

**LUTHERAN HIGH
SOUTH SAINTS**

**2009-2010
ATHLETIC
HANDBOOK**

LHS ATHLETIC HANDBOOK

This handbook is prepared for the benefit of all student/athletes, their parents, and the staff of Lutheran South. Please read it carefully so that our athletic program can be a blessing to our school, our spectators, our athletes, and our LORD.

Lutheran High South
8210 N. Telegraph Rd
Newport, MI 48166

Phone: 734-586-8832

VALUE OF ATHLETICS

Our athletic program is an integral part of our school program. As such, it provides certain opportunities and emphasizes definite aims which are difficult to duplicate in other high school activities or later in life. Our athletic objectives are as follows:

1. To always put Christ first in all athletic endeavors, and whatever we do, "Do all to the Glory of God".
2. To develop strong team spirit and loyalty to the school; to work with the individual athlete to develop these attitudes.
3. To develop a positive attitude of continual growth in high Christian values.
4. To encourage and develop in each athlete self-confidence, responsibility, initiative, and feeling of belonging.
5. To emphasize the importance of success (winning), but to remember that the welfare and development of each individual athlete takes top priority.
6. To develop within each athlete the individual and team skills necessary to compete successfully and to encourage each athlete to reach for that individual's God-given potential.

THE YEAR-ROUND ATHLETE

Any boy or girl participating in athletics at Lutheran High South should seriously consider the values of being a year-around athlete. While the methods leading to the achievement of this goal could involve considerable discussion, there are several points that need to be mentioned. To be an athlete means more than being a player on a particular team for one season only. Being an athlete means following training rules and a conditioning program during the off-season. The best way is to be involved with at least one other sports team here at South. Being an athlete also means maintaining the image that an athlete at South is expected to present as a representative of God, the school, and of a particular team.

Lutheran South provides its facilities on a year-around basis. Opportunities for the use of the gym, weights and machines, and outside facilities are available many times during the

LHS ATHLETIC HANDBOOK

year, including the summer. In addition, area colleges and universities provide off-season training sessions and summer sports camps.

The rewards of year-around training will show up in better performance in season and in life in general. It is for this reason that the coaching staff at Lutheran South will emphasize the importance of no smoking, no use of alcohol, and no use of drugs. All of these are detrimental to one's physical and mental health and eventually to athletic performance. The coaches will make this point very clear to all athletes on their team.

LHS also cautions athletes from trying to do too much. Playing a non-school sport while participating in a season offered at LHS may prove to be detrimental. Time constraints from both schedules may exhaust the athlete physically, spiritually and mentally while placing un-needed strain on the athlete's family commitments.

THE BOOSTERS

Financial support for the LHS Athletic Program comes from the Boosters. Therefore, it is very important that the parents of the athletes are active in the activities of the Boosters. Whether the activity would be working a concession stand or admissions, our athletic programs need the volunteer workers to come out and be a part of the Boosters organization. The Boosters meet once a month (usually the 2nd Monday of the month) at 6:30 PM to plan the coming events. All parents are invited.

SPORTS CURRENTLY OFFERED AT LUTHERAN SOUTH

	BOYS =====	GIRLS =====
Fall:	Soccer (JV and Var.) Cross Country	Volleyball (JV and Var.) Cross Country
Winter:	Basketball (JV and Var.)	Basketball (JV and Var.)
Spring:	Baseball (Var.) Track and Field	Soccer (Var.) Track and Field

LEAGUE AFFILIATION

Lutheran South is a member of the MIAC (Michigan Independent Athletic Conference), a league consisting of 16 schools divided into 2 divisions (Blue and Red). LHS competes in the Red division in the sports of Boys and Girls Soccer, Boys and Girls Basketball, Volleyball, and Baseball. In the sports of Cross Country and Track & Field, there is only one division in the MIAC, due to a smaller number of competing schools from the league.

The other members of the MIAC include: Baptist Park, Calvary Christian, Franklin Rd. Christian, Greenhills School, Huron Valley Lutheran, Inter-City Baptist, Lutheran Northwest, Lutheran Westland, Macomb Christian, Oakland Christian, Parkway Christian, Plymouth Christian, Roeper, Southfield Christian, and University Liggett.

LHS ATHLETIC HANDBOOK

LUTHERAN HIGH SCHOOL ASSOCIATION POLICIES

A. The LHSA believes that an interscholastic athletic program is beneficial to our total Lutheran High School program.

B. The LHSA's goal is to provide for both boys and girls comparable teams when they are deemed desirable, practical, financially feasible, in the best interest of students and beneficial to our total school program.

