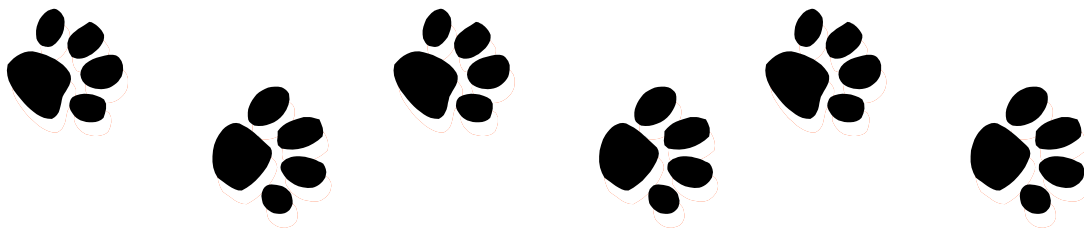


2015-2016



**IMMANUEL LUTHERAN SCHOOL  
CRYSTAL LAKE, ILLINOIS**

**ATHLETIC  
HANDBOOK**



**IMMANUELS'S MISSION STATEMENT**

Immanuel Lutheran School is committed to providing a Christ-centered arena for

**HOME OF THE PANTHERS**

academic excellence.

## IMMANUEL'S ATHLETIC PHILOSOPHY

Immanuel's philosophy focuses on a Christ-centered learning. Toward that end, it is the aim of the athletic program to facilitate such an environment in athletic settings outside the classroom.

The primary purpose of the athletic program is to provide the student-athlete with the opportunity to grow in the grace and knowledge of Jesus Christ as his Lord and Savior. The Immanuel athletic program desires to help students live out their lives in unselfish Christian service in His world. The program provides certain opportunities and emphasizes definite aims. Among them are the following:

- Athletics provide the coaches and players alike an opportunity to witness for Christ by word and action.
- Athletes are taught to accept decisions and responsibilities in a Christ-like manner.
- Athletics provide an intense emotional situation in competitive sports which is a maturing factor.
- Athletics provide for physical development and the opportunity to serve the need of the team.
- Athletics provide for those who are gifted in physical ability the opportunity to use their God-given talents.
- Athletics provides life-lessons; such as, working together toward shared goals, communicating effectively, overcoming challenges, maintaining a positive attitude, practicing sportsmanship, and winning or losing with dignity.
- Regardless of the amount of playing time or whether the team has a winning season, the above remain embedded within the experience.

## OVERVIEW OF IMMANUEL'S ATHLETICS

Immanuel offers a variety of extra-curricular sports activities for students in grades 5-8, and sometimes grade 4. We participate in the **Fox Valley Lutheran Athletic Conference (FVLAC)**, which consists of six area parochial schools; St. John Algonquin, Immanuel Crystal Lake, Immanuel Dundee, St. John's Elgin, Westminster Christian Elgin, Zion Marengo, St. Matthew Hawthorn Woods has been dropped from our conference.

The athletic program is divided into Junior Varsity and Varsity levels.

The Junior Varsity (JV) level is offered for students in grades 5-6, sometimes 4. The JV level is designed to introduce the student-athlete to the game. Playing time will be as close to equal over the course of an entire season, not per game. **Equal playing time will not be enforced during tournament play.**

The Varsity level is offered for students in grades 7-8, sometimes 6. While acknowledging that “winning isn’t everything,” coaches are committed to providing our varsity teams with the best opportunity to win within the rules of the game, and represent the school in a manner which inspires and exemplifies pride. Therefore, playing time is not guaranteed. Playing time will be determined by ability, attitude, practice behavior, and game situations.

The goal every year of our Varsity teams is to qualify for the Lutheran State Tournament at the end of the season.

To help financially support the athletic program, we require a sports participation fee:

	<b><u>JV LEVEL</u></b>	<b><u>Varsity Level</u></b>
Basketball:	\$60 per student	\$70 per student
Volleyball:	\$50 per student	\$55 per student
Track:	TBD per student	TBD per student

\*Track fees TBD, you get a hooded sweat shirt and track jersey for the first year, the fee after you received the uniform is \$35.

This fee must be paid for prior to the first scheduled game. This fee enables Immanuel to periodically replace and repair present uniforms.

Immanuel also requires a physical examination before any student participates in a sport. The physical is valid for a period of one school year.

School insurance or a comparable insurance is also required.

Parents are also required to volunteer at Athletic events; i.e. admissions, concessions, and/or scorer’s table. If you cannot work at home games, you must find a suitable replacement.

## EXPECTATIONS OF THE COACHING STAFF

### The Christian Coaches' Creed:

**I BELIEVE** that the sports sponsored by Immanuel Lutheran School have an important place in education and therefore pledge myself to cooperate with other educators to administer sports so that the value of athletic competition will be understood and accepted as an integral part of Christian growth.

**I BELIEVE** that Christian sportsmanship is learned. I realize that I am a model to officials, players, and spectators. I believe that my actions will have a lasting effect on those who observe me. Therefore I will...

