

STUDENT / PARENT ATHLETIC HANDBOOK



ST. JOHN'S LUTHERAN SCHOOL
RED BUD, ILLINOIS

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SJLS Athletic Philosophy

The athletic program at St. John's Lutheran School (SJLS) provides an opportunity for students to pursue special interests in addition to their regular classroom activities. Participation in athletics helps develop leadership abilities, teamwork, promote school spirit, establish habits of good citizenship and provide opportunity to be a witness to our faith in Jesus Christ. Although athletics contribute to all-around development of students they must necessarily be of secondary importance. Regular classroom work must come first. The St. John's Lutheran School Athletic Program strives to instill the importance of setting priorities in our daily lives.

There is a great responsibility that one assumes when they represent their school. We, as athletes, must reflect these priorities in all that we do. We must adhere to a standard of Christian response, prayer and thankfulness. Our ultimate goal is to bring glory to God. As sinners, we will make mistakes at times. We are assured that Christ has paid the price for these sins and offers us forgiveness. In Christian love there is also a time for discipline and accountability for the consequences of your actions. The following sections deal with these areas.

Citizenship Standards

Participation in school athletics is a privilege and not a right. Creditable citizenship shall be one of the criteria for participation. Creditable citizenship includes such things as regular and punctual attendance; maintain 50% or more of regular church attendance, and a quality of conduct, which promotes the best interest of the school. Therefore, students shall exhibit standards of behavior, which will bring credit to the student, the school, the sport, the family, and to God. A single serious breach of good conduct either in or out of school may be sufficient cause for declaring a student ineligible. Repeated behaviors of a nature requiring discipline may also be sufficient reason to declare a student ineligible. It is not possible to list every example of behavior that violates good conduct, but the athletic program strictly adheres to the policies of St. John's Lutheran School.

Eligibility

Church Attendance

- Students who have the privilege of participating in extracurricular activities at St. John's are expected to return their thanks to God who has given them their ability by attending Christian worship at least half of the Sundays each quarter of the school year. A form in the back of this handbook will be used by the teachers as a report to those in charge of the extracurricular activity.

Academic Work

- The coach will assume all athletes are eligible to play until notification is made to him/her regarding eligibility and the time of ineligibility.
- The Athletic Director will consult with the classroom teacher and coaches for those students involved in sporting events as to their eligibility to participate in such events. Eligibility will be checked for all sports participants at the 4th, 6th, 8th weeks and at the end of the quarter. The athletic director/s will notify the coaches and parents of an athlete's probation or ineligibility to practice or play. **(June, 2009)**
- Generally, a "C" or above is required on a progress report, midterm report or report card to be eligible to play sports.
- If a "D" or lower appears, the athlete will be placed on probation for one week (athlete may practice, but not play one game). If a "D" or lower appears during pre-season practice, an athlete is not allowed to practice until the next grading period. After two weeks of a "D" or lower appearing on the weekly progress report the athlete will be ineligible (not allowed to practice or play for at least one week).
 - A "D" during track season will eliminate a student from participation in one event. **–(June, 2012)**
 - Two weeks of a "D" during track season will eliminate a student from participation in all individual events and practices. **(June, 2017)**
- An "F" removes the student completely.

Discipline

- If an athlete is asked to leave the classroom due to **four category I** behavior issues, he or she will receive a detention. Examples for being asked to leave the classroom would be, including but not exclusive to, displaying a poor attitude during class, being disrespectful to the teacher, etc.

- If an athlete receives **a category II** consequence the athlete is placed on probation. (Can practice, but must sit out the next game/meet.) Upon receiving a 2nd category II consequence, the athlete becomes ineligible. (Cannot practice for 1 week and must sit out for an additional game/meet.) (**June, 2013**)School Attendance
- Athletes must also be in attendance by their lunch hour in order to be eligible for a sporting event that evening. An athlete leaving school during the day due to illness will not be permitted to participate in any games that evening. Funerals and scheduled appointments are excusable.

Behavior at Events

- Athletes are not allowed to leave the school premises during any sporting event. This includes practices at St. John's Lutheran School and the high school track.
- Athletes are to remain in the gym during the playing of a game.
 - If the athlete's team is not currently playing, he/she must sit on the bleachers directly behind the coach and team. For example, during a "C" team game, all "B" and "A" team members should be in the gym on the bleachers directly behind the home team's bench. This applies to away games also.
- Athletes are only allowed to leave the gym between quarters, during half time and between games.

