open gyms. No coach will make his or her activity more important than another. It becomes the responsibility of the coaches to communicate clearly with their athletes.*

1. The summer is free time for student-athletes to develop their skills/strength/conditioning as they so choose. Coaches are to schedule and promote strongly the performance program.
2. Summer performance workouts are never mandatory and strength and conditioning will occur no more than four days a week along with one scheduled "open gym" per week. "Open gym" is for all student-athletes interested in that sport.
3. Coaches are free to participate in team camps/summer league games throughout the summer in order to improve the skill development of the student-athletes. Once again participation is not mandatory.

Awards

The athletic awards given to the athletes who represent Lutheran High School in interscholastic competition are entirely honorary awards and are not to be considered compensation for participation in sports. The following procedures list the requirements for earning an athletic award.

All athletes desiring to letter must meet the following basic requirements:

- Attend all practices, squad meetings, and contests regularly and promptly. It is very important that the coach is notified PERSONALLY by the PLAYER INVOLVED prior to missing a practice or contest (unless the athlete is out of school due to injury, illness, etc.)
- Demonstrate to coaches, teammates, to the school, and to the community his/her loyalty, cooperation, sportsmanship, and Christian citizenship.

Athletes who become ineligible or are removed from the team due to rules violations will not be granted a letter, even if he/she has played sufficient time prior to becoming ineligible.

Awarding of Letters

Letters are awarded to those individuals in each sport who meet each individual programs minimum standards and have met the basic requirements listed above. Male and female athletes will receive a block "L". The following awards will be given:

- Varsity - 6" block L, blue chenille on gray, sport insert (first letter), and bar insert awarded for each letter in each sport.
- Numerals - anyone winning a letter for the first time (j.v. or varsity) will also be awarded a set of 3" numerals, blue chenille on gray.
- When an athlete earns his/her 2nd, 3rd or 4th letter in a given sport he/she receives one bar pin. Thus, if an athlete earned four varsity letters in a given sport, he/she will receive one letter and four bar pins in that sport.
- Managers or statisticians shall be eligible for the same award as players. Their letter shall be designated with a MGR or STAT of the traditional insert.
- Special awards like MVP, MIP, and Cougar Award may be given by each sport.

Awards Assemblies and Banquets

Each coach will make the presentation of letters and certificates to his/her players.

If ineligible, an athlete may be recognized on Senior Day but may not receive any awards.

Requirements for Lettering

Each coach will have his/her requirements for lettering for the particular sport on file with the Activities Director before the start of the season.

Special Cases -- An athlete who does not qualify on the basis of general and/or specific requirements for letters may letter at the discretion of the Athletic Council upon the recommendation of the coach.

Club Team Participation (cont.)

Acknowledgement of Activities Handbook

Each student athlete and a parent or guardian must read this Activities Handbook and acknowledge acceptance of these policies and expectations by completing the proper paperwork.

Reservation of Right to Amend

Lutheran High School reserves the right to amend this handbook at anytime to more accurately serve the needs of the school with reasonable notice.

Appendix A

The Christian Perspective of Athletics at LHS

Lutheran High School is here to help train you for a life of service to God and man. Your coaches want to assist you in your spiritual as well as your physical and mental growth. They want you to grow to be more like Christ and "increase in wisdom and stature, and in favor with God and man." (Luke 2:52) It is the guiding light of Christ's Spirit in our lives that shows us how to use our mental and physical capacities for God's glory. At Lutheran High School you are part of a unique fellowship---that of Christ's family. Our prayer for you is that you will always continue to develop a deeper relationship with Jesus throughout your life; and that you may find that peace of mind and joy that can only come from our Lord and Savior: JESUS CHRIST!

God is "Number One"

Christ taught us that we should love the Lord our God with all our heart, and with all our soul, and with our entire mind, and with all our strength. (Mark 12:30) God wants to be number one in our lives--placed ahead of family, friends, possessions, and athletics. He wants to live in us (1 Cor. 8:16) and use us to carry out his work in the world. (2 Cor. 9:8) Your coaches firmly believe that your actions in athletic contests, in practice, in school, and in everything you do should be an expression of God's will for you.

Glorify God

As Christian athletes God Himself commands us, to strive for excellence and competence in our area of participation. "Whatsoever thy hand findeth to do, do it with thy might." (Ecc. 9:10) The ultimate goal of our striving must be to give glory to our God, who is the source of all our talents. We strive for excellence in our athletic endeavors that by such excellence God's name might be praised.

Love all People

The Christian athlete must also strive for excellence through adhering to the rules of the game. Our Christian duty is clearly stated in "Follow the Lord's rules for doing His work, just as an athlete either follows the rules or is disqualified and wins no prize". The Christian will exhibit the principles of good sportsmanship as an outgrowth of brotherly love. God's command to us is "Don't hate your brother. Rebuke anyone who sins---don't let him get away with it, or you will be equally guilty. Don't seek vengeance. Don't bear a grudge, but love your neighbor as yourself, for I am the Lord." (Lev. 19:17-18) For the whole law can be summed up in this one command: "Love others as you love yourself." (Gal. 5:14)

