

LUTHERAN HIGH SCHOOL TRAINING RULES

1. Training rules are in effect from the first practice of the season until the last contest.
2. These regulations apply to all players, managers and personnel associated with the team.
3. The reasons for having training rules are as follows:
 - a) to promote optimum performance on the part of the athlete
 - b) to help the athlete recognize his/her own responsibilities
 - c) to have the athlete make a commitment to the team
 - d) to provide some training for adulthood
4. For the above reasons, you will abstain from possession or use of the following:
 - a) smoking paraphernalia
 - b) alcohol
 - c) tobacco
 - d) drugs (narcotics)
5. You will also not be involved in hazing and/or harassment with other team members.
6. You will not deter from our team(s) family concept, cause our team to break down by complaining about playing time, other players, etc. You will be on time for ALL practices and conditioning sessions. You will not get detentions. You will maintain the necessary grade point average.
7. You will abide by the AUP with regards to iPad, computer and other media. You will be held accountable for material on Facebook and any other social media website on the internet.
8. The penalty for violation of rule 4 will result in suspension from the team for a minimum of 20% of your team's games (practice participation is per the head coach). For rules 5 and 6 and 7, the penalty will be suspensions for parts of games, entire games, or possibly the season.

PLAYER'S COMMITMENT

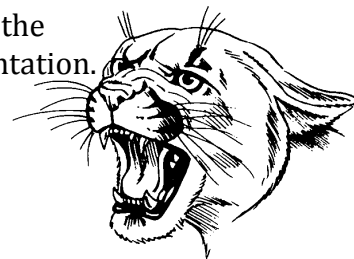
I have read and understand the training rules. I have read and understand all team policies. I will commit myself to become the best possible student-athlete and Christian young person that I can be.

Student _____ Date _____

PARENT PERMISSION FORM

I have read and understand all team policies. I will encourage and support my son/daughter throughout their season(s) and give my permission for him/her to be a part of the sports teams at Lutheran High School - St. Charles County. If he/she breaks the rules, I support the coaches in their disciplinary actions. I have viewed the pre-season video presentation.

Parent _____ Date _____



MSHSAA STUDENT/PARENT CONTRACT

As a member of the Missouri State High School Activities Association, it is our belief that interscholastic activities are an integral part of the secondary curricular program and an extension of the classroom. Our school's program shall supplement the curricular program of the school and shall provide the most worthwhile experiences possible. These expectations shall result in learning situations that contribute to the development of the attributes necessary for good citizenship.

Fundamentals of High School Activities: When hosting an event, the opponent should be treated as guests and treated cordially. Officials should be recognized as impartial arbitrators who are trained to do their job with the best of their ability. Familiarity with the current rules of the game and the recognition of the necessity for a fair contest are essential. Sportsmanship requires one to understand his or her own bias and the ability to prevent the desire to win from overcoming rational behavior.

Expectations of Parents and Students: Your enthusiasm as a spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon our school and our community. Parents and students:

- Know and demonstrate the fundamentals of good sportsmanship.
- Respect, cooperate and respond to cheerleaders.
- Respect school property and authority.
- Show respect for opponents and opposing coaches and fans.
- Show respect for players who are injured.
- Avoid profane language and obnoxious behavior at all times.
- Avoid applauding errors or penalties of the opponents.
- Refrain from heckling, jeering or distracting opponents, including distracting behavior during the shooting of free throws.
- Refrain from being critical of players, coaches or officials for a loss.
- Refrain from throwing objects on the playing area or in the bleachers.
- Refrain from using cheers that taunt or ridicule opposing players, coaches, cheerleaders or spectators.
- Refrain from booing or showing displeasure with game officials or game activities.



I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of participating in the school's activities program.

Student _____ Date _____

I certify that I have read and understand the above expectations and information related to sportsmanship. I understand that I am a role model for my son / daughter and that I represent our school and our community when I attend an activities function. I also understand that if I do not comply with the above listed responsibilities that I may forfeit my privilege of attending future activities involving our school.

Parent _____ Date _____