



# Athletic Program Handbook

## *Philosophy of our Athletic Program*

Athletics at Trinity Lutheran School exist as part of Christian training, which finds its purpose in God's Word where His people are commanded to maintain their bodies as temples of the Holy Spirit (1 Cor. 6:19-20). A student's participation in interscholastic sports provides him or her with an opportunity to enhance his or her spiritual, mental, emotional, physical and social development. Participants in this program must remember that at all times their lives are to glorify God (1 Cor. 10:31). This attitude of glorifying God above all else should take place with all people involved in our program of athletics.

Since life in Jesus Christ is not lived apart from the physical, emotional, mental and social stresses, there is indeed a necessity for various ministries including that provided through athletics. This challenging ministry cannot be carried out perfectly. As in anything else there will be moments of failure. But when failure is experienced, we have the assurance that all of our sins are forgiven. In that knowledge, we can, with confidence, be involved in the ministry of athletics.

## *Goals of our Athletic Program*

1. To teach our athletes to be thankful for their God-given talents.
2. To demonstrate that all of our life is worship, including athletics.
3. To practice Christian love among students, parents and coaches.
4. To provide Christian discipline when a problem arises.
5. To develop character traits such as responsibility, leadership, sportsmanship, teamwork and self-control.
6. To stimulate school spirit and pride without compromising respect toward others.
7. To prepare our students for advanced levels of athletic participation by developing fundamental skills and knowledge of the rules.

## *The Role of the Parent in our Athletic Program*

The support of parents is important when students participate in athletics. We encourage our children to be Christian's first, students second and athletes third. The responsibilities of the parents are vital in their children becoming a total and complete student athlete at Trinity. Some of these parental responsibilities are:

1. Teach by exemplifying a Christian attitude to all.
2. Assist the child to establish proper priorities.
3. Encourage and participate in the development of the student athlete's ability.
4. Support their commitment to the team.
5. Develop within each student foresight, which enables him/her to accept the responsibility for his/her actions and the actions of the team.
6. Make a commitment to support the athletes by attending sporting events, assisting in odd jobs and encouraging the players and coaches.
7. If a parent has a concern with a coach, it must first be voiced with that coach. If the problem is unable to be resolved, it is then taken to the athletic director and/or principal.

## **Student Eligibility for Participation**

Participation in our athletic program is a privilege afforded any student who meets the minimum academic, social and behavioral expectations. When a student exhibits good study habits in the classroom, he/she is more apt to give the same effort in other areas of involvement. It is expected that each student work to his or her ability academically as well as physically to reach his or her potential. To be eligible for extra-curricular athletics, the following guidelines will be used:

1. Students who receive either an F or three D's on their report card will be declared ineligible for participation in extra-curricular athletics.
  - a. This ineligibility will begin on the Monday following the Friday distribution of report cards.
  - b. The length of the ineligibility will be three weeks for the first offense; six weeks for the second offense; and the remainder of the year for the third offense.
  - c. If, after the ineligibility, the student has improved to the point that he or she would then satisfy the guidelines, they will be declared eligible.
2. A physical statement signed by a physician, and on file in the school office, is required before a student will be allowed to participate in practices or events. This physical is good for the whole school year.
3. Concussion Awareness- All parents or guardians will be asked to read an information sheet on Understanding Concussions. Each youth athlete and parent/guardian must sign a Concussion Awareness Educational Material Acknowledgement form. This form is to be filled out one time and remains on file at Trinity until the students turns 25 years old.
4. Proof of insurance is required before a student can participate. This is done at registration on the enrollment form.
5. With this privilege of participation also comes a responsibility to classmates, teams and coaches. Displaying a positive Christian example is the responsibility of all students participating in inter-school athletics. Violations of these responsibilities as well as any specific team rules will be dealt with in the following order:
  - a. A verbal warning by the Coach. The Coach will notify the parents and the Athletic Director of the violation.
  - b. Second violation; the athlete will be suspended from participation and a conference with the coach, the parent, the Athletic Director and Principal will be arranged as soon as possible.
  - c. Upon the third violation the athlete will exclude himself from the team. The Athletic Director will notify the parents and the Principal of the action taken by the athlete.

## **Miscellaneous**

- A. Trinity is a participating member in the Monroe CYO.
- B. The practice schedule will be listed on the monthly calendar. Any changes will be communicated as soon as possible. Game schedules will be found on the CYO website: [www.monroe.cyo.org](http://www.monroe.cyo.org).
- C. A fee of \$65.00 will be assessed to each student for each sport that they participate in for the year. If there are not enough students participating at Trinity, and the student wishes to, they will be placed on another CYO team. They must pay the fee designated by that team.
- D. In the event that there is an exception requested to the stated guidelines, the athletic director and principal may approve the exception.

- E. Non-Trinity Lutheran School students may participate in the Trinity Cross Country and Track program as numbers allow, and their school does not participate in CYO sports. Individuals will need to complete the Trinity Lutheran School Activity Participations and Release Form, have a complete physical on file in the school office, and pay a \$90.00 fee before participating in any practices.
- F. As required by Michigan Sports Concussion Law all coaches involved in youth athletics will complete a concussion on-line training program and provide appropriate documentation of this training to the Trinity school office. The coach or other adult acting on behalf of Trinity during an athletic event sponsored by Trinity shall immediately remove an athlete from physical participation who is suspected of sustaining a concussion during the athletic activity, this includes practice and competition. The youth athlete suspected of sustaining a concussion is not allowed to return to any physical activity until they have been evaluated by an appropriate health professional and received written clearance from an appropriate health professional authorizing a return to physical activity. More information is available at [www.michigan.gov/sportsconcussion](http://www.michigan.gov/sportsconcussion).

## **Extra-Curricular Sports**

### **Fall Sports**

Soccer	Coed	Grades 4-8
Volleyball	Girls	Grades 4-8
Cross-Country	Co-ed	Grades 4-8

### **Winter Sports**

Basketball	Girls	Grades 4-8
Basketball	Boys	Grades 4-8

### **Spring Sports**

Track and Field	Co-ed	Grades 4-8
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Trinity participates in the Monroe Catholic Youth Organization athletic conference except for Cross-Country and Track & Field. Trinity adheres to the starting date and regulations of the Monroe CYO. If students of Trinity wish to participate in CYO football, softball, or baseball, they will be placed on other school teams.

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