



**UGARS**  
ST. JOHN'S LUTHERAN

## **Athletic Handbook**

**St. John's Lutheran School  
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## St. John's Lutheran School Mission Statement

*Preparing and educating God's children to life-long service to Christ*

## St. John's Lutheran School Vision Statement

Our vision is centered on our ministry's commitment to remain **anchored in Scripture**. We are **built on the faith** that God both authors and sustains through His Word and sacraments. Together we are **committed to life-long** learning and service through the work of the Holy Spirit. Through the Holy Spirit's work, we seek to share the gospel and God's rich love with our families, our community, and the world at large. We strive to provide a witness to our world while pursuing excellence in worship, academics, and all that we share in Christ. Together we seek to be an exemplary Lutheran school in Racine, Wisconsin.

## Philosophy of Athletics

St. John's Lutheran School is proud to offer our students the opportunity to participate in extracurricular athletic activities. We believe that through our middle school athletics program, our students develop as well-rounded Christian athletes and gain fundamental knowledge of a healthy lifestyle. Athletic participation leads to the acquirement of lifelong skills and values such as sportsmanship, leadership, perseverance, self-discipline, humility, and commitment. We expect our players to develop and exemplify these skills when representing our school when in uniform. It is the Athletic Department's view that athletic competition offers an excellent opportunity to witness our faith in our Lord and Savior, Jesus Christ both on and off the court or field of competition.

The following extracurricular athletic opportunities are offered seasonally to fifth through eighth grade students that meet the academic, behavioral, and attendance requirements.

### **Fall**

Boys' Soccer  
Co-ed Cross Country  
Girls' Volleyball

### **Winter**

Boys' Basketball  
Girls' Basketball  
Girls' Cheerleading

### **Spring**

Co-ed Track and Field

## Philosophy of Competition

We do not cut players from our athletic teams. However, the emphasis of competition is different at the two levels of play offered through our athletic program. All fifth and sixth grade students are considered the B-team level. All seventh and eighth grade students are considered the A-team level. There may be times when fourth graders are asked to play at the B-team level due to inadequate numbers for a complete team. This may also be the exception for sixth graders when an A-level team does not have adequate numbers. This is done at the discretion of the Athletic Director and Principal.

The emphasis at the B-team level will be on participation. The fundamentals of the sport will be taught with focus placed on technique and team skills. Team success is a priority but not the number one emphasis. Athletes must be willing to discover and accept their role on the team. Each player will play in every game. For a variety of reasons, playing time may be unequal, but everyone will be given the chance to play. When participating in tournaments, the coach will do his/her best to play everyone given the circumstances that surround tournament competition.

The emphasis at the A-team level will be on a higher level of competition. At the A-team level, the focus will shift from learning skills to specific role and skill application. The goal shifts from participation to developing a competitive team. Roles become more defined, and as this happens players are asked to remain supportive, even from the bench. The coach will do his/her best to play everyone, when possible under the circumstances, especially during regular season games. When participating in tournaments, the A-team will strive to involve all team members while remaining competitive. There may be tournament games in which players may not see any playing time due to the level of competition being played.

Participation in athletics is a choice that allows students to use their God-given talents to His glory. Whether a student-athlete participates in every game, he or she still benefits from being part of a team. Skills, values, and life lessons are applicable across the lifespan. Please keep our philosophy of participation in mind when deciding whether our program meets the needs and/or requirements you have for your child.

## Player Eligibility

St. John's Lutheran School provides its students with opportunities to display their God-given talents and abilities outside the normal classroom curriculum. Player eligibility will be dependent on academic, behavioral, and attendance requirements. Participation in these athletic activities is a privilege which carries responsibilities for the student in and outside of the classroom. Academic, behavioral, and attendance requirements are as follows.

## Academic Requirements

1. If a student receives one F or two Ds at the end of a grading period, he/she will be ineligible. Eligibility will be determined at the end of each midterm and quarter marking. This will result in seven review periods during the year.
2. If the grades or effort are not satisfactory at the end of the review period, the athlete will be placed on a two-week probation period. During that time, the athlete will not be allowed to attend any practices or participate in any games – this includes sitting on the bench. At the end of the two-week probationary period, if the athlete has performed up to expectations in the classroom, he/she will once again be allowed to participate. The athlete will continue to be monitored and may be removed from the team if grades or effort fall. An athlete will be allowed two probationary periods throughout the school year. If a student fails to meet expectations for a third time, he/she will be removed from that sport.
3. Incomplete work at the end of a quarter is cause for ineligibility. The child may be able to rejoin in his or her activity when all work is finished to the satisfaction of the teacher.

