

**ST. JOHN'S LUTHERAN SCHOOL
ATHLETIC HANDBOOK
2018-2019**



Real. Present. God.

Psalm 46:1

TABLE OF CONTENTS

I	Philosophy and Objectives	Page 2
II	Game Behavioral Expectation	Page 2
III	No Cut Policy	Page 3
IV	Athletic Eligibility Policy	Pages 3 - 4
V	Expectations of Athletes	Pages 4 - 5
VI	Responsibilities of Parents	Page 5
VII	Description of Sports/Activities Offered	Pages 6 - 8
VIII	Practice Information	Page 8
IX	Fees	Page 9
X	Directions to Schools	Pages 9 - 10
APPENDIX A	Concussion Protocol	Pages 11-13

I Philosophy and Objectives

Athletics are an important part of St. John's school program. It provides students an opportunity to develop emotionally, socially, mentally, and physically. Participation in athletics is encouraged to assist in developing positive Christian attitudes toward life. While success in athletics can be measured by wins and losses, it is better measured by the success of its participants to live as Christian citizens in future years. St. John's athletic program helps to ensure the future success of its students by encouraging participation at various levels of athletic competition while maintaining a proper relationship to the overall educational program.

Athletics is not an end in itself, but a means by which to:

1. Promote high Christian, moral, and ethical standards.
2. Provide experiences and guidance that will lead to self-discipline and emotional maturity.
3. Develop positive mental attitudes toward life.
4. Provide the opportunity to experience the need for cooperation with others as a means to gain common objectives.
5. Promote the desire to excel and the appreciation of wholesome recreation and entertainment.
6. Promote Christian fellowship and wholesome competition between interscholastic and/or intramural teams.
7. Enable each student to participate as a team member of interscholastic and/or intramural teams.

II Game Behavioral Expectations

Please observe the following rules at athletic events:

1. Fans should be attentive to the sporting event attended. They should be encouraging to our players in appropriate ways. They should also be courteous to the opposing team and their fans never engaging in fan competition or negative comments.
2. Please remember that the referees are human. They have a split second to make a decision and sometimes are at a different angle than you. Do not heckle or question the calls made.
3. Children third grade and under should be attended by a parent or designated adult at all sporting events. Children will not be allowed to run the halls and the like. Please take responsibility for your child during all sporting events, or you will be asked to leave.

III No Cut Policy

St. John's Lutheran School has a no cut policy in all athletic activities to insure that every student has the opportunity to participate at all levels of competition. This objective can be met in a couple ways. The coach can play all members in every contest. If there are an unusually large number of participants, then they could be divided into two separate teams. In all league games and all tournament games (i.e. local and state tournaments) the entire team will be in attendance. All teams will apply to state unless the coach recommends otherwise.

With the number of teams needed it is not always possible for the school staff to fill all the coaching positions, so it becomes necessary to have parents or congregation members volunteer to coach a team. In rare cases when not enough athletes (7, 3 minimum for cheerleading) are available or a coach cannot be secured a team may have to be dropped from participation until positions are filled.

IV Eligibility Policy for Extracurricular Activities

First Corinthians 10:31 reads, "Whatever you do, do it all to the glory of God." For a student at St. John's Lutheran School, this means giving one's best at all times—spiritually, intellectually, socially, and physically. The following policy, then, emphasizes the primary focuses of the school: the building of Christian character and successful academic progress. With such a policy in place, St. John's will be able to maintain an emphasis on the spiritual and intellectual growth of the children while still allowing for the physical and social development that extracurricular activities can provide.

Policy

All students at St. John's are expected to uphold the behavioral standards of the school at all times:

- **Conduct:** Good conduct is expected before, during, and after every activity. (including but not limited to athletics, Echoes of Praise, handbells, Student Council). Students displaying poor conduct will have their eligibility revoked temporarily for a first offense and permanently for a subsequent offense.
- **Detentions:** Students with three detentions for the year are ineligible. Students will serve all detentions on the day assigned regardless of the activity schedules.

