

**ST. JOHN'S LUTHERAN SCHOOL
ATHLETIC HANDBOOK
2023-2024**



Connected to the Vine

John 15:1-5

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	Page 3
V	Expectations of Athletes	Pages 3 - 4
VI	Responsibilities of Parents	Page 4
VII	Description of Sports/Activities Offered	Pages 5 - 6
VIII	Practice Information	Page 6
IX	Fees	Page 6
X	Addresses to Schools	Page 7
APPENDIX A	Concussion Protocol	Pages 8-10

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 ensure 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 the 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.

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 for Extracurricular Activities

First Corinthians 10:31 reads, "Whatever you do, do it all to the glory of God." For a student-athlete 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 athletics can provide.

Policy can be found in the parent handbook.

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 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. Substitute uniforms will not be available. The complete uniform must be worn to participate in the games/matches.
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.
- F. Enthusiastically support teams at athletic events without being overzealous or critical of players, coaches and officials.
- G. 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

Cross Country

Level: 5th-8th grade
Season: Fall
Equipment: Proper running shoes are required

Competitive Cheer

Level: 5th - 8th grade girls
Season: September - December
Competition: Mid-December

Coed Volleyball

Level: 7th and 8th grade. If not enough players from 7th and 8th grade, then the 6th graders 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.

WINTER SPORTS

Junior Varsity Coed Basketball

Level: 5th and 6th grade. If not enough players from 5th and 6th grade, then the 4th graders may be allowed on the team.
Season: Practice begins in mid October. Games run from Late October through early January with most being after school.

Varsity Coed Basketball

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

Cheerleading

- Level: Varsity Cheer 5th - 8th grade girls will cheer for the varsity basketball team
JV Cheer 3rd-4th grade girls will cheer for JV home games only
- Season: See the above "levels"
- Tournaments: St. John's LaGrange Tournament, State Tournament (if the squad applies and is accepted)

SPRING SPORTS

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, South Suburban 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. A schedule will be available on our school website.
- 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 ADDRESSES OF SCHOOLS

Concordia University

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

Glenbard East High School

1014 S. Main St, Lombard 60148

Immanuel - Elmhurst

148 E. Third St., Elmhurst 60126 (630) 832-9302

Immanuel - Hillside

2329 S. Wolf Rd., Hillside 60162 (708) 562-5580

St. Luke - Itasca

410 S. Rush St., Itasca 60143 (630) 773-0396

St. Paul - Brookfield

9035 Grant Ave., Brookfield 60513 (708) 485-0650

Trinity - Burr Ridge

11503 German Church Rd., Burr Ridge 60527 (708) 839-1444

Trinity - Lombard

1008 E. Roosevelt Rd., Lombard 60148 (630) 627-5601

Walther Christian Academy

900 Chicago Ave., Melrose Park 60160 (708) 344-0404

Zion-Concord - Bensenville

865 S. Church Road, Bensenville 60106 (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 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