C. High schools in the LHSA should try to have separate teams for boys and separate teams for girls in each of the sports sponsored when it is deemed appropriate by the administration to have such teams for both boys and girls.

1. Only male students will participate on male teams and female students on female teams.
2. In the LHSA, females will be prohibited from participation on male teams in wrestling, football, basketball, soccer, and baseball. Males will be prohibited from participation on female teams in soccer, basketball, volleyball, softball, cheerleading, and dance.

SUMMARY OF MHSAA ELIGIBILITY FOR SENIOR HIGH STUDENTS

Lutheran South is a member of the Michigan High School Athletic Association (MHSAA) and strictly adheres to its rules. The following is a brief summary of the MHSAA rules. Further explanation of them can be obtained from their website, www.mhsaa.com or the Athletic Director. In addition to the MHSAA rules, a list of rules and guidelines promoted by Lutheran South will appear in section II.

- A. **ENROLLMENT** --- Have been enrolled in the high school by the fourth Friday after Labor Day (first semester) of the fourth Friday of February (second semester).
- B. **AGE** --- Be younger than nineteen years of age on September 1 of the current school year.
- C. **PHYSICAL EXAMINATION** --- Have on file, in the school office, a physician's statement for the current school year (dated after April 15) certifying that he/she is able to compete in athletics.
- D. **SEMESTERS OF ENROLLMENT** --- Students are allowed eight semesters of eligibility in high school. Students are allowed four first semesters and four second semesters of competition and cannot compete if they have graduated from high school.

LHS ATHLETIC HANDBOOK

- E. **SEMESTER RECORDS** --- Students must have passed at least four full credit subjects in the previous semester of enrollment, and must be currently passing four full credit courses.
- F. **TRANSFER STUDENTS** --- A student in grades 9 through 12 who transfers to another high school is NOT eligible to participate in an interscholastic contest for one full semester unless the student qualifies under one of the 13 published exceptions.
- G. **UNDUE INFLUENCE** --- The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one semester.
- H. **LIMITED TEAM MEMBERSHIP** --- After practicing with or participating with high school teams, students CANNOT participate in any athletic competition not sponsored by his/her school in the same sport during the same season. Exceptions include all individual sports.
- I. **ALL-STAR COMPETITION** --- Students shall NOT compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships regardless of the method of selection.
- J. **AWARDS AND AMATEURISM** --- Students cannot receive money or other valuable consideration for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA handbook. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award that does NOT have a value over \$25. Banquets, luncheons, dinners, trips, and admission to camps or events, are permitted if they are accepted "in kind." Awards in the form of cash, merchandise, certificates, or any other negotiable document are never allowed.

LUTHERAN SOUTH ATHLETIC GUIDELINES

A. CITIZENSHIP ---

1. All athletes, as well as other LHS students, should at all times exhibit the kind of conduct and personal habits which suggest Christian ethics and morals, and show respect for their school, church, community, officials and opponents.
2. General conduct in and out of school shall be such as to bring no discredit to the athlete, his parents, school, church, or team.
3. Disrespectful speech or actions toward teachers, officials, fans, coaches, or opponents should never take place.

LHS ATHLETIC HANDBOOK

4. Profane or vulgar language has no place in the life of a Christian athlete especially during practice sessions, game situations, or while representing the school in the community.
5. Coaches have the authority to restrict playing time for those athletes not conducting themselves in the above-mentioned manner while the athlete is under that coach's supervision.
6. Playing time may also be restricted by the Administration for those athletes not conducting themselves in the above-mentioned manner while away from his/her coach's supervision.

B. PHYSICAL APPEARANCE AND WELL-BEING ---

1. Athletes are to be clean, neat, and well groomed since they are constantly in the public eye and are representatives of Lutheran South. All clothing worn at practice must be modest.

Girls who participate in after school events may wear:

SHORTS – the length being near the knee or that give a modest athletic appearance.

SWEAT PANTS – standard material of cotton or nylon.

T-SHIRTS – regular sleeve or sleeveless that is in good taste without being revealing. Any writing on it must also be appropriate for the standards of Lutheran High South.

SWEATSHIRTS – any writing on it must also be appropriate for the standards of Lutheran High South.

TANK TOPS – the shoulder strap width being at least 3 inches in width, fitting tightly under the arm, so as not to be revealing and thus be in good modest taste.

OTHER ITEMS – that may be team practice clothing must fit within the standards portrayed in the above 5 statements and give a modest appearance at all times.