Students at St. John's are expected to uphold the academic standards of the school at all times:

- Student grades will be reviewed at the start of the season/activity.
- No student will have an average grade in any subject below a C- or S.
- If a student's average grade in any subject falls below a C- or S, the student will be placed on a two-week probation. He or she may practice or play as usual with the understanding that he or she is working to improve. A letter of notification will be sent home to be signed and returned.

- After the two-week probation the student will return to eligible status if all grades are acceptable. If not, the student's eligibility to participate is suspended for two weeks. A letter of notification will be sent home to be signed and returned.
- After a two-week suspension the student will return to eligibility if all grades are acceptable. If not, he or she is ineligible for the remainder of the season.
- After returning to eligibility, if the student's grades fall below C- or S-, it will result in termination of the activity.

Note: The classroom teacher has the authority to make exceptions to this policy **in favor** of the student at his or her professional discretion.

V Expectations of Athletes

A. Physical

1. An Athletic Permission Slip must be signed and filled out by a parent in order for an athlete to participate in each sport season.
2. The appropriate fee for each sport will be turned in to the office.
3. A Physical covering the current school year needs to be on file in the school office.
4. All of these forms and fees need to be turned in by the first practice of each season to participate.

B. Worship

Since one of the goals of our athletic program is to promote high Christian standards, we expect all athletes to worship regularly with fellow Christians. This is also emphasized with all of our students and hopefully is stressed at home as well.

C. Academic

All athletes are expected to put to good use in the classroom all of the talents God has given them. Parents will be informed of their child's progress on a regular basis and should work with their child and the teachers to insure satisfactory effort.

D. Conduct

All students are expected to conduct themselves in a Christian manner at all times. Athletes, however, are highly visible as Christians and representatives of our school and therefore should be even more aware of their conduct during athletic activities. Any serious problems in controlling behavior will be dealt with accordingly by the coach, parent, student, athletic director, and principal.

E. Attendance

1. If an athlete is absent due to illness or vacation, they cannot participate in any games or practices that day. However, if the absence is caused by a funeral or by a scheduled professional appointment, the student may participate.
2. If an athlete has two unexcused absences from practice or games, they may be dismissed from the team.
3. If an athlete is to practice or play in a game, they must participate fully in P.E. classes on a regular basis.

F. Uniforms

1. Individuals are responsible for the care and cleaning of the uniform assigned to them.
2. Any uniform not returned in good condition will be assessed accordingly. Students who do not return uniforms by the stated deadline will be assessed a fine of \$10.00. Those not returned at all will have final report cards withheld until the uniform is returned and a fine of \$25.00 per piece will be assessed.

VI Responsibilities of Parents

- A. Through their own example, the parents demonstrate to the student athlete a Christian attitude towards all.
- B. Help the student athlete establish proper priorities with respect to church, family, peers, study, and play.
- C. Instill in their child good health habits towards sleep, food, exercise, and discourage the use of tobacco, alcohol, and drugs.
- D. Make a commitment to the athletes and the program by attending sports events, encouraging the athletes and coaches, and assisting with the other numerous duties. (scoreboard, clean-up, concessions, etc.)
- E. Assist with our annual tournament by volunteering to help in some way.
- E. Enthusiastically support teams at athletic events without being overzealous or critical of players, coaches and officials.
- F. Assist with transportation whenever possible to insure that our players may attend the away games and tournaments.

VII Description of Sports and Activities Offered

(Tournaments subject to change and are not limited to those listed. Lodging expenses are the responsibility of the athletes.)

FALL SPORTS

Girls Volleyball

- Level: 7th and 8th grade. If not enough girls from 7th and 8th grade, then the 6th grade girls may be allowed on the team.
- Season: Practice begins the first week of school. Matches run through mid to the end of October with most being after school.
- Equipment: Team members will need to purchase their own knee pads.
- Tournaments: Walther Christian Academy Upper School; Trinity Burr Ridge Tournament, State Tournament (if the team applies and is accepted)
- Other: Attending the State Tournament may require two nights in a motel.

