

Lutheran High School Activities

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.