Designated Start times for Sports

Fall Sports (Baseball, Cross Country, and Softball)

- August 1st is the first allowed day of Practice

Winter Sports (Boys Basketball, Cheer, and Girls Basketball)

- October 1st is the first allowed day of Practice

Spring Sports

- Volleyball may start after the final regular season game for girls not playing basketball.
- Volleyball may start after the regional or state tournament loss for girls basketball players.
- Volleyball may start after the final regular or post season game the cheerleaders cheer at.
- Track may start on March 1st for non volleyball players
- Track may start after the regional or state tournament loss for volleyball players
- Track may start after the LSA Tournaments for boys or girls basketball players and cheerleaders whose teams are blessed enough to participate in that year's tournament.

Cooling Off Period

Coaches work hard to incorporate all members of a team in a game. However, parents do not always agree with the decisions of a coach. A 24-hour cooling off period is required for any confrontation between a parent and a coach. Time often heals hurt feelings and hopefully the problem can be resolved without emotional confrontation.

Also, a 24 hour cooling off period is necessary for any confrontation between teacher/staff and a parent regarding circumstances which arise concerning athletes. The benefit of the child is in everyone's best interest. Please show respect to all individuals by meeting with controlled emotions.

When a confrontation would occur, a conference will take place between the parent, coach, teacher, athletic director, principal and pastor.

Expectations for those involved with the St. John's athletic programs.

1. **What parents can expect from SJLS athletics.**
 - a. Athletes will have an opportunity to participate on an athletic team regardless of their ability.
 - b. Athletes will participate at a level of competition according to their grade level and ability.
 - c. Athletes will participate in a safe and healthy environment.
 - d. Athletes will receive proper preparation for participation in their sport.
 - e. All individuals involved will treat athletes with dignity and respect.
2. **What we expect of parents of children involved in our athletic program.**
 - a. Parents will be supportive and speak positively about our school, team coaches and players.

- b. Coaches work hard to incorporate all members of a team in a game. However, parents do not always agree with the decision of a coach. A 24-hour cooling off period is required for any confrontation between a parent and a coach. Time often heals hurt feelings and hopefully the problem can be resolved without emotional confrontation. The principles of Matthew 18 will be applied in all problem situations.
- c. Parents will consider all opponents as friends and guests and treat them with courtesy.
- d. Parent's conduct at all athletic events will set a Christian example for our children.

3. **What we expect of athletes involved in our athletic programs.**

- a. Team members will participate to the best of their God-given ability at all games and practices.
- b. Participants will maintain a positive attitude, respect and willingly comply with their coach, and reflect a God-pleasing attitude at all activities related to the team. (practices, games and school)
- c. Team members will seek to play fairly and accordingly to the rules of the game.
- d. Participants will maintain academic standards set in the parent handbook.
- e. Team members will win without boasting, lose without making excuses, and celebrate the opportunity to participate and be active.

4. **What we expect of coaches involved with our extracurricular athletic programs.**

- a. Coaches will serve as examples of Christian character for their players as they interact with their opponents, officials, fellow coaches, spectators, and players.
- b. Coaches will be accountable to the administration of the school (athletic director and principal) for the conduct of their team.
- c. Coaches will be expected to understand and accept the philosophy of the SJLS athletic programs.
- d. Coaches will have an understanding of the rules and coaching strategies of the game they are coaching.
- e. Coaches will plan and organize practices with the purpose of development of the skills of all the participants.

Guidelines for the Athletic Program:

(All guidelines stated are for participation in every sport offered at SJLS)