Boys Volleyball

- Level: 7th and 8th grade. If not enough boys from 7th and 8th grade, then the 6th grade boys may be allowed on the team.
- Season: Practice begins the first week of school. Matches run through mid to the end of October with most being after school.
- Equipment: Team members will need to purchase their own knee pads.
- Tournaments: Trinity Burr Ridge Tournament, State Tournament (if the team applies and is accepted)
- Other: Attending the State Tournament may require two nights in a motel.

Cross Country

- Level: 4th – 8th grade girls and boys co-ed teams
- Season: Practice and meets are in September

WINTER SPORTS

Junior Varsity Girls Basketball

- Level: 5th and 6th grade. If not enough girls from 5th and 6th grade, then the 4th grade girls may be allowed on the team.
- Season: Practice begins in mid October. Games run from October through Thanksgiving break in November with most being after school.
- Tournaments: Possibly a League Tournament

Junior Varsity Boys Basketball

- Level: 5th and 6th grade. If not enough boys from 5th and 6th grade, then the 4th grade boys may be allowed on the team.
- Season: Practice begins in mid October. Games run from October through Thanksgiving break in November with most being after school.
- Tournaments: Possibly a League Tournament

Varsity Girls Basketball

- Level: 7th and 8th grade. If not enough girls from 7th and 8th grade, then the 6th grade girls may be allowed on the team.
- Season: Practice begins after Thanksgiving in November. Games run from early December through late February with most being after school.
- Tournaments: Immanuel Lutheran, Batavia, St. John's LaGrange Tournament, State Tournament (if the team applies and is accepted)

Varsity Boys Basketball

- Level: 7th and 8th grade. If not enough boys from 7th and 8th grade, then the 6th grade boys may be allowed on the team. These 6th graders will not play on the junior varsity team if they play on the varsity team.
- Season: Practice begins after Thanksgiving in November. Games run from early December through late February with most being after school.
- Tournaments: Chicago Christian, St. John's LaGrange Tournament, State Tournament (if the team applies and is accepted)

WINTER ACTIVITIES

Cheerleading

Level: 5th - 8th grade girls

Season: Season (**Home games only**) will be determined each year by the coach, the squad, and the athletic director.

Tournaments: St. John's LaGrange Tournament, State Tournament (if the squad applies and is accepted)

SPRING SPORTS

Intramural Volleyball

Level: 3rd-6th grade girls and boys coed

Season: Practices are in March after school

Track

Level: 5th through 8th grade girls and boys

Season: Practice begins in April with meets usually in May

Meets: River Forest Track Meet, St. John Lombard Track Meet, State Track Meet (if a person or relay qualifies), any others we can schedule

VIII Practice Information

- A. The Athletic Director will provide parents with a practice schedule at the beginning of each sports season. Coaches will also remind parents of practice times and inform them of any schedule changes through notes from school. A practice schedule will be posted on the bulletin board outside the south entrance to the gymnasium. Games and practices will also be listed in the calendar section of the Wings.
- B. Practices shall not exceed two hours in length. There may be some exceptions when a team may be preparing for a state tournament.
- C. No team will have practices or games on more than four school afternoons or evenings in a given Sunday through Thursday period.

IX Fees

The cost of maintaining an athletic program is high. Since the students who choose to be a part of the program benefit the most, they are being charged a fee to help defray the cost of the program. The fees will be determined at the beginning of each school year. Please pay your activity fee for the year as soon as possible. In any case, a child will not participate in any practice or game until fees are paid, or arrangements have been made with the athletic director for an extension. All checks for activity fees should be made payable to: St. John's Lutheran School.

X DIRECTIONS TO SCHOOLS (Detailed maps are available in the office.)

Concordia University

Take 47th St. east to Plainfield. Angle left on Plainfield to 1st Ave. Take 1st Ave. north (left) to Lake St. Take Lake St. east (right) to Lathrop. Take Lathrop north (left) to Division. Take Division east (right) until you see the church tower. If you come to Harlem you've passed it up.