2. Specific attire for game days will be set by the coaches; however, shirts and ties for boys and dresses or skirts for girls should be considered normal attire.
3. Chemical use (drugs, alcohol, and/or tobacco) - Refer to the Student Handbook for "On Campus" violations. A coach has the authority to limit playing time for "Off Campus" violations. Multiple violations may result in the removal from a team.
4. All athletes should give diet and sleeping habits special attention; coaches may set basic guidelines.

LHS ATHLETIC HANDBOOK

C. CHANGING OR DROPPING SPORTS ---

1. Any athlete choosing to withdraw from any sport must notify his/her head coach, parents, and the Athletic Director.
2. An athlete cut from one sport may try out for another sport during the same season, with the consent of the coach of the second sport.
3. For those sports where try-outs and cuts are held:
An athlete who quits any time after cuts were made is not eligible for any school sport for the duration of the entire season of the sport that the athlete quit PLUS the following season.
 - a. Example 1: A volleyball player who quits is not eligible for any Fall sports or Winter Sports.
 - b. Example 2: A boys basketball player who quits is not eligible for any Winter sports or Spring sports.
 - c. Example 3: A softball player who quits is not eligible for any Spring sports or Fall sports of the following school year.

D. TEAM SELECTIONS ---

1. A student may choose to play on a non-LHS team during an MHSAA sport season as long as the non-LHS team is not a sport regulated by the MHSAA and activity does not in any way interfere with the athlete's athletic performance as determined by the LHS coach. A student may not miss practice or a game due to a non-LHS team activity.
2. In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without affecting the integrity of their sport. Obviously, time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective team size for any particular sport.
3. Choosing members of athletic squads is the sole responsibility of the coaches of those squads.
4. Prior to trying out, coaches shall provide the following information to all candidates:
 - a) Extent of tryout period.
 - b) Criteria used to select the team.
 - c) Practice commitment if they make the team.
 - d) Game commitments if they make the team.
 - e) Expectations if they make the team.
5. Coaches will inform candidates of decisions individually.

LHS ATHLETIC HANDBOOK

E. ATTENDANCE ---

1. All athletes must be in attendance at least four class hours in order to participate in practice or the game on that day. Funerals, regularly scheduled doctor's appointments, and extenuating circumstances approved by the Administration may allow this rule to be waived.
2. All athletes taking P.E. class must dress out and participate in the class in order to participate in practice or the game on that day.
3. Athletes are expected to attend every practice. If he/she must miss a practice, verbal and/or written notice must be given to the coach before the given day. An emergency or illness would be the obvious exception.
4. Coaches have the authority to restrict the athlete's playing time in a competition because the athlete has missed a practice or game, even if it was excused. Our practice times are very valuable learning sessions that prepare us for competitions to come.

F. PLAYING TIME PHILOSOPHY ---

JV Level

Every player will be developed during practice and games. Coaches will explain to each player his/her role on the team. A coach **WILL ATTEMPT** to play each player in each game unless circumstances arise in which a coach must decide not to play a player. These might include sickness, discipline (team rule) issues, injuries, school-related issues, etc. Without sacrificing the above-mentioned guidelines, the coach will compete in a contest with the intent to win and will not place an athlete in a position to fail.

Varsity Level

Every player will be developed during practice and games. Coaches will explain to each player his/her role on the team. A coach will play athletes in situations where they are in a position to succeed, but not every player will be guaranteed playing time in each game. A coach will play athletes that will best place the team in a position to win each game within rules of the contest and will do so without sacrificing the above-mentioned guidelines.

G. CONFLICT RESOLUTION

If a situation arises in which there is a disagreement between coach and player/parent, the following steps must be followed in order to resolve the situation:

1. Player/parent should talk to the coach about concerns.

LHS ATHLETIC HANDBOOK

- a. “24 hour rule” – Parents should not contact a coach regarding coaching decisions (playing time, positions, discipline, etc) within 24 hours of completion of a game or contest.
2. Player /parent should next talk to the Athletic Director.
3. If necessary, player/parent can request a joint meeting with the coach and the Athletic Director.
4. If necessary, student/ parent can inform the Principal of situation in writing.
5. If necessary, the Principal will call together all parties for a meeting.

H. HAZING

Hazing or initiation will not be tolerated within the LHSA. It is the responsibility of the school, the coach and the athlete to avoid promoting or engaging in any activity, which would be considered discriminatory, intimidating, or harassing. It is the responsibility of all to conduct themselves in a manner pleasing to God.

It is expected that each coach will address this issue with all team members on the first day of practice.