## Behavioral Requirements

1. As a child of God and a student at St. John's, an athlete must conduct him/herself in a way which will bring honor to God, our school, and him/herself. Athletes are expected to model Christ-like behavior in the classroom and at games. Inability to reflect Christian behavior may impact playing time or participation.
2. Playing a sport at St. John's Lutheran is a **privilege** to be earned. Excessive behavioral problems in the classroom will not be tolerated. One detention will result in a warning. Two will result in a one-game suspension. A third detention within the season may result in the removal from the team. Athlete detentions will be reported to the Athletic Director by school administration. The Athletic Director will notify coaches of a game suspension or removal from a team when necessary.
3. Athletes are responsible for obeying the rules of the school and of their specific sport.
4. If a player fails to show cooperation or Christian conduct in practices or games, he/she will receive a warning in the form of a reprimand. After the second occurrence, parents will be contacted, and the player will be suspended from the next game. On the third infraction the child will no longer be part of the team.
5. Any student athlete who receives a technical foul or is ejected from competition may be subject to additional disciplinary measures such as being suspended from a future game. The consequences will be determined by the Athletic Director in consultation with the principal.
6. Any athlete who is caught or observed violating the law (smoking, drinking, using drugs, etc.) will be banned from all athletics for the current and following sports seasons.

An athlete that is academically or behaviorally ineligible is not allowed to wear his or her uniform or any portion of it for any activities that would otherwise require them to wear it i.e. games, assemblies, etc. If a player is suspended from a game, they are not allowed to sit on the bench during games.

## Attendance Requirements

When a student participates in athletics at St. John's Lutheran, they are making a commitment to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. This policy will be communicated to students and parents at the Fall, Winter, and Spring sports meetings. Attendance expectations will be enforced on a consistent basis for all members of the team by St. John's Coaches and the Athletic Director. Some attendance expectations are non-negotiable.

Any student athlete who arrives at school after 11:30 am or leaves before 1:20 pm is considered absent from school for the day of the competition and may not participate in practices, games, or any other athletic events on that day. This does not include medical or dental appointments. If school is canceled due to a snow emergency, all games and practices are canceled unless you are notified otherwise.

Athletes are expected to be at all practices and games. If the athlete is unable able to attend a practice or a game, it is the responsibility of the parent to contact the coach. Coaches will be required to track the attendance of their players. A player will automatically be considered unexcused if the coach is not notified, before the practice or the game, if the student is not going to be there. This means that if your student is absent from school, it is the parent's responsibility to contact the coach. Not all coaches at St. John's Lutheran work at the school and/or have knowledge of a student's absence from school that day. Please notify coaches of absences at least a day prior, apart from illness.

Excused practice and game absences are as follows:

- a. Attendance of a special event to honor a family member i.e. – funeral, wedding.
- b. Emergencies
- c. Illness or injury
- d. Practices or games during a scheduled break or day off

Unexcused practice and game absences are as follows:

- a. Attendance of plays, musicals, or other entertainment events
- b. Attendance of a college or professional game of any kind
- c. Vacation on days when there is school scheduled per the School Calendar
- d. Detentions and out of school suspensions

The first and second unexcused absence will result in a player being required to sit out the following game in their uniform on the bench. A third unexcused absence will result in dismissal from the team.

St. John's desires all athletes the ability to use their God-given talents. Adolescence is a opportune time where students explore abilities and talents. St. John's encourages students to try a wide variety of sports to encourage physical, social, and emotional development. We realize that students may be involved in other sports outside of St. John's. Coaches reserve the right to work with students who desire to compete in other sports, but the student and family must understand that this will impact playing time for the St.

John's athlete. Students who miss the practice or a game before a competition are not allowed to start in that game and must sit the entire first half. **Open communication is expected with coaches and the athletic director.** Please note, choices might need to be made between sports if absences from practices and games are excessive. It is highly recommended that parents discuss conflicts before the season begins with the coach and athletic director. Failure to do so may result in dismissal from the team.

This list is not all inclusive but is intended to serve as a general guideline. All absences will be deemed excused or unexcused on an individual basis by the Athletic Director. The Athletic Director reserves the right of final determination of excused and unexcused absences. Coaches will communicate concerns to the Athletic Director.