7400 Augusta, River Forest 60305 (708) 771-8300

Immanuel - Elmhurst

Take Wolf Rd. north to 22nd St. Go west (left) on 22nd St. to York Rd. Go north (right) on York Rd. to Third St. (Use the underpass to avoid traffic in downtown Elmhurst) Go east (right) on Third St. to Michigan St. Go south (right) on Michigan St. School is on the right.

148 E. Third St. (630) 832-9302

Immanuel - Hillside

Take Wolf Rd. north past 31st St. The school is on your right before 22nd St.

2329 S. Wolf Rd. (708) 562-5580

St. John - Lombard

Take Wolf Rd. north to Roosevelt Rd. Go west (left) on Roosevelt Rd. to Main St. Go north (right) on Main St. to Ash St. Go west (left) on Ash St. The school is on your right.

215 S. Lincoln (630) 629-2515

St. Luke - Itasca

Take Route 83 north to Irving Park Rd. (Route 19). Take exit right to go west on Irving Park Rd. Go west on Irving Park Rd. to Cherry St.(about 2.5 miles) Go south (left) on Cherry St. to Washington. Go west (right) on Washington to Rush. Turn left onto Rush and then right into the parking lot.

410 S. Rush St. (630) 773-0396

St. Paul - Brookfield

Turn right on 47th St. and continue east to Maple. Turn left and follow Maple north to Grant.

Turn right on Grant. The school is on your right. Parking is on the left.

9035 Grant Ave. (708) 485-0650

Trinity - Burr Ridge

Take Willow Springs Rd. or Wolf Rd. south to German Church Rd. Go west (right) on German Church Rd. Trinity is on the left-hand side of the road. (a couple of blocks west of Wolf Rd.)

11503 German Church Rd. (708) 839-1444

Trinity - Lombard

Take Wolf Rd. north to Roosevelt Rd. Go west (left) on Roosevelt Rd. to Meyers Rd. Go north (right) on Meyers Rd. Trinity is located on the corner of Roosevelt and Meyers Rd.

1008 E. Roosevelt Rd. (630) 627-5601

Walther Christian Academy Upper School

Take LaGrange Rd. north to Roosevelt Rd. Go east (right) on Roosevelt Rd. to 9th Ave. Go north (left) on 9th Ave. to Lake St. Continue straight on 9th Ave. past Lake St. Walther is on the left.

900 Chicago Ave. (708) 344-0404

Zion-Concord - Bensenville

Take 47th Street to Gilbert and turn right. Go north to Ogden Ave. and turn left. Go west on Ogden to I-294. Go north on I-294 to I-290. Take I-290 toward Rockford. At I-290 exit 12 turn onto the ramp towards US-20, Lake Street/York Road. Go west on Lake Street about 0.4 miles to Church Road. Turn right onto Church Road and go north past Grand Ave. to Zion Lutheran Church/Concord Lutheran School.

865 S. Church Road (630) 766-0228

St. John's Lutheran School Concussion Policy

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious.

You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to appear fully. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headache
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- Does not “feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed or stunned
- Vacant facial expression
- Confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily or is uncoordinated
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

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

Students 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 student especially vulnerable to greater injury.

There is an increased risk of significant damage from a concussion for a period after that concussion occurs, particularly if the student 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 students will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student student's safety.

If you think your child has suffered a concussion

Any student even suspected of suffering a concussion should be removed from the game, practice, or classroom activity immediately.

A student may return to academics or extra-curricular activities with medical clearance.

IESA Policy and state law require students 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 its 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.

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

Insist that safety comes first.

For current and up-to-date information on concussions, you can go to:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.iesa.org/activities/concussion.asp>

**PARENT/ STUDENT AFFIRMATION of
Receipt of Concussion Policy**

Printed Name of Student

Signature of Student

Date

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Date