Let Your Light Shine

Athletics at Lutheran High places a Christian into a special position. This position gives one a special opportunity to witness his/her faith through his/her actions and deeds, both on the athletic field and off of it, in his/her day to day living. The title, "Christian-Athlete," carries responsibility; responsibility to Christ for everything one does and a duty to his/her role in life as an athlete. A Christian athlete is one who has taken the challenge of life; the challenge to do his/her best and dedicate himself/herself to carry out what he/she feels is right in life, regardless of the consequences. (1 Peter 3:13-15) Assuming this challenge early in life is to lay the foundations for a long, full, and enjoyable life. (Prov. 22:16)

Within our athletic program we must be always aware of the opportunity that has arisen for us, as brothers and sisters of Christ, to exhibit our peace and joy in the Holy Spirit. We must be careful to never neglect our relationship with Christ through insensitivity to our fellow man; nor should we ever act in opposition to what we understand and know to be our Christian duty. To act contrary to such knowledge would be sinful. (1 Cor. 10:23)

Work For God

As a Christian athlete, we need to remind ourselves that our responsibility is not merely to avoid those things which we know will cause us problems, but to do all in our power to improve ourselves and all those around us. As it says in James 4:17 "Whoever knows what is right to do and fails to do it, for him it is sin."

Accept and Encourage Discipline

To allow wrongful acts to continue indicates a lack of love. In Hebrews 12:5,6,8, and 11 our responsibilities are identified: "My son, don't be angry when the Lord punishes you. Don't be discouraged when he has to show you where you are wrong. For when He punished you, it proves He loves you." "If God doesn't punish you when you need it, as other fathers punish their sons, then it means you aren't really God's son at all, that you don't really belong to his family." Finally, in verse 11 the results of correction appear. "Being punished isn't enjoyable---while it is happening it hurts. But afterwards we can see the results, a quiet growth in character and grace."

Live and Grow Together

Athletics offers us a great opportunity for individual growth through Christian fellowship. The development of team spirit and team play, the respect that we develop for each other as fellow Christian athletes, (regardless of ability) the joy that we experience from winning and the growth that comes from losing, helps each one of us to mature into contributing members of the body of believers.

Appendix B

Levels of Expectations

- Freshmen (C team) – Emphasis on development and fundamentals are stressed. Every effort is made to keep all freshmen who try-out on the team.
- Junior Varsity – Although development will still take place, a greater emphasis on fielding a competitive team is natural. The JV team may be comprised of students from 9th – 11th grade (seniors may be eligible if denied MSHSAA eligibility). The coach will expect students to show a greater level of commitment to the sport and displaying fundamental skill mastery.
- Varsity – The coach will expect players to be committed to the sport by their efforts in the off-season and desire to improve their skills. The varsity team should consist of the best players regardless of grade level. Again, fielding a competitive team is a major goal at the varsity level. The coach will not be pressured into playing every athlete or share playing time.

Try-Out Policy

It is the philosophy of Lutheran High School to allow as many students the opportunity to participate in athletics as possible. The number of players a coach carries on a team is left up to the individual coach. At the beginning of the season, the coach must explain to the students how many positions are available on the team. If it appears that a cut must be made, the coach must inform the students when that cut will take place.

Playing Time

The LHS coaching staff is committed to making every effort to proportion playing time so as to provide all participants with an opportunity to compete and develop. We will not, however guarantee equal playing time. In order to accomplish our program objectives stated earlier, we feel that a player's adherence to team guidelines, his attitude and effort, his skill level, his psychosocial well being, his physical well being, and the welfare of the team at large must be considered. It is our prayer that our decisions on this matter will be God-Pleasing and respected by those most closely involved with our program (the players and their families.) If there ever is a concern regarding the playing time issue, it is your obligation as a Christian to diplomatically speak with the coaches. Nothing positive can be served by harboring ill feelings or bemoaning concerns to others who are not involved with the program.

The most powerful motivational tool a coach has in teaching life lessons and building character is the control over playing time. Lutheran High School believes strongly that playing time decisions should be left to the discretion of our coaches. Other than having minimum playing time rules, we do not endorse or legislate the concept of "equal playing time" at the JV or the Varsity levels.

Allowing coaches to make discretionary decisions on playing time is an important ingredient in LHS's vision for teaching kids life lessons such as the importance of hard work, learning to be a genuine team player and overcoming adversity. We challenge coaches to balance good judgment with a genuine concern for the best interests of the team and the players as they make age-appropriate, discretionary decisions on playing time. Along those lines, we provide coaches with the following general guidelines:

- Attendance and level of effort demonstrated during practice.
- Overall attitude, respect, and commitment to team play demonstrated during practices and games.
- Skill level demonstrated in practices and games.

Appendix C

Lutheran High School Cougar Sportsmanship Guidelines

Lutheran High School considers sportsmanship a top priority. It is the expectation that all coaches, players, officials and spectators respect the integrity and judgment of everyone involved in all contests, including opponents and game officials.

Players are expected to conduct themselves in a manner, which shall bring credit to themselves, LHS, coaches and families. They shall refrain from any conduct, which degrades, baits, intimidates or otherwise discredits their opponents or officials.

Coaches are expected to maintain decorum consistent with the educational values of a Christian by showing restraint and composure and to insist their players conduct themselves in a sportsmanlike manner.

Lutheran High School Cougar Sportsmanship Policy

In accordance with its philosophy and goals, the promotion of sportsmanship is integral to the functioning of the AAA Conference and Lutheran High School. Sportsmanship is a concrete measure of the understanding of and commitment to fair play, ethical behavior, and integrity.