- 1. All players who want to participate on an athletic team will become team members. No cuts will be made.
- 2. The attempt will be made to keep team sizes at a manageable level so that skills can be taught and playing can be maximized.
- 3. The primary emphasis of all practices and games will be on skill development, team strategies, conditionin and discipline as coaches prepare teams to compete.
- 4. All "C" and "B" team players will have the privilege to play in every regular season game. An attempt will be made to instill a winning attitude in all participants while providing opportunities for all players to participate in every game. Winning is important – but it is not everything.
- 5. Playing on the team and during a game is a result of attendance and hard work at practices with serious and diligent effort to improve the team. Competition at the "A" team level is higher than that of the "B" and "C" teams. We desire our teams at the "A" level to be competitive and successful while also wanting every player to play. We believe that all our players want both to win and to play in the games. Thus, our goal is maximum player participation at a competitive level in a sportsmanlike manner. In tournament play on all levels (A, B and C), where success means the chance to play more games at an increasingly higher level of competition, playing time may not be equally given. At all times our coaches will encourage all players to understand that they have an important role as a contributing team member in practices and at games. (updated 11/2018)
- 6. Athletic events are extracurricular activities, but should teach the athlete responsibility. Athletes should report to practice on time; however, arrival time should be no longer than 10 minutes prior to practice time.
- 7. Athletes arriving for and leaving from practices should use the east gym door entrance. Belongings should be stored in the gym during the practice.
- 8. No athletes will be allowed in the gym without a coach's supervision.
- 9. Athletes and siblings waiting for a practice or game after school hours will be required to be in after-school care unless under parental supervision.
- 10. All athletes and fans are to remain off the gym floor before, during and after games.
- 11. Athletes are only allowed to participate in one school sport at a time.

- a. Allow anyone wanting to play both sports to choose the 4 events they want to attend. Knowing that they cannot have more than 4 events in one week and that cross country meets take precedent over practice. However this may affect initial playing time in basketball because of practices missed. (Applies only during the overlap of basketball and cross country)

Cheerleading

Cheerleading is considered a part of the interscholastic athletic program at SJLS. Girls in fourth through eighth grade are invited to participate in cheerleading. There will be no cuts in cheerleading.

Because cheerleaders are a visible part of SJLS athletics, Christian attitude and behavior are very important. It is also important that cheerleaders serve as good examples of sportsmanship and Christian conduct for everyone in attendance at the game.

Due to the length of the cheerleading season, cheerleaders will not be allowed to play girls basketball.

Transportation

1. The responsibility of transportation to and from practices and games is up to the parent of all athletes. All athletes should be on time for all practices/games and should be picked up and / or taken home within a reasonable amount of time after the practice game.
2. Each coach should be his/her team's transportation coordinator as to the departure and arrival time for home and away games.
3. Each coach should be sure that the parents driving to games and tournaments have maps and directions. Contact the athletic director if maps and directions are needed.

Sports Physicals

Those athletes entering grades 4 through 8 and wish to participate in sports must submit a "sports physical" BEFORE participating in the first practice of any sports activity. One sports physical per athlete will last for all sports in the year. Fifth graders are exempt – their regular fifth grade physical will suffice for both. **NOTE:** Often there is a special sports clinic during the summer and is open to all schools in the area. The cost is often less than at a doctor's office, and the money charged is often donated back to our school.

Athletes entering grade 4 may play basketball, volleyball; and grade 4 may participate in track depending on the number of participants. These athletes must also submit a **sports physical BEFORE** the first practice of any one sport.

Suggestions for parents with athletic children:

1. Make sure your children know that win or lose: you love them, appreciate their efforts, and are not disappointed with them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be honest about your child's athletic capabilities, their competitive attitude, sportsmanship, and actual skill level.
3. Be supportive and encouraging but do not coach them during or after a game or with advice, pep talks and different instructions.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the desire for competing, for trying hard and having fun.
5. Do not compare the skill, courage, or attitudes of your children with other member of the team.
6. Remember that 4th-8th grade athletes tend to exaggerate both when praised and when criticized. Please contact the coach or athletic director about any situation you have questions about.
7. Help the athlete/athletes develop self-worth and satisfaction in doing his or her best versus being the best.

Scholar Athlete

The athlete who maintains a 3.50 grade point average and participates in 3 (boys) or 3 (girls) sports in grades 5-8 each year shall be eligible to be recognized as a Scholar Athlete.

Coaching Positions

Openings for coaching positions will be offered to faculty and staff first. Next they will be offered to parents and then to other volunteers from the church or community.

Athletic Fee

Athletes participating in sports will pay a \$30.00 Athletic Fee for the first sport with a maximum fee of \$60.00 for two or more sports per athlete. Refunds of fees will not be given.