## Expectations at Games

Athletes, parents, family members, and coaches are representatives of St. John's Lutheran and are expected to always behave in a Christian manner and under all circumstances.

We always cheer for our St. John's student-athlete's efforts. St. John's Lutheran is a supportive Christ-like community. Under no circumstances is booing acceptable at games by athletes or fans.

Offensive language is never permitted and is susceptible to consequences for fans and athletes.

We do not cheer for an opposing athlete's mistakes. This is not representative of St. John's school culture or our beliefs and is completely unacceptable.

Expect that the officials/referees will make mistakes. We are all imperfect. Expect that you will not always agree with the officials/referees. You are still expected to behave in a Christian manner with respect for the officials/referees. Shouting at a referee will not be tolerated and could lead to ejection from the game by an official or school leadership. If an athlete, parent, family member, fan, or coach is ejected and removed from the game, they will be subject to a meeting with the Athletic Director and Principal. Consequences will be given on a case-by-case basis.

Please clean up after yourself. Whether home or away, we would like to leave the premises cleaner than when we arrived.

## Conflict Resolution/Parental Concerns

Please direct any parental concerns to the head coach of the team first. If you still have concerns after you've addressed them with the coach, then contact the Athletic Director. Discussion with other parents does not address your parental concerns with the appropriate people. A phone call, email and text message are acceptable means to request a meeting with the coach and Athletic Director. They are NOT an acceptable means to discuss your concerns. Use of social media, i.e. Facebook, Twitter, team apps, etc. is NOT an acceptable means to address your parental concerns. Parents who choose to use social media inappropriately may be subject to consequences as specified in the school's social media policy which states that such a breach in policy may even lead to being asked to withdraw their student from the school.

Conflicts and concerns regarding a coach's decisions require parents and family members to utilize the 24-Hour Rule. This means parents will wait 24 hours before they approach a coach to make remarks, concerns, or observations about games or practices. This approach allows parents or family members to approach the conflict rationally instead of emotionally.

## Volunteer Requirements

There may be times when the athletic department asks for parent volunteer for other seasons outside of winter sports. In these circumstances, we ask parents to faithfully step forward to help our events be successful. Such instances might include Play for P.I.N.K. or Lake Michigan Athletic Christian Conference events that St. John's is hosting. The success of our athletic program relies heavily on parental volunteers, and we are grateful for you!

## Regular Season Games

During our sports seasons, we ask parents to volunteer for such things as selling concessions, selling tickets, running the scoreboard, filling in the scorebook, etc. We ask that parents volunteer for **two time slots for each child** in sports. Sign-ups will be available online, prior to the start of the season. If you do not volunteer on your own, the Athletic Director will assign you a time slot to work. If you choose not to work your time slot, your son or daughter will not be able to play in his or her next game.

## Cougar Classic

Our major fundraiser each year for the athletic program is the Cougar Classic basketball tournament. For the tournament to be a success, we ask that parents volunteer for two time slots for each child in winter sports. Sign-ups will be available online, prior to the start of the season. If you do not volunteer on your own, the Athletic Director will assign you a time slot to work. If you choose not to work your time slot, your son or daughter will not be able to play in his or her next game.

## Athletic Fees

Each school year, the athletic department will assess each athlete a user-fee. Fees are subject to change. Please note the following athletic fees:

- Co-ed Cross Country-- \$40
- Girls' Volleyball--\$40
- Boys' Soccer-- \$40
- Girls' Cheerleading-- \$60
- Girls' Basketball-- \$60
- Boys' Basketball-- \$60
- Co-ed Track and Field-- \$40

If your student participates in two sports during one season, there will be a \$10 deduction on one of the fees. For example, \$70 owed for two fall sports.

The fees collected are used to pay referees, purchase uniforms and equipment, etc. Checks should be made out to St. John's Athletic Department. Sports fees will not be returned, even if your student quits or is removed from play due to academic, behavioral, or attendance issues.

## Cell Phone Policy

Athletes are expected to refrain from use of cell phones during practice and games. Using phones to text, Snap, or any other type of social media will not be tolerated even during a water break. Cell phones are not permitted on the bench or sidelines. Use of cell phones will be considered a behavior issue and will be treated as such. Please communicate to your student before the start of practice if needed and not through text during practice. Coaches may grant permission to call parents on a case-by-case basis.