- Accept and support the decisions of the officials.
- Contain my emotions and actions to the best of my ability in order to be a witness to my Christian faith, my church, and my school.
- Exercise patience, tolerance, and diplomacy in my relationships with all players, co-workers, parents, and spectators.
- Teach the game for the benefit of all and seek to coach according to the rules, remembering that the feelings of the members of both teams are equally important.

**I BELIEVE** that I have a unique calling and opportunity as a coach to influence student athletes. My life as a Christian serves to show them the joy and importance of being a follower of Jesus Christ.

### Coaching code of Conduct:

1. Treat opposing coaches, participants and fans with respect
2. Take steps to minimize blow out games. Ex. Immanuel is ahead by a significant margin, non-starters should be played or additional passing be required before scoring attempts.
3. A coach shall not discuss the final results with a referee after the completion of the game. Any issues regarding officiating will be documented and provided to the Athletic Director for resolution.
4. A coach shall provide fair playing times opportunities as stated in the overview of Immanuel Athletics.

## **EXPECTATIONS PLACED ON STUDENT ATHLETES**

### **COMMITMENT AND DEDICATION**

We consider the student athlete to be someone special, someone who can take on and manage added responsibilities. These responsibilities are accepted in order to broaden the athlete and further develop strength of character. It has been aptly put, “You owe it to yourself to always do whatever you do in life to the best and fullest of your ability.”

By being an athlete you are representing your school and your community. You assume a leadership role when you are on a team. The student body and supporters of Immanuel Lutheran School know you, and *you are in the spotlight*. Because of this leadership role you can contribute to school spirit and community image by your performance and high ideals. The younger students are watching you. Model what a Christian is so they may grow from your actions.

### **ATTENDANCE**

Attendance is a matter of priority. Being a part of a team carries with it responsibility to the rest of the team. As such, a high priority should be placed on attending all meetings, practices, and games. It is understood that that today’s society is fast-paced and conflicts will arise, but please do all that you can to schedule appointments away from practices and games. Team policies may limit playing time if practice is missed (coach’s discretions). A student must be at school by 8:30 (by the end of 1<sup>st</sup> period) to be able to participate in their team’s game/practice that day. If a student is out of school due to other family needs i.e., funeral, orthodontic visit, parents should contact the athletic director who with the principal will make a ruling on eligibility for that day’s practice or game.

Participants and their parents will be responsible for informing the team’s coach of any potential problems or other concern prior to the season. A common example is an athlete participating in another program outside of Immanuel. Immanuel encourages athletes to explore all the possibilities offered to them. While it would be ideal for the athlete to put Immanuel first, that is not always the case. As a common courtesy to the coach and players who will be on the athlete’s team, parents must notify the coach of this conflict. Parents, please be aware that choosing Immanuel second is acceptable, but may result in reduced playing time as to be fair to the other athletes who participate fully to Immanuel athletics.

### **HEALTH AND MEDICAL**

Being in good health is important for the student athlete. Hidden health concerns may be amplified by physical exertion of athletic competition. Physical examinations (physicals) are required for all students participating in sports at Immanuel and should be submitted to the school office before the start of the sport in which they will be participating.

## **ATHLETIC FEE**

Fees must be paid prior to the first scheduled game of the season. All money from this fee goes to pay for referees, equipment, uniforms, etc...

Any family unable to pay the athletic fee because of financial considerations must contact the Athletic Director so other arrangements can be made.

## **ACADEMIC ELIGIBILITY**

A student-athlete with a single grade of F (64%) or lower will be informed verbally and a "Contact/Incident Report" will be sent home. The "Report" will be signed and returned to the Athletic Director on the next school day. When the student becomes eligible, another "Contact/Incident Report" will be sent home informing the parents of the student's status. Grades will be checked every week by the Athletic Director.

### **New rule for 2015-2016**

With the parent's and coaches' consent the student will be able to practice with the team. The student will also be required to sit (not in uniform) on the bench at each game, if present during the game, until his grade improves to a 64% or higher. If the Athletic Director, Principal, or teacher feels that at anytime the student is not putting forth the effort to improve his grades, they then have the right to remove the student from practices and games.

At times a given student athlete may face challenges in the classroom, which are simply beyond his or her academic ability. The faculty as well as the coaching staff understands this. At Immanuel, every effort is made to assist all students who are in this situation. Student athletes who find themselves in this position will be considered for exemption from the stated policy on an individual basis. The line of appeal is through the Athletic Director.

## **CONDUCT ELIGIBILITY**

The student athlete has the responsibility of being a leader in the school. If the conduct of any student athlete is unacceptable according to the behavior guidelines stated in the school handbook, or such that it impairs the efficient working of the school, then ineligibility may follow as a consequence. Conduct should reflect Christ in all that is done.

