

**Cross Lutheran
Eagles**

**Athletic Handbook
2011-2012**



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MISSION STATEMENT

Cross Lutheran Athletics looks to serve and glorify Christ by using sports as a tool to help enrich young athletes physically, mentally, and spiritually.

PHILOSOPHY

Cross Lutheran School has at the core of its existence the purpose of strengthening children in their faith that they may grow in knowledge of their Savior and in love and service to Him and others. The Cross athletic program is an extension of the overall school program. The aim of Cross athletics is to facilitate the goals of our school through sports activities. The intent is to develop Christian character while teaching sportsmanship, physical skills, leadership and mental discipline.

Participation in Cross athletics is a privilege granted to students in grades 5-8 who show an interest in a given sport and are willing to commit themselves as a student-athlete. All parties will be encouraged to be the best they can be as they glorify God with God-pleasing efforts.

GOALS

1. To glorify God in all that is done on and off the playing field.
2. To help instill the priority of wanting to put God first: God, family, school, athletics.
3. To abide by rules and understand the necessity of them.
4. To learn the need to respect the rights of others, to cooperate, to win with grace and humility, and to accept defeat with poise and dignity.
5. To recognize that the use and development of physical skills and talents is good Christian stewardship.
6. To improve overall physical condition and athletic skills.
7. To prepare athletes for the next level of athletics.
8. To provide a positive athletic experience
9. To encourage a lifelong enjoyment of sport and recreational activities.

Sports Available

- ◇ Gold Team=7th-8th graders (6th graders may be moved up to fill a team)
- ◇ Blue Team=5th-6th graders (4th graders may be moved up to fill a team)
- ◇ Cross Country=5th-8th Grade Boys and Girls
- ◇ Football=6th-8th Grade Boys
- ◇ Volleyball=Girls' Gold and Blue Teams
- ◇ Basketball=Gold Boys and Girls, Blue Boys and Girls
- ◇ Golf=6th-8th Grade Boys and Girls
- ◇ Tennis=6th-8th Boys and Girls

ELIGIBILITY

The primary purpose of Cross is to provide a quality Christian education. In keeping with that principle, an athlete is considered to be a student first. He/she must maintain grades averaging greater than 70%. If a student has **more than** one grade below 70% on the 1st or 2nd progress report, he/she is ineligible beginning the following day for seven consecutive days. If a student has any grade below 70% on a report card, he/she is ineligible following the same stipulations.

Ineligible students will attend ALL practices and games, but will not suit up into a uniform for the game. Ineligible students will sit on the team bench during the game, promising to cheer for and to not be a distraction to the team. After the one-week suspension from games, the student should check in with all necessary teachers to reassess the grade(s), determining if it has increased to 70% or above. Student will remain ineligible for an additional week if grade(s) have not reached this mark. This process continues on a weekly, not daily basis.

Other situations where playing time may be affected include **illness/absence** on the day of a game (the entire day or the second-half of that day), **detentions** received within the past week, or **disciplinary action instituted by the principal, a teacher, or a coach for behavioral reasons.**

Cross Sports is a privilege for our young athletes. In return, they are to **show a Christ-like attitude "On and Off the Court."**

Playing Time

We all want it. Coaches oversee it. Players serve the largest role in determining how playing time unfolds. Players should come to every practice and game 100% **mentally**, **physically** and **spiritually** ready. Playing time is best used to compete, to build teamwork, and to develop individual and team skill levels.

Blue Team

Our entry level athletic emphasis has an instructional emphasis. Players will receive a healthy amount of playing time to further develop personal skill, focus, and knowledge. This in no way means that all players will receive equal playing time.

Gold Team

Our middle school athletic program furthers the skill level of each player as it enters a more competitive arena. In order to compete, the most team-oriented, hardest-working, strongest-skilled players will receive more playing time with all players given adequate opportunity to display personal growth and to make a team contribution on the playing field.

Parents' Roles and Expectations

Parents are a determining factor in a child becoming an athlete. Because we encourage all of our students to be Christians first, students second, and athletes third, the responsibilities of the parents are vital in the child becoming a total and complete athlete at Cross. Some of these responsibilities include:

- ◇ Teach your child the example of Christian attitude toward all things.
- ◇ Assist your child in establishing the proper priorities with respect to church, family, peers, study, and play.
- ◇ Encourage and participate in your child's growth as an athlete. Become interested in the sport and be your child's advocate.
- ◇ Support your child's commitment to his/her team and school.
- ◇ Make a commitment to help your athlete by attending sporting events and assisting in needed ways (clean-up, set-up, etc.)
- ◇ Support your child's coach. When a parent competes with or criticizes a coach, especially in front of the athletes, everyone suffers.