Responsibilities

1. Everyone associated with an athletic event - coaches, athletes, officials, spirit leaders, parents, spectators and school administrators - plays an important role in seeing that standards of sportsmanship are upheld before, during, and after a contest is played.
2. Each person in attendance should strive to meet the ideals of sportsmanship:
 - A. Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best possible accommodations and treated respectfully at all times.
 - B. Show respect for the official. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
 - C. Know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the game and recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as to the letter of the rules.
 - D. D. Maintain self-control at all times. Sportsmanship requires one to understand his/her own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.
3. Within the framework of these basic fundamentals are the specific responsibilities in which each individual must bear.

The Coach

The coach bears the greatest burden of responsibility for sportsmanship. The influence of the coach upon the attitudes and behavior of the players, the student body and the community is unequalled. In order for sportsmanship to become a reality, it is essential that the coach subscribes to the values of sportsmanship and teaches its principles through Christian behavior.

The coach should:

- A. Always set a good example for others to follow.
- B. Teach the value of honest effort to conform to the spirit, as well as the letter, of the rules.
- C. Instruct the players in their sportsmanship responsibilities.
- D. Be an accommodating host to opponents; treat them as guests.
- E. Respect the judgment of the officials and their interpretation of the rules. Public protest can only lead to similar behavior by the players and spectators.
- F. Publicly shake hands with the officials and opposing coach before the contest. After the contest, congratulate opposing coach and team on a good effort.
- G. Be sensitive to score and game conditions so as not to embarrass or belittle an opponent.

Appendix C (cont.)

The Athletes

The responsibility of the athletes for sportsmanship is second in importance only to the coach. Because athletes are admired and respected, they exert a great deal of influence over the actions and behavior of the spectators.

The athletes should:

- A. Accept seriously the responsibility and privilege of representing the school and community.
- B. Treat opponents with the respect that is due them as guests and fellow competitors.
- C. Shake hands with opponents and wish them good luck before the contest.
- D. Exercise self-control at all times, accepting coaches' and officials' decisions and abiding by them.
- E. Respect the judgment of the officials and their interpretations of the rules. Never argue or make gestures indicating dislike for a decision.
- F. Accept both victory and defeat with pride and compassion; never be boastful or bitter.
- G. Congratulate the opponents in a sincere manner following either victory or defeat.
- H. Cooperate with the coach and fellow athletes in trying to promote sportsmanship.

Cheerleaders

By setting a good example, the cheerleaders can influence and help control the reactions of student spectators.

The cheerleaders should:

- A. Work LHS administration to design standards of desirable behavior for the leaders and cheering section.
- B. Select positive cheers, which praise their own team without antagonizing their opponents.
- C. Make spirit signs that are positive in nature and do not refer to the opposing team in a negative light.
- D. Assist school officials at rallies or other gatherings in reminding students of the expectations of a good sportsmanship.

The Students and Other Spectators

Spectators share a significant responsibility for sportsmanship. Their habits and reactions determine the quality of sportsmanship, which reflects upon the reputation of LHS.

The students and other spectators should:

- A. Know and demonstrate the fundamentals of sportsmanship.
- B. Respect, cooperate and respond enthusiastically to spirit leaders.
- C. Respect the property of the school and the authority of school officials.
- D. Show respect for an injured athlete when he/she is removed from the contest.
- E. Respect the judgment of the officials.
- F. Never use profane language or obnoxious behavior, which are contrary to sportsmanship.
- G. Never participate in an unauthorized visit to another school or engage in any act of vandalism.

Band/Sapphires/Other Entertainment

- A. Band members should be supervised by a staff member.
- B. Bands should only play before a game, during time-outs, at half time and the game. Bands should not use instruments to distract opponents.
- C. Bands, pommers and other entertainment should not interfere with the officials, with practicing teams, or with the playing of the game.

Appendix C (cont.)

The School Administrators, Activities Director, and Staff Supervisors

The administrators and athletic director must establish the importance of the fundamentals of sportsmanship in the minds of the entire school community and all those who associate with any of the activities of the school. The quality of the sportsmanship displayed at athletic contests reflects the leadership provided by the administration.

The administration/staff supervisors should:

- A. Maintain order and enforce sportsmanlike behavior.
- B. Provide sufficient supervision for all football and basketball games as well as other athletic events, which require special supervision.
- C. Provide, when necessary, additional security such as police to assist in maintaining order and safety at athletic events.
- D. Pursue avenues for proactively promoting sportsmanship
- E. Be sure parents thoroughly understand what the school expects of its athletes and its spectators.
- F. Take responsibility to inform parents, alumni, and other spectators of acceptable and unacceptable behaviors and to insure that all spectators abide by these expectations.
- G. Take an active role in the development of athletic policies.
- H. Be sure that all students have a definite understanding of the kinds of behavior expected of them.
- I. Support and encourage school programs designed to enhance the understandings of sportsmanship.
- J. Establish and enforce consequences for students and athletes who violate expectations of sportsmanship.

Appendix D

Athlete/Coach/Parent Communication Philosophy

In order to continue the excellence of the Lutheran High School athletic program involves mutual respect between a parent and a coach. Please refer to the guidelines below that outline the roles of the coach, the athlete, and the parent in any organized athletic activity. The guidelines also include the steps that should be followed when wishing to discuss a concern with a coach. Bottom line, it is our expectation that the athlete is the first line of communication with the coach.

