

The following information is to assist parents as they work with the teachers and coaching staff in order to make Viking Athletics the best it can be! These comments are meant to help the process of nurturing our young athletes through what can be some exciting, stressful, and challenging situations. The handbook was last revised in August, 2010.

Philosophy

We believe that the opportunity for participation in a variety of interscholastic sports is a vital part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to God, the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns, and physical fitness that enable the student to make maximum use of his/her education.

Green Park student activities are considered co-curricular to the school's program of education. They provide experiences that will help to develop each young person physically, mentally, spiritually, socially, and emotionally.

Currently in our soccer, volleyball, and basketball programs, 7th/8th grade "green/A1" teams play at a competitive level, while 7th/8th "white/A2" teams and all 5th/6th grade teams play at a participatory/developmental level. This means that students on the 7th/8th "green/A1" teams, including soccer, are not guaranteed playing time, while the 7th/8th "white/A2" teams and all 5th/6th grade teams receive *close to* equal participation in regular season games. **Tournaments are an exception to the previous statement. Coaches will attempt to play everyone, but equal playing time will not be in effect.**

Forms

Physical/Parent Permission. Each student participating in athletics at Green Park must have a current physical/parent permission form on file with the school nurse before he/she is allowed to try out or participate on a team.

Medical Emergency Card. Emergency Cards are copied and the copy is given to the coach during the season. The copy is returned to the Athletic Director and destroyed once the season is completed.

Teamwork

We want to foster teamwork in every aspect of playing a sport: between coaches and parents; coaches and players; players and parents; and players and teammates. Coaches work hard at building a rapport with and among players. Coaches have to feel that you believe they are doing their best for the players as a team, not just individuals. Please support the coach(es) in all situations; discuss concerns without your child present.

Team unity is stressed in every sport. You can have an abundance of talent, but having the same goal is essential to good team unity. The players need to realize that they are part of a team. They are taught to support each other and help those lacking in certain skills and/or abilities. We hope that fans will be able to foster the team spirit by being friendly and supportive of everyone; being examples to the players, to fans from other schools and to each other.

Player Responsibilities

Players need to attend **all** practices and games. Inform the **coach directly** well in advance if a player absolutely cannot attend a practice or a game. In cases of illness, please contact the **coach directly**. If a student attends the entire day of school, he/she is expected to be at practice. Injured players should attend practices in order to learn even from the sideline. Players who have two un-excused absences will be excused from the team.

Players are NOT to attend the practice/game if not in attendance for *at least the last ½* of that school day. For tournament weekends, permission from the athletic director is required prior to a Saturday or Sunday game if the student was not in attendance the last school day of the week.

If a student athlete receives a suspension he/she will not be allowed to participate in the game that day. If there is no game scheduled for that day, the student will not be allowed to participate in the next game.

Players are to give their all during practices and during games. They are to be attentive and respectful to their coaches and their teammates.

Players are to discuss concerns (if any arise) with the coach rather than other players. It is essential to attempt to see things as a teammate and through the eyes of the coach.

Parent Responsibilities

Parents are responsible for the transportation of their child to practices and games. Please be on time to pick up students from practices and games. If your child is not picked up within 15 minutes (at Green Park) after a practice, he/she will be sent to Child Care. Please work out any car pool arrangements well in advance of games and practices. No phone calls will be allowed during the school day to work out ride arrangements unless a car pool person is out ill. For liability reasons, we discourage coaches from transporting players.

A parent meeting will be held early each sport season. **Parents are required to attend.**

Parents need to be in control of siblings that are brought to the games. Children are to remain in the gym during these events. The hallways and playground are off-limits during the games.

Parents are expected to work one shift per student per sport at one of the three Green Park Tournaments or help with Bohrer Field for soccer. Reminders are sent home approximately one week prior to tournaments.

If a parent has a concern, the first person they should discuss it with is the coach. As stated earlier, this discussion should take place privately—NOT before or after a game (unless prior arrangements have been made with the coach). **Please observe the 24 hour rule:** wait 24 hours after a situation to let any emotions subside. If the concern is not addressed, then the Athletic Director should be contacted.

Show respect to the officials and opponents. Games do not take place without referees. Officials are hard to find at our level. An official will do a better job if she/he is appreciated for the difficult work they do. Opponents are people just like our own families who love and care for their children. Good will for our school can be extended by using restraint, understanding, and praise.

Remember to keep your emotions in check. These games are fun. Serious athletic competitions take place in the future: high school and college. Every game there will be a winner and a loser, however positive things can result from playing to compete

Uniforms

Players are responsible for the care of their uniform. If a player misplaces or damages a uniform, the player will be responsible for the full replacement cost. The volleyball girls (5th Grade) purchase their own shorts.

Please wash all uniforms in COLD water and do not put them in the dryer. This will lengthen the life of the uniforms.

If a player comes to a game without their uniform, they will sit on the bench with the team but not be allowed to play during that game.

Athletic Eligibility Policy

The goal of this policy is to treat each student on an *individual* basis as *fairly* as possible.

Any student athlete meeting any of the following criteria during a season will be referred to the Eligibility Committee.

1. A student receives two detentions
2. A student receives a grade of D or F on a mid-quarter or report card.
3. A student receives an In-School or Out-of-School Suspension.
4. A student is working well below their potential.

5. A student is continually disruptive or is not following the school and/or classroom rules.

The committee may consist of the principal, assistant principal, athletic director, assistant athletic director, coach (if a faculty member), homeroom teacher, and the referring teacher. A letter will be sent to the parent(s) informing them of the committee's decision if action is taken. The parent is to return notification of receiving the letter as directed by the letter. The parent has three school days to discuss the committee's action if there is any question. (Please contact the athletic director AT SCHOOL.)

St. Louis Area Lutheran League Rules: Playing on Other Teams

Teams that are eligible for city playoffs will not be permitted to play in separate leagues before the Lutheran League Season. Participation in summer or after season leagues is allowed. Teams may participate in other leagues during the season as long as they do not surpass the allowed number of games as designated in the league rules.

Individuals playing on A1 Green Park Teams are allowed to play on other teams during the Lutheran League Season as long as no more than two teammates play on the same team. This applies to volleyball and basketball. For soccer, the number of players on the same team increases to five.

PENALTY: Suspension from the league playoffs that season or the next.

Final Thoughts

With athletics comes scorekeeping. With scorekeeping comes competition. We encourage our children to "win" on all levels. However, competition is healthy when it is kept in perspective. Coaches get to know their team and in doing so make goals that are appropriate for them. When those goals are met, games are considered successful. Although winning the game is our ultimate goal, there are other goals that parents and athletes must keep in mind.

Over the years the trends and attitudes developing in America for amateur athletics have become increasingly negative. In general they are hurting the high ideals that sports are supposed to develop in our children, and we do not want our players hurt by these pressures. We are DIFFERENT. We represent Christ because we are from a Lutheran/Christian school. We must look to Christ as our example. Let your light shine to everyone as you watch, support, and guide your child through athletics at Green Park.

Each family will sign a commitment form, which states they understand and will comply with the expectations of the handbook, including the eligibility policy before the first game.