- ◇ Make sure your child is at all practices and games. Be prompt in transporting your child to and from all sport activities.
- ◇ Teach your child to enjoy the thrill of competition, to be “out there trying”, and to be in constant pursuit of improving skills and attitudes. Make sure your child knows that - win or lose- you love him/her and appreciate his/her efforts.
- ◇ If you have a concern you need to voice, it should first be shared with the person whom it involves. If it cannot be resolved, it should then be brought to the AD’s attention.

Team “MOM” or “DAD”: Each sport’s team will have a team mom or dad.

Their job requirements are:

- ◇ Communicate with parents, coaches and the athletic director to help the season go as smoothly as possible.
- ◇ Coordinate parent volunteers to cover the various jobs that take place during a sporting event.
- ◇ Coordinate drivers for away games.
- ◇ Bring water bottles to away games.
- ◇ Coordinate parent volunteers to provide snacks after games.
- ◇ Collect money for thank you gifts for coaches.
- ◇ Coordinate volunteers to help make goodie bags for players before state tournaments (Gold Teams Only).

Volunteers:

Parents will be asked to help cover the various jobs that take place during a game. The primary goal is to keep from having 10% of parents doing 90% of the work. The team mom will coordinate and assign each family to a task throughout the season. The jobs will rotate through each participating family (the more families, the less work). If you are unable to attend a game the night you are assigned to work, please communicate with the team parent.

Jobs for a Game: Job Descriptions are posted in the gym.

- ◇ Gate: If you are working the first game of the evening, please arrive 25 minutes early.
- ◇ Concession Stand: If you are working the first game of the evening, please arrive 25 minutes early. If you are working the last game of the evening, please plan to help clean the kitchen and put away belongings.
- ◇ Scoreboard
- ◇ Books
- ◇ Setting Up and Cleaning Up

Code of Conduct for Spectators:

- ◇ Remember that the spectator represents the school as much as the athletes and coaches do.
- ◇ Attend the game to encourage and support the athletes. Be seated during play. Parents, please monitor the location and behavior of any children not on a playing team.
- ◇ Show respect for the judgment of the officials. You don't always have to agree, but showing respect is a must.
- ◇ Recognize and appreciate outstanding plays and efforts made by both teams.
- ◇ Be a positive example in words and actions to those around you so that everyone may enjoy the contest.
- ◇ Insist on the courteous treatment of the visiting team and its spectators. Show respect for the host school by honoring the rules and expectations it has.
- ◇ Be enthusiastic! Show your school spirit!
- ◇ Treat players with respect. Children are highly impressionable. Treat coaches and others with respect. They are dedicated volunteers.
- ◇ Remember that glorifying God and the good name of the school are far more valuable than any game won or lost by poor sportsmanship.

Communicating Concerns to a Coach:

Please notify the coach in writing if your child will miss any practice or game or portion thereof for any reason other than illness. It would be beneficial for the coach to receive all notes **at least one day prior** to the event missed.

If you desire to speak to a coach concerning events at a practice or game, please use tact in speaking privately with him/her. It is best that issues not be raised on game day, either prior to, during or following a game, as emotions run high in competition. Please contact coaches the following day to arrange for a time to talk when all parties are in an optimal state-of-mind.

If after speaking with a coach, you believe resolution has not occurred, please feel free to set up a second meeting with the coach and athletic director. If frustration persists, a final meeting may then be arranged with coach, AD and principal.

In alignment with Matthew 18:15-17, throughout this process please strive to avoid using other parties as a sounding board, instead going straight to the coach with legitimate concerns. Please understand that **all coaches are volunteers who care enough about your child to donate many hours to their development in the context of sports.** As sinners, mistakes happen, and disagreements occur, and God grants us with many blessings to help minimize conflict and maximize fellowship. To God be the glory.

Cross Athletics Blog Page

The Cross Lutheran Athletics Blog Page can be reached at:

<http://crosslutheranathletics.blogspot.com/>

Here, you will find game results, sports updates, maps, and a **master calendar for all sporting events.** It is advised to check the blog page regularly for any changes and/or updates. The calendar will be updated regularly. This is the place to go to see when the next practice is or where the next game is.

Athletic Fees

5th-6th Grade:\$55

7th-8th Grade: \$65

Football Players: \$125 (additional fee)

Athletic fees will help cover the cost of referees, tournaments and league fees. Football players have a separate fee due to the cost of a separate insurance policy, renting a field, and equipment expenses.