Parenting and coaching are both extremely difficult vocations. We are able to provide our student athletes with the greatest benefits by establishing an understanding of each other's roles and expectations. When children become involved LHS programs, parents should know what to expect.

Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience what the LHS Activities Program less stressful and more enjoyable. It can be difficult to accept your child's not playing as much as you may hope. Coaches are professionals; they make judgments and decisions based on what they believe to be best for all students involved. As you see from the list below, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Communications You Should Expect From Your Child's Coach

- The coach's philosophy.
- The coach's expectations for your child, as well as his/her expectations for all players on the team.
- Location and times of all practices and contests.
- Team requirements, ie. fees, special equipment, off-season conditioning.
- Procedures and protocols that will be followed should your child be injured.
- Disciplinary situations that might result in your child being denied the opportunity to participate

Communications Coaches Expect From Parents

- Express your concerns directly to the coach.
- Notification of any schedule conflicts
- Specific concerns regarding the coach's philosophy and/or expectations

Parents should be a part of their children's athletic experience. Parent involvement affects their own child, the coach, and the rest of the team, the other parents, and the officials. How a parent chooses to be involved is a choice they have. In order to ensure that the athletic experience is positive everyone in the process (coaches and parents) must always remember that the kid's needs must come first.

As kids grow older and more independent things change and learning when and how to diminish the parent's involvement becomes an issue for both child and parent. Parents should stay close to their children but focus on their child's needs. Parents and coaches constantly send powerful messages to athletes, and those messages should not conflict. It is important that a child's parents do what they can to facilitate their child's growth, help their child's performance, and keep the proper perspective.

As your children become involved in the athletic programs at Lutheran High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, direct discussion with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

Issues Not Appropriate To Discuss With Coaches

- Team Strategy
- Play Calling
- Other Student-Athletes

Appendix D (cont.)

Procedure you should follow if you have a concern to discuss with a coach:

- Level 1 – The athlete and the coach should have a conversation
- Level 2 – The parents/athlete contact the coach to set up an appointment. Please do not attempt to confront a coach or meet with him/her before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolutions.
- Level 3 – Call and set up an appointment with the Athletic Director, coach, and parent to discuss the situation.

Remember, parents are encouraged to “release” their son or daughter to the game and to the coach. As such, during the season, parents must share their child with the coach and team. By releasing their child to the game and coach, parents are telling their children that all successes are theirs, all failures are theirs, and all problems are theirs. If young athletes are going to develop into intelligent, responsible individuals, it is critical that they are given the opportunity to solve their own problems during practices and games. Athletics is a safe place for young people to take risks even though they might fail.

Appendix E

Multi-Sport Participation

Mission: Keeping the best interests of the student-athletes at the heart of ALL decisions.

Lutheran High School strongly believes in the benefits of participating in multiple sports, and therefore will actively encourage our students in this direction. Different sports challenge athletes in different ways, and the skills developed through training methods used in one sport usually help the athlete in other sports as well. Just as important, the exposure to different coaches and teammates is important in the overall mental and emotional development of the athlete.

The administration and athletic department expect all coaches associated with Lutheran High school to CLEARLY communicate and show their support in ENCOURAGING student athletes to be involved with as many sports programs as possible during their high school tenure.

Unfortunately, club and AAU coaches are constantly telling athletes that in order to play at the next level or to earn a scholarship, they need to specialize in one sport. We see more and more athletes making the decision to drop sports at an early age, and we believe that this is a poor choice for several reasons:

1. While many athletes enter high school with a favorite sport in which they believe that they will excel, much can change over a few years. It is impossible to predict the physical development of a young athlete, and their enthusiasm about a particular sport may increase or decrease.
2. Many athletes (and their parents) are mesmerized by the idea of a college scholarship. The reality is that very few athletes, despite how much they “specialize,” have the physical ability to play.
3. Virtually all of our athletes that have earned scholarships were multiple-sport athletes for most or all of their high school years.
4. Finally, there is something to be gained when an athlete excels in one sport but still is willing to put the time and effort into being a reliable backup for another team.

We recognize that our philosophy may be countercultural, but nevertheless, we think it is the right approach. The ultimate decision to participate in a sport rests with the athlete and his or her parents. However, we will strive to educate parents and athletes about the benefits of multiple sports, particularly during the beginnings of their high school careers school. And we try to ensure that our off-season activities do not become an obstacle to multiple-sport participation.

Current Issues in the LHS Activities Department

- Allowing athletes to attend open gym
- Performance (Lifting weights)
- Game day considerations
- Summer program when conflicts arise

Performance and the multi-sport athlete questions and guidelines

1. Should the athletes lift weights during a sports season (in-season)?
 - Yes, athletes will continue to develop their strength, speed in-season, as per our performance philosophy.
2. Do athletes lift weights on game days?
 - Yes, the director of performance and the in-season coach will devise this plan together.
3. Should athletes attend an out-of-season open gym during their in-season sport?
 - Yes. Athletes are encouraged to attend open gym (if they and their parents choose) with modification/restrictions in place as agreed upon by the coaches involved. For example, a football/basketball player during the fall would be supported in attending open gym practices (athlete would only be allowed to shoot the ball for reps- no running or conditioning.)
4. Can an athlete participate on an LHS sports team and a club team at the same time (ie girls basketball and club volleyball, etc.)?
 - Yes, all LHS sports practices and games will supersede any and all club practices. Bottom line, COMMUNICATION must be made with athlete/parent and coach before the season to look at both schedules for conflicts and resolutions.