**St. John's Lutheran School
Athletic Department**

Notice of Ineligibility for Athletic Activities

Athlete Name: _____ Date: _____

Grade: _____ Homeroom Teacher: _____

(The above named athlete's extracurricular eligibility status has been modified
due to performance in the subjects/areas checked below.)

Deficiencies have been noted in the following areas:

- Regular church attendance of 50%.
- Unacceptable or missing homework assignments. (Within a two week time frame)
2nd, 4th, 6th, 8th, and 10th weeks of quarters
- Received a Detention form.
- Received a "D" or lower in as indicated below:
(Teacher, please check subject and then make note of grade on line provided)
 - Religion/Confirmation _____ Memory Work _____
 - Mathematics _____ Spelling _____
 - Language Arts _____ Computer _____
 - Reading/Literature _____ Physical Education _____
 - Social Studies/History _____ Music _____
 - Science _____ Health _____

Status:

- One week probation
(CAN practice but not participate in the next game or meet)
- One week ineligibility status
(CANNOT participate for one week and must miss an additional game or meet)

In effect from: ____/____/____ to ____/____/____

I have seen and reviewed the above information.

PARENT/GUARDIAN SIGNATURE: _____

We ask that parents assist to provide a home/study climate conducive to scholastic improvement for the athlete. Please contact your son/daughter's teacher to discuss any of their grades/behavior. Please return to the athletic director after signing.

(_____) initial and date _____ Head coach has been contacted.

ATHLETIC DIRECTOR'S SIGNATURE: _____

St. John's Lutheran School
Red Bud, Illinois
Athletic Department

Athlete's Contract

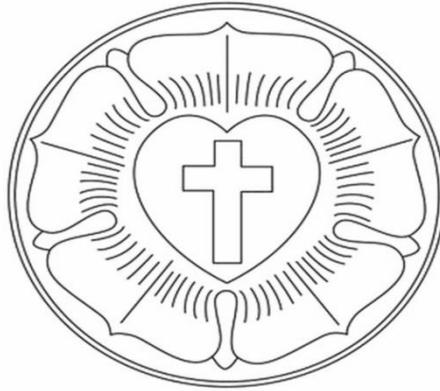
I, _____, as an athlete of St. John's Lutheran School, commit to the following responsibilities expected of me. These responsibilities are as follows:

1. I will use all my abilities to the Glory of God.
2. I will maintain regular church attendance of 50% or greater per quarter.
3. I will perform my duties in class without hesitation and I will complete all assignments on time.
4. I will display good classroom behavior indicative of a Christian athlete.
5. I will be a good representative of SJLS at all games and practices.
6. I will respect the authority of the Administration, teachers, and all other staff members of SJLS.
7. I will respect the rights of my fellow classmates at all times.

I agree to the above responsibilities and understand that I may be dismissed from my athletic team if I do not honor the terms of this contract.

Athlete's Signature: _____

Parent's Signature: _____



St. John's Lutheran School Athletics Participation Form

Section 1: ATHLETES APPLICATION AND PERSONAL INFORMATION

Full Name _____ Male ___ Female ___

Address _____ Birthdate ___/___/___ Age ___

City/ State/ ZIP _____

Explain "yes" answers below in Section 4. Circle questions you do not know the answer to.

- | | | |
|---|-----|----|
| 1. Have you had a medical problem or injury since your last evaluation? | Yes | No |
| 2. Have you ever passed out, been dizzy, or had chest pain during or after exercise? | Yes | No |
| 3. Has a physician ever denied or restricted your participation in sports? | Yes | No |
| 4. Have you ever had a sprain, strain or repeated swelling after injury? | Yes | No |
| 5. Have you ever fractured or dislocated any bones or joints? | Yes | No |
| 6. Do you cough, wheeze, or have trouble breathing during or after an activity? | Yes | No |
| 7. Do you have any family history of sudden death in young persons (less than 40 years old)? | Yes | No |
| 8. Do you have any personal history of cardiac problems or heart murmur? | Yes | No |
| 9. Do you have any personal history of asthma, epilepsy, or diabetes? | Yes | No |
| 10. Do you have any personal history of concussions or other head or neck injuries? | Yes | No |
| 11. Are you currently taking any prescription or over the counter medications or pills or using an inhaler? | Yes | No |

This application to represent St. John's Lutheran School in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility and citizenship standards that I must meet to represent St. John's Lutheran School and that I have not violated any of them. I have completed and/or verified that part of this form which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing St. John's Lutheran School, and I verify that it is correct and complete.