A coach with knowledge of hazing or initiation incidents must report them to the AD and Principal on or before the next school day and enforce the LHSA’s hazing/initiation discipline policy.

An athlete promoting or engaging in hazing and/or initiation behavior will be subject to suspension or expulsion from school and/or athletics.

I. EARLY DISMISSAL ---

1. When dismissed from school because of an athletic event, an athlete is to turn in work for the classes missed before leaving for the contest. The teacher does NOT have to accept it the next day.
2. The athlete who is dismissed from class early is responsible for all work missed. No extensions are given.
3. Tests and quizzes missed are to be taken ASAP as arranged by the teacher.

J. EQUIPMENT AND LOCKER ROOM ---

1. Each athlete is responsible for athletic equipment issued to him/her. All lost equipment must be paid for.
2. Lutheran South athletic equipment (including uniforms) is to be worn or used for practice sessions and athletic contests only. Issued athletic equipment is

LHS ATHLETIC HANDBOOK

not to be used for P.E. classes or personal use. Uniforms may be worn during the school day only with coach's permission.

3. All equipment is to be turned in promptly at the end of the season. Equipment from the previous season must be returned or paid for before an athlete may participate in the next season.
4. The locker room is a place for only the players and the coaches. No friends or relatives will be allowed in the locker rooms before, during, or after games or practices without the permission of the head coach.
5. Athletes will receive a lock from LHS. This lock should be turned in to the athletic office upon graduation or other departure from the school.
6. Care for the locker room is just as important as care for the equipment. Locked lockers and clean changing areas show responsibility and leadership to all athletes. Remind each other to LOCK THINGS UP at home and on the road.

K. MEDICAL TREATMENT AND INJURIES ---

1. Emergency cards are required before participation.
2. Athletic injuries should be reported to the coach immediately. Some minor injuries left untreated become major problems.
3. The coach will contact parents or guardians about injuries that might need medical attention.
4. Athletes with emergency injuries will be taken directly to the hospital. Parents or guardians will be contacted.
5. Athletic insurance (school time insurance) is carried on all student/athletes at Lutheran South. This insurance will become available after the insurance of the athlete has been exhausted.

L. VARSITY LETTERS AND AWARDS ---

1. The coach for each varsity sport has set guidelines for earning a varsity letter.
2. Letter jackets and other items can be purchased directly from a variety of stores located in both Monroe and Wayne County.
3. After the letter is earned and the varsity certificate is awarded, take the certificate to one of the stores. The jacket should be trimmed in such a way so that no unusual attention will be drawn to the individual jacket or athlete.
4. Athletic awards at Lutheran South should only be worn by the athlete that received them. No athletic awards from other schools should be worn.

LHS ATHLETIC HANDBOOK

M. TEAM BUSES ---

1. Athletes are to ride the team van to and from any contest that is NOT held at Lutheran South unless otherwise informed. An athlete may ride home with his/her parents from an away event by notifying the coach in person about those arrangements at the event.
2. Parents may arrange for the student to meet at the site if it proves more convenient, but there must be written permission from the parents to the coach.
3. If the athlete is to ride home with a person other than one of their parents (another parent), written permission must be given from the parent to the coach. LHS coaches are instructed NOT to allow athletes to leave from away events with friends.
4. Directions to most schools will be made available in a map packet (from the athletic office) given to each family at the beginning of the season.

N. ATHLETIC ELIGIBILITY ---

In addition to the MHSAA requirements, this scholastic eligibility policy is in effect for all extra-curricular groups at Lutheran South:

“To be eligible a student must have a GPA for the previous semester and previous quarter of 1.67 or higher. In addition, the student may NOT have more than one F in any set of marks to be eligible. The student may appeal (in writing) to the school principal for probationary status. No appeal is possible with more than one F.”

If the quarter marks result in no eligibility, the student cannot participate for the next quarter (with new marks that are acceptable). If the semester grades result in no eligibility, the student cannot participate for the next semester (with new marks that are acceptable).

Faculty members or adults in charge of the extra-curricular activity are responsible for informing the student concerning the eligibility status. The student should be told that the first step in the appeal process is a written request addressed to the Principal and submitted to the Athletic Director who will forward all pertinent information to the Principal for probationary consideration. This request should be submitted well in advance of the start-up of group activities. The Principal, alone, will review all material and determine if a probationary period will be allowed. No tryouts, practices, rehearsals, events, concerts, or the like are allowed without the permission of the school Principal.

TO GOD ALONE BE THE GLORY!!!