Remember, we want to keep students involved in as many activities as possible and not put them in a position to “choose” if necessary. However, keeping in mind the athlete has certain commitments and responsibilities in a “TEAM” sport to their in-season coach and fellow players.

Appendix F

Performance Philosophy

Mission: To develop championship caliber, multi-sport athletes with an emphasis on year-round training.

The Lutheran High School Strength and Conditioning/Performance Program is designed to provide our student-athletes the following: a program that is committed to developing athletes into champions in their respective sports; to provide every athlete with the very best evidenced-based exercise programs; a program dedicated to improving our athletes strength, speed, agility, power, and flexibility; to develop team bonding, leadership, mental toughness, and discipline through rigorous physical and mental test; and to properly educate our athletes on the importance of rest, injury prevention, and nutrition.

Further, LHS and our individual 22 athletic programs have worked hard creating a unified culture of performance training. Creating a unified program that has the support of physical education staff, coaches, and athletes is a key to building the best possible performance program. Confusion and doubt will exist if coaches from different sports recommend different styles of training. Educating coaches and athletes is key in achieving program unification. The head performance coach will work closely with the coaching staffs of each sport to develop a program appropriate for the athletes participating in that sport.

To that end, the LHS performance philosophy centers on creating an atmosphere that allows each student-athlete to maximize their potential and achieve the highest level of athletic development possible while learning skills and values that will help them maintain a healthy lifestyle in the future.

Program Objectives:

1. Provide a safe, competitive, energetic and positive training environment
2. Decrease chances of injury through conditioning and exercises that ensure muscle balance and flexibility
3. Enhance balance and stability through functional training using sport specific exercises
4. Educate athletes in proper training techniques and weight room protocols
5. Instill an appreciation of hard work and commitment in LHS athletes

Primary Goals of the LHS Performance Program:

1. Glorify God in our training, words, and actions
2. Stimulate positive physiological adaptations
3. Improve confidence and mental toughness
4. Intensity under coach's supervision
5. Progression and Recording Data
6. A Variety of Total Body Training
7. Reduce the likelihood and severity of injury

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

1 Corinthians 6:19-20

Appendix G

Social Media Philosophy for Coaches, Advisors, and Mentors

All “official” LHS twitter accounts must be approved by Activities Director and Principal and will adhere to the following standards. The following “best practices” have been established by LHS and will be utilized by coaches, advisors, and mentors to help guide them in using social media sites.

1. If any activity leader seeks to use electronic or social media sites, they must seek and obtain the permission of the Activities Director prior to setting up the site.
2. Activity leaders are required to comply with all school policies and procedures and all applicable laws with respect to the use of computer equipment, networks, or devices when accessing school-sponsored social media sites.
3. Activity leaders will use Twitter to communicate meetings, activities, games, responsibilities, announcements, etc. Activity leaders must exercise good judgment about any content that is shared
4. The activity leader is responsible for the site will monitor it regularly.
5. Activity leaders are required to maintain appropriate professional boundaries in the establishment and maintenance of all such LHS sponsored social media activity
6. The Activities Director and Principal shall be permitted access to any site established by the activity leader for a school-related purpose.
7. Activity leaders are required to use appropriately respectful speech in their social media posts on district-sponsored sites and to refrain from harassing, defamatory, abusive, discriminatory, threatening or other inappropriate communications.
8. Access to the site may only be permitted for educational purposes related to the club, activity, organization or team.
9. Activity leaders have no expectation of privacy in any communication or post made through social media. LHS has the right to monitor all use of social media accounts.
10. All posts on LHS-sponsored social media must comply with the school policies concerning confidentiality, including the confidentiality of student information.
11. The activity leader may not use their social media communications in a manner that misrepresents personal views as those LHS, or in a manner that could be construed as such.
12. Logos and graphics used on the site must be consistent with the branding standards and usage guidelines of LHS.
13. The activity leader must uphold LHS's value of respect for individuals and avoid making defamatory statements about the school, its employees, its students, and their families.

Appendix H

Team Travel Philosophy

Through the course of a season, many activities travel for regular season competition, as well as MSHSAA state-sponsored championship events. The following information gives specifics as to what families can expect for out-of-town trips:

Regular Season Tournaments/Games

- All early dismissals will be considered “excused” for any student competing. All schedules are to be approved by the administration and communicated to teachers.
- All overnight trips require the approval of the principal and the athletic director.
- All travel plans (lodging, transportation, food/beverage, etc.) are arranged by the coaching staff and approved by the administration.
- Any mode of transportation to be used for school athletic events other than Express Transportation System (ETS) buses, must receive prior approval of the school’s administration.
- All costs associated with regular season tournaments and travel will be ascertained prior to the students leaving. Students must pay remit these monies to the coaching staff prior to travel.