Booster Club

Active Members: James and Shanna Smith, Dee and Leah Anderson, John and Janice Thiem, Jason Dias

The Cross Lutheran Booster Club is made up of parent volunteers, representing 5th, 6th, 7th, and 8th grade. Our booster club is a huge asset in making our sports program what it is. Some of their accomplishments are:

- ◇ Planning and organizing the golf fundraiser .
- ◇ Providing music and entertainment at sporting events.
- ◇ Help plan and prepare the all sports athletic banquet.
- ◇ Supplying food for the concession stand.
- ◇ Finding and working through the donation of a scoreboard for the gym (thank you Schlitterbahn).
- ◇ Purchasing basketballs, volleyballs, a volleyball net, football pads and equipment, and golf jerseys.
- ◇ Supplying referees at sporting events

We owe our booster club a huge thank you and support them in all of their efforts.

Uniforms

As our sports program grows, more money is being spent on uniforms. The players will be issued a uniform at the beginning of their season and it will be their job to protect it from any damage or being lost. There will be assigned dates that uniforms will be expected to be returned by. If they are not returned by that date, there will be a \$20 fine. Thank you for understanding the importance of keeping up with and maintaining our sports apparel.

Expectations of Coaches

Thank you coaches for donating your time and energy in helping groom our young athletes. I hope you enjoy your season and understand all of the different ways that you can positively impact our players.

Coaches will...

- Communicate with their team before their season begins. Football, gold volleyball, and gold basketball coaches will schedule a time to meet with parents and players before their first practice. Other coaches may schedule a meeting with parents and players or send out a letter.
- Begin and end practices and games with prayer (can be led by players as well).
- Coach equally and fairly in regards to each player.
- Model a Christ-like, Christ-centered life.
- Respect each participant as a person, and hold high expectations for each student as a player.
- Use coaching techniques appropriate for each of the skills that teach.
- Do their best to provide a safe playing situation for the players.
- Be knowledgeable in the rules of the sport and teach those rules to the players.
- Coach on a volunteer basis. We give you a huge thank you for your time in helping build young Christian athletes.
- Commit their time to home and away games, practices and tournaments.
- Teach the fundamentals of the sport they are coaching.
- Give "playing time" according to the Cross Lutheran Athletics' Handbook.
- Coach individual players to be part of a TEAM.
- Coach individual players to play with sportsmanship.
- Be responsible for closing the gym (if they have the last practice of the day).
- Attend the athletic banquet at the end of the year (unless the Athletic Director is notified beforehand).

"EAGLE PRIDE":
CODE OF CONDUCT FOR
STUDENT ATHLETES

It is a privilege to be a member of a Cross athletic team. Athletic talent is a gift from God, and using/improving your talent is a way of giving glory to God. Success is not something that just happens. It requires hard work, cooperation, sacrifice, and self-discipline. This involves a number of responsibilities.

1. Demonstrate a Christian attitude at all times- on and off the playing field, at home and school, winning and losing.
2. Treat coaches, opponents, teammates, and officials with respect.
3. Be an encourager. Never tear down. Always build up.
4. Take care of your body spiritually, physically, and mentally. Remember it is the temple of the Holy Spirit.
5. Strive for excellence in all you do. Realize the importance of giving 100% effort at all times- practice or game.
6. Be a team player. Athletics is a great expression of unity. Think "we" rather than "me".
7. Honor the commitment you have made to your team. Maintain your grades, be punctual to all games and practices, and represent your school well by practicing good sportsmanship.
8. Be prepared for activities by always having the necessary equipment and mind focus. Keep your parents informed of your schedule and any changes.
9. Recognize that whatever your role on a team- you are important. Whether you are the leading scorer or coming off the bench, you make important contributions. Carry out your role with pride.
10. Win or lose, give thanks to the Lord for the opportunity to participate on the field of competition and to enjoy the Christian fellowship of athletics.
To God be the glory!

Coaches, Parents, and Athletes,

Thank you for taking the time to read through the *Cross Lutheran Athletic Handbook* and making an effort to comply with what is stated in it. With everyone's effort, working as a team, putting Christ in the center of everything we do, we will once again have an outstanding year with many memories to be made.

Family's Last Name (Print):

Sibling 1:

Player's Signature/Date:

Sibling 2:

Player's Signature/Date:

Parent/Guardian Signature/Date:

Parent/Guardian Signature/Date:

Coach's Signature/Date:

**“But those who hope in the LORD will
renew their strength. They will soar
on wings like Eagles;
they will run and not grow weary,
they will walk and not be faint.”**

Isaiah 40:31