Signed by Student _____ Date _____

Section 2: PARENT PERMISSION AND AUTHORIZATION FOR TREATMENT

We hereby give our consent to the above student to represent St. John's Lutheran School in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be enroute to or from school or during practice or an interscholastic contest, and we hereby agree to hold the association of which this school is a part, its employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind of nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of St. John's Lutheran School.

We further state that we have completed that part of this form which requires us to list all previous injuries or additional concerns that are known to us which may affect this athlete's performance or treatment, and we certify that it is correct and complete. We also acknowledge that the any screening test performed on child is not a complete examination and cannot guarantee that all conditions affecting his/her safety can be detected by this simple screening procedure.

If we cannot be reached in the event of an emergency, we also give consent for the school to obtain through a physician or hospital of its choice, such medical care as is reasonably necessary for the welfare of the student, if he/she is injured in the course of school athletic activities. Our son/daughter is covered by basic insurance for the current school year with:

(NAME ON INSURANCE COMPANY) _____ (POLICY NUMBER) _____

Signature of Parents or Guardians _____ Date _____

(All parents or guardians must sign) _____ Date _____

Section 3: EMERGENCY INFORMATION

Parent's Name _____ Work phone _____ Home phone _____

Parent's Name _____ Work Phone _____ Home phone _____

Doctor's name & Phone _____ Dentist's name & phone _____

Section 4: ADDITIONAL PERTINENT INFORMATION

Parent can describe on the back any previous injuries or conditions that may affect this athlete's performance or treatment.

Parent or Guardian Consent

I give permission for my child _____
to participate in the SPORTS PROGRAM of St. John's Lutheran School.

This signed agreement absolves the coaches. St. John's Lutheran School and any and all members of its governing boards of any responsibility for the safety welfare health and well being of the child named above beyond such matters as may be called reasonable care for children in the custody of the coach and subject to the coach's clear instructions and assumes personally and exclusively all responsibility and liability for accident, injury, etc., which may occur to the above-named child during the time of the specific activity as set forth at the beginning of the paragraph.

Parent/s or Guardian's signature: _____

Date Signed: _____

Phone Number: _____

THIS FORM MUST BE SIGNED AND RETURNED. ONLY THOSE CHILDREN WHO RETURN THIS FORM PROPERLY SIGNED CAN BE GRANTED PERMISSION TO PARTICIPATE.

Concussion Management

Resources

[Download Center](#)

[Equity Center](#)

[Sportsmanship](#)

[Coaches' Education](#)

[Sports Medicine](#)

[Sports Medicine Advisory
Committee](#)

[Health & Well-Being](#)

[Performance-Enhancing Drugs &
Steroid Education](#)

[Concussion Management](#)

[Coaching Resources](#)

[Parent & Guardian Resources](#)

[Athlete Resources](#)

[School Resources](#)

[Provider Resources](#)

[Resources](#)

[Awards & Recognition](#)

[Calendar of Events](#)

[Video](#)

[Merchandise](#)

Concussion Management Guidelines

Policies for the management of concussion and head injury in youth sports

House Bill 200, which recognizes the dangers associated with head injury and concussion, became effective on July 1, 2011. The legislation also requires IHSA member schools to adopt a policy regarding student-athlete concussions and head injuries that is in compliance with the protocols, policies, and by-laws of the IHSA. Information on the school's concussion and head injury policy must be a part of any agreement contract, code, or other written instrument that a school requires a student athlete and his or her parents or guardian to sign before participating in practice or interscholastic competition.

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from participation or competition at that time.

A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury can not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.

If not cleared to return to that contest, a student athlete can not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.

Illinois High School Association

Phone: (309) 663-6377
Fax: (309) 663-7479

2715 McGraw Drive
Bloomington, IL 61704-6011
[Map & Directions](#)

Office Hours
Monday-Friday, 8:00 am-4:15 pm
(closed Fridays in summer)

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[Related organizations](#)

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Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms or injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-To-Play Policy of the SIJHSAA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Student-Athlete Name Printed	Student-Athlete Signature	Date
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Parent-Legal Guardian Printed	Parent-Legal Guardian Signature	Date
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Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2013