Missouri State High School Activities Association (MSHSAA) events

- All early dismissals will be considered “excused” for any student competing. All schedules are to be approved by the administration and communicated to teachers.
- All travel plans (lodging, transportation, food/beverage, etc.) are arranged by the activities office.
- Any mode of transportation to be used for school athletic events other than Express Transportation System (ETS) buses, must receive prior approval of the school’s administration.
- For MSHSAA sponsored state championship events, the school will cover all expenses (food, lodging, travel, etc.). The school will then fund a majority of the expenses from reimbursements from MSHSAA (for team sports only), general athletic funds, and donor/booster support. A final cost will be provided to families following the event. These monies are due a maximum of two weeks following the completion of the event.

Appendix I

Recruitment of Athletes

The use of undue influence for athletic purposes by any person or persons directly or indirectly associated with the school to secure or encourage the attendance of a student or the student's parents or guardians as residents of the school district, shall cause the student to become ineligible for a minimum of one semester and a maximum of one year. The offending school shall be placed on probation for one year and offending coach or coaches not be permitted to coach at that school for a one-year period, and shall not coach at any other MSHSAA member school in any tournament in any sport. Examples of undue influence include but are not limited to:

- offers of or acceptance of financial aid to parents, guardians or student;
- reduced or eliminated tuition and/or fees;
- any special privileges not accorded to other students, whether athletes or not;
- transportation allowances;
- preference in job assignments;
- room, board or clothing, promotional efforts and admission policies for athletes which are in excess of efforts for other students.

Interpretations of Undue Influence

Funds which have been donated to schools by clubs and individuals may be given as financial aid to students through the normal financial aid program of the school for all students, without regard to potential. Financial aid based even partially on athletic potential or performance is not permitted from the school or from groups that exist because of or for the benefit of the school (e.g., booster clubs).

Individuals not exclusively representing athletic interests of a high school may make general presentations (not just athletic) to seventh and eighth grade students (not just athletes). There should be a diversity of presenters, speaking on a variety of topics to students of all interests.

It is a violation of this section for a coach or any other unauthorized representative of a school to suggest or promise that any part of tuition will be waived for a prospective student for any reason, including financial need. The only person who may address the possibility of fee reduction is that person who has specific responsibility for admissions and financial aid policies and procedures.

If it is a faculty member's responsibility to recruit students (not just athletes) and that person makes such contact irrespective of athletic eligibility, such contact is permitted. However, anything done for athletes that are not done in a comparable fashion for all students is undue influence.

When a student at a junior high/middle school or other high school, or the parents or guardians of that student, contact the coach about attending the coach's school, the coach shall refer the student, parent or guardian to the appropriate school personnel (those who have the responsibilities for seeking and processing prospective students).

Appendix J

Use of Drugs and Illegal Substances

Anabolic steroid use at the high school level is of concern. Some athletes to improve their athletic performance and/or to enhance their body in a cosmetic way use steroids. A recent study indicates that more than six percent of high school seniors use steroids. About two-thirds of these seniors tried steroids before the age of 16. The use by high school and junior high school age youth may be on the increase. High school coaches may not be able to prevent the use of steroids altogether, but they can clearly and forcefully discourage their use. Coaches should take a proactive role in prevention. Firstly, coaches should learn about steroids, what they do and what they will not do. Then they should provide this information for their athletes. Steroids, with proper diet and weight training, can increase muscle development, however, as is typical with most get-rich-quick schemes, steroid use has potentially serious short-and long-term consequences that must be addressed.

Most coaches would never promote steroid use intentionally. Total silence by coaches, however, condones use in some young people's minds. Even though steroids may not be mentioned when it is suggested to an athlete that his/her success is limited only by a lack of weight and/or strength, without a disclaimer that statement can be a motivation to use steroids. The alluring nature of the drug that allows for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for the individual to resist without knowing that the side effects of the drugs may be. LHS coaches are prohibited from promoting or supplying dietary supplements with claims of enhanced athletic performance. This covers androstenedione and creatine and any compounds labeled as performance enhancing.

Appendix K

Frequently Asked Questions

1. How can I help make my child's high school sports experience a positive one?

Parents should be supportive of their child's sports endeavor by:

- Attending as many games as possible
- Volunteering to help the coach and team
- Being positive during the emotionally down times that all athletes face at some point in their careers
- Remembering that high school sports are not life and death, but rather a chance for "kids" to have fun and hopefully learn life-long lessons along the way.

2. When do tryouts begin?

Fall tryouts begin in August. Winter tryouts begin in November. Spring tryouts begin in March. Tryouts for Cheerleading and Poms will take place in the spring.

3. Does LHS encourage multi-sport participation?

Lutheran High School strongly believes in the benefits of participating in multiple sports, and therefore will actively encourage our students in this direction. Different sports challenge athletes in different ways, and the skills developed through training methods used in one sport usually help the athlete in other sports as well. We will strive to educate parents and athletes about the benefits of multiple sports, particularly during the beginnings of their high school careers school. And we try to ensure that our off-season activities do not become an obstacle to multiple-sport participation.

4. How should a student-athlete approach their coach to discuss their role on the team? How about a parent? What is the proper protocol?

It is expectation of our athletic program that the athlete is the first line of communication with the coach. Our coaches and staff recognize that, as kids grow older and more independent, things change and learning when and how to diminish the parent's involvement becomes an issue for both child and parent. If young athletes are going to develop into responsible individuals, it is critical that they are given the opportunity to solve their own problems during practices and games. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, following your son/daughter's conversation with the coach, parents are encouraged to have direct discussions with the coach. Bottom line, athletes and coaches need to have open lines of communication.