## Expectations for Overnight Tournaments/Hotel Stays

Families of St. John's Lutheran School are representatives of God and St. John's while traveling for athletic events. In the event of an overnight stay, the following expectations are to be observed:

- All hotel and restaurant rules will be observed and respected.
- No unattended children will be allowed in hotel areas. Hotel quiet hours are expected to be enforced by parents and coaches.
- Christian language and behaviors are expected.
- The head coach will communicate a team curfew to the team and parents. This expectation will be enforced. Students who are caught breaking the curfew will not be allowed to play in the game the following day,
- Any behavior by students that violates school policy will be communicated to the Athletic Director immediately during the athletic event. Please note that consequences will be determined on a case-by-case basis.
- Any communication to the school, from a hotel or restaurant, that states guests were not observant of the establishment's rules, may result in the team no longer attending out-of-town tournaments or other athletic events for that school year.
- Being a student-athlete at St. John's carries a privilege that is to be earned through hard work and character. This should be observable/evident wherever we play.

## Jewelry

No jewelry of any kind may be worn during any practice or competition. This includes starter earrings.



## Parental Discipline

Since athletes and parents have made a commitment to the team, parents are asked to strongly consider other discipline options besides pulling their son or daughter off of a team, keeping them home from practice, or not allowing participation in games. If you do decide this form of discipline is necessary, you need to communicate your decision to the Athletic Director, Principal, and Coach. Games plans are often predetermined so a courtesy to the coaching staff is expected. Please note that this choice will be considered an unexcused absence for your student.

## Quitting a Team

Taking “teamwork and dedication” into consideration, quitting a team is unacceptable. Sports teach valuable life lessons and commitment. When a student quits a team, that decision affects the team as a whole. The only exceptions deemed acceptable are for medical or emergency situations. An athlete that quits a team for any other reason during the season will not be allowed to participate in that sport the following year.

## Schedules

Schedules will be handed out prior to the start of each season. The schedules will include practice dates and times, game dates and times, and dates of any tournaments. **Schedules may and most likely** will change from what you receive at the start of each season. The Athletic Director and Coaches will do their best to communicate these changes to you as quickly as possible. If changes are made to the schedules and the change is on a school day versus non-school day, the student athlete is expected to attend the practice or game.

Practices scheduled on days when there is no school scheduled, per the School Calendar, are considered non-mandatory practices and will not count towards unexcused absences.

There will be NO practices or games scheduled during Lenten, Advent, Wednesday, or Sunday church services.

## Transportation

Parents are responsible for any transportation required to practices, games, and tournaments. Parents need to be respectful of the coaches’ time and pick up students from practice on time. If you will be late, please communicate to your child’s coach. If you are unable to get your child to a practice, game, or tournament, please reach out to other families on your team. St. John’s families are very good about supporting each other and helping each other out.

## Uniforms

The athletic department has developed a cycle for purchasing new uniforms. This will help ensure our athletes wear quality and proper fitting uniforms. Each athlete is responsible for the care of his/her uniform. Please take extreme care when washing a uniform. Most uniforms should be hung to dry. We will charge the cost for replacing a damaged, ruined, or lost uniform (this could exceed \$100 in some cases). Uniforms are never to be worn to or during school. They are only to be worn at games, or at designated special events only, i.e., pep rallies, etc.

At the end of each sport season there will be a designated day in which uniforms must be returned to the athletic department. The uniform will be inspected for any damage including stains. There will be a \$5.00 per day fine imposed for each day after the designated day that a uniform is not returned. The fine must be paid at the time the uniform is returned. If the fine is not paid at that time, report cards will not be issued.

## Lake Michigan Athletic Christian Conference

St. John's Lutheran is member of the Lake Country Athletic Christian Conference (LMACC). The conference is composed of the following schools:

- Concordia Lutheran School - Racine, WI
- Kenosha Christian Life - Kenosha, WI
- Kenosha Lutheran Academy - Kenosha, WI
- Racine Christian School - Racine, WI
- St. John's Lutheran School - Burlington, WI
- St. John Lutheran School - Libertyville, IL
- St. John's Lutheran School - Racine, WI
- Trinity Lutheran School - Caledonia, WI
- Trinity Lutheran School - Racine, WI
- Wisconsin Lutheran School - Racine, WI

The purpose of the conference is to

- To promote Christian sportsmanship
- To help develop the moral, ethical, spiritual, and physical characteristics of the child
- To develop a better understanding of the sports that the conference offers
- To promote Christian Education at the secondary level