- a. Consideration for conduct ineligibility may be brought to the Athletic Director by any member of the staff (this includes but is not limited to teachers, coaches, cooks, janitors, pastors, or secretaries). If the Athletic Director determines that action may be needed, the issue will be brought forward for a decision.
- b. A unanimous decision must be reached by the Principal, Athletic Director, and homeroom teacher in order for conduct ineligibility to be declared.
- c. Conduct ineligibility for practices and games will remain in effect for a period of two

weeks or as determined by the Principal, Athletic Director, and homeroom teacher.

## **EXPECTATIONS PLACED ON PARENTS**

### **SUPPORT**

The philosophy of this handbook is to encourage full participation on the part of every person involved in the athletic program. There are several ways in which parents are able to be involved and develop a deeper sense of ownership for athletics at Immanuel.

- a. The biggest way parents can get involved and show support for their student athlete as well as the overall program is to attend the events. Sportsmanlike excitement by a large crowd adds a special dimension that we want your child to be able to experience.
- b. In this school it is the volunteers that make a big difference between mediocre events and great events. This is particularly evident at tournaments where the time and effort involved are significantly multiplied. Therefore we ask parents to help at the many home games and the tournaments and meets we will have at Immanuel. We ask that each family help as asked at events during the course of the sports season.
- c. We ask that parents be responsible for providing transportation to and from away games and tournaments.
- d. Please be as prompt as possible picking up your child after practices and games. This will greatly assist our coaches in exercising their other responsibilities.

### **SUPPORT VOLUNTEERS**

The support volunteers are parents, staff, or students who fill an important niche in the practical administration of home games and other areas. In general their responsibilities include but are not limited to the following items:

- ⇒ Serving as a model for the student athletes and upholding the precepts of the Christian Coach's Creed.
- ⇒ Being responsible in carrying out the duties that have been assigned.
- ⇒ Being punctual for scheduled events or informing the Athletic Director or Concession Stand Coordinator of delays or conflicts at the earliest possible time.

**The positions filled by support volunteers include but are not limited to...**

SCOREBOOK KEEPERS  
SCOREBOARD KEEPER  
CONCESSION STAND SERVER

## **SPORTSMANSHIP**

Because we are Christians we should strive to avoid some of the accepted practices of fans in other settings. By our actions we witness what we truly value. Please read and follow the **CODE OF CONDUCT GUIDELINES FOR ATHLETES, PARENTS, AND SPECTATORS.**

### **CODE OF CONDUCT**

**2015-2016**

As an extension of both Immanuel's mission statement and athletic philosophy, the athletic code of conduct has been developed. Appropriate behavior is expected from the athlete's themselves, parent spectators, and coaches. The following code includes the rules and guidelines which will promote a sports environment that reflects the Christian values of Immanuel Lutheran School.

To be considered for a position on any team, the athlete and both parents must sign the code of conduct, thus agreeing to abide by its rules. Some of the rules apply specifically to adults; some apply to athletes only. Many are applicable to both the parents and student-athlete. The signed code will be kept on file.

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for student-athletes, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of me or others.
4. I will make an effort to learn and familiarize myself with the rules of the game and the policies of the league.
5. I (and my family member/guests) will be a positive role model and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, and other sporting events.
6. I (and my family member/guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent; such as, booing and taunting, refusing to shake hands, using profane language or gestures, or fighting and violence.
7. I will obey the Second Commandment; I will not use the name of the Lord inappropriately.
8. I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes.
9. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.



10. I will demand that my child treats other players, coaches, officials, and spectators with respect.
11. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or by his/her performance.
12. I will praise my child for competing fairly and trying hard.
13. I will never ridicule or yell at my child, coach, or other participants for making a mistake or losing a competition.
14. I will emphasize skill development to coincide with winning and losing.
15. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I/my child may have to win.
16. **I will never question, discuss, or confront coaches' decisions at the game field.**
17. **I will never question or discuss my child's playing time with the coach.**
18. I will never question or discuss other student-athletes on my child's team with the coach.
19. I will demand a sports environment that is free from drugs, tobacco and alcohol. I will refrain from their use at all sports events.
20. I will refrain from coaching my child or other players during games and practices, unless I am one of the coaches.



I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

1. Verbal warning by the Athletic Director or Principal.
2. Written warning
3. Game suspension with written documentation of incident kept on file.
4. Season suspension (possibly jeopardizing future involvement in sports program)

**2015-2016**

\_\_\_\_\_  
Print Name Father/Guardian

\_\_\_\_\_  
Signature of Father/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Mother/Guardian

\_\_\_\_\_  
Signature of Mother/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Student

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

**ATHLETIC DEPARTMENT  
EMERGENCY INFORMATION AND PARENT CONSENT  
2015-2016**

Name \_\_\_\_\_ Birth date \_\_\_\_\_ Age \_\_\_\_\_  
\_\_\_\_\_

Parent's Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Grade \_\_\_\_\_

Day Phone of Parents: Father \_\_\_\_\_ Mother \_\_\_\_\_  
\_\_\_\_\_

In an emergency, if the parents cannot be reached, notify:

\_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_

Known Allergies \_\_\_\_\_