5. How do students sign up for a sport?

Incoming 9th graders should initially sign up for fall sports at the spring student orientation sessions. The LHS Activities Office and coaching staff will begin to contact these potential athletes during the summer about tryout dates or practice dates. Potential athletes may also call the Activities Office during the summer; information will then be passed on to the coaches. During the school year, the activities office and the coaching staff will make announcements prior to the start of the winter and spring seasons about preseason meetings and sign-up dates.

6. Does Lutheran High make "cuts" in their sports programs?

LHS encourages students, especially their freshmen year, to go out and participate in multiple sports. For that reason, LHS will not cut freshmen because of their athletic ability. Because participation on the JV (when applicable) and the varsity levels requires greater dedication and commitment, as well as an increase in competition, coaches will "cut" sophomores, juniors, and seniors as necessary.

7. What is the time commitment to belong to a team?

Teams practice Monday – Friday and sometimes Saturdays depending on the sport, team and level. Be prepared for practices to last two to 2 ½ hours per day.

8. What is the Performance program?

The LHS performance program is designed to develop championship caliber, multi-sport athletes with an emphasis on year-round training. It is the expectation from our entire coaching staff that all athletes, regardless of the sport(s) they participate are involved in our performance program in-season, off-season, and over the summer months.

9. What is the "Athletic Fee"?

Beginning in 2014-2015, Lutheran High School began charging a fee for all athletic programs. This change coincides with a shift in the overall funding model for LHS. LHS desires to minimize the number of our fees and incidental costs for families. To that extent, in 2014-2015, we will not have incidental fees for the various athletic programs throughout the season. All in-season expenses will be part of the athletic fee. This includes transportation, sport-specific perishables, and incidentals, senior/parent/community nights, etc. Bottom line, the financial commitment that families make is simplified through one fee.

- Fee #1 – \$145 – Cross Country (B/G), Cheer, Pom, Wrestling
- Fee #2 – \$195 – Baseball, Basketball (B/G), Soccer (B/G), Softball, Tennis, Track & Field (B/G), Volleyball
- Fee #3 – \$245 – Football, Golf (B/G), Swimming (B/G)

Voluntary withdraw, (quitting) lack of playing time, disciplinary suspension or contests cancelled due to inclement weather or will not be the basis for the refunding of fees. Should a season-ending injury occur please contact the Activities Office.

10. When is the athletic fee due? What happens if my son/daughter tries out and does not make the team?

Athletes will not be allowed to participate in practice or tryouts until the fee is paid. No assistance from the school is being offered for fees. Fees are non-refundable except for athletes who participates in tryouts and do not make a team (or is cut after try-outs). Special circumstances for refunding fees are left to the sole discretion of the activities department.

- Fall Sport Fees Due – Monday, July 25, 2016 (one week before tryouts)
- Winter Sport Fees Due – Monday, October 24, 2016 (one week before tryouts)
- Spring Sport Fees Due – Monday, February 20, 2017 (one week before tryouts)

11. How are students transported to/from contests, practices and team functions?

Depending on the sport and the size of the teams and distance, students are transported to away games on buses or in carpools. All students must travel to contests and events in a school-sponsored vehicle (Express Transportation System, coaching staff, etc.) or a designated chaperone. Students may return HOME from an away contest with parents/guardians providing prior approval has been obtained from the coaching staff.

If parents/guardians provide transportation home from an athletic/activity event, allow their son/daughter to provide transportation to or from practices, or, in extreme circumstances, allow their son/daughter to transport himself/herself to or from a scheduled event, the following policies are in effect:

- Where parents/guardians provide transportation for their son/daughter home from a scheduled event, the parents/guardians shall assume all resulting liability, and the school shall assume no liability.
- Where a student transports himself/herself to or from a practice, the parents/guardians of that student shall assume all resulting liability, and the school shall assume no liability.
- Where a student transports himself/herself to or from a scheduled event (allowed only in extreme circumstances), the parents/guardians of that student shall assume all resulting liability, and the school shall assume no liability.

12. Will students miss school when involved in athletics?

Yes. In order to travel to other schools, athletes will sometimes miss classes. Most sports will have 2 games a week during the season; they vary home and away and therefore release time from school is different for each game.

13. What is the Cougar Connection?

The Cougar Connection is a bi-weekly newsletter sent to current families, alumni, staff, churches, and other stakeholders which hi-lights upcoming events and activities at LHS.

14. Can my son/daughter participate in two different sports during the same season? For instance, can you play baseball and run track in the spring?

Yes. Students are permitted to participate in two LHS sponsored sports during the same season. Prior to participating in two sports during the same season, a meeting with the coaches, administration and parents will take place. It is imperative that all parties clearly communicate expectations and goals. However, students are not permitted, per MSHSAA, to participate in the same sport during the same season. For instance, a student cannot play soccer for the LHS men's team in the fall while participating/playing on a club soccer team.

15. How does LHS use social media? How do teams and program share scores, important announcements, and reminders?

Coaches of each sport and activity leaders use Twitter to disseminate results of contests/games, changes in the practice schedule, game cancellations, hi-lights of games, all-conference and all-district results, etc. Coaches/leaders are responsible for sharing this information with our LHS fan-base and community on a consistent basis in a timely fashion. Items will then be re-tweeted to our @LutheranCougars account and shared on Facebook.

16. What does being a "Nike School" mean?

All LHS sports are outfitted in Nike uniforms. Nike is also the sole provider for any school-sponsored gear. Families receive a substantial discount when ordering footwear, spirit wear, team gear, etc. Orders for team gear/spirit wear are placed before each season. For instance, fall sports orders are completed in late June and fulfilled in late July. Winter sports order gear in September for delivery in October. Spring sports order gear in January for delivery in February. Please pay close attention to ordering deadlines via email, the athletic blog, and the school announcements. No late orders are accepted.

17. What happens during "senior nights" in the various sports?

A lot! LHS seniors have been influential in continuing to build Cougar tradition of excellence. Senior night is an evening dedicated to honoring seniors and celebrating their achievements. Each program will honor their seniors and their parents near the conclusion of their respective seasons.

Night of Event – Coaches and LHS personnel will greet parents when they arrive at game. At halftime, (or the pre-described time), mothers are given flowers and fathers are given their item (dependent on program) and aligned in alphabetical order. Parents walk out in front of crowd.

18. Are teams allowed to travel to out of town tournaments and games? How are these funded? What about MSHSAA state championship events?

Yes. LHS teams are allowed and encouraged to attend out of town tournaments. We believe this prepares our student athletes for post-season play. These out of town tournaments are funded by families, along with the individual programs themselves. For MSHSAA districts, sectionals, and championship events, LHS pays a majority of the travel, lodging, and food expenses for the athletes with the individual families making up the difference. All fees for MSHSAA events are pro-rated following the completion of the tournament.

19. How are the "Athletes of the Week" and the "Students of the Month" selected?

The LHS coaching staff and activity leaders nominate and select the students to be recognized as the Athletes and Students of the Month/Week.

20. How do you "letter" in a sport?

Each sport carries its own specific set of guidelines for lettering. This information is disseminated to parents at the pre-season sports meetings during the fall, winter, and spring seasons.

21. Will practices and contests be held over vacations during the school year?

Athletic schedules and the school year do not necessarily match. Every athlete is expected to attend practices and/or games during vacations, on Saturdays, and even before the school year begins or after it ends. The only days guaranteed to be off are Sundays! Check with your coach for specific schedules and before you are planning vacations (specifically in-season and over the summer).

22. My physical expired and I can't get an appointment for another few days (prior to the start date for the sports season). Can I get a note from my doctor and still be able to participate until I have my physical?

No, only the MSHSAA form will be accepted. There are absolutely no exceptions.

23. Who do I contact if I am going to miss practice or a game?

Coaches have their own team policies regarding absences that involve contacting your coach directly. Do not call the Activities Department.

24. How can I find my team's schedule?

Go to <http://www.arbiterlive.com/Teams?entityId=30140> Select the team and sport to view schedule. Sign up to follow teams to receive emails/texts when the schedule changes. This is the most up-to-date location for schedule changes/alterations.

25. What happens if I lose my uniform or equipment issued by the school?

Uniforms and equipment are issued to athletes for a season. Once the season has ended, it is the responsibility of the student to return the uniform to their coach. Unreturned uniforms and equipment will result in a fine and may prevent access to report cards. The Activities Department will determine the replacement cost of lost uniforms and equipment. Once uniforms and equipment are returned or paid for, the accountability will be removed.

The coaches will tell you when and where they will be collecting the uniforms. Generally it is one day after school. If you are not able to make the uniform turn in day, please be sure to tell the coach so he/she can make other arrangements for you.

*Please note that uniforms are NOT to be turned in to the Activities Office.

26. How do I find out about last minute cancellations?

Information regarding cancellations or last minute changes will be made using social media and email. When in doubt, please call the Activities Office.

27. Will there be a pre-season meeting for my son/daughter's team?

Yes, each head coach will hold a parent meeting. This is a mandatory meeting that all parents should attend. The teams' coaches will provide specific information related to their sport, information about the activities program, expectations for students and parents, team policies, practice schedules and will answer questions.

28. What happens if my son/daughter decides he/she does not want to be on a team?

Commitment to the team is a key factor for students signing up to be a member of an athletic team and the expectation is that team members will fully participate throughout the season.

Appendix L

2016-2017 Activity Fee Information

Several years ago, Lutheran High School began charging a fee for all athletic programs. All in-season expenses will be part of the activity fee. This includes transportation, sport-specific perishables, incidentals, senior/parent/community nights, team gifts, tournament costs, hospitality, coaching stipends, booster club membership, etc. Bottom line, the financial commitment that families make is simplified through one fee.

Please note that purchasing of individual athletic attire (Nike/Team Sports), pictures, team banquets, and/or other personal items will also be the responsibility of the athlete and his/her family. For programs that emphasize summer performance, families will be asked to pay for their own activities (team camps, summer leagues, etc.).

Fees

Athletes will not be allowed to participate in practice or tryouts until the fee is paid. No assistance from the school is being offered for fees. Fees are non-refundable except for athletes who participates in tryouts and do not make a team. Special circumstances for refunding fees are left to the sole discretion of the activities department.

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