

Dear Immanuel Athlete,

God has blessed each of us with gifts that we can use and enjoy. Among His many gifts are those having to do with physical activities, games, and sports in which you can engage. Thank God for all that He gives, including the enjoyment of games and athletic activities!

On the pages that follow you will read about participation in the athletic program here at Immanuel which also includes guidelines/expectations for member schools of the Tri-County Lutheran League. You will be introduced to opportunities and requirements and expectations of being not only an athlete, but also, and most importantly, a Christian athlete. Your Christian discipleship and the Christian witness that you give will be quite visible as you participate in sports practices and competition.

As you enjoy athletic opportunities, please also seek to honor and praise your God. Whether you are in the locker room, at practice, on the sidelines before a game begins, on the bench, or in actual competition, you are a witness for Him. "Whatever you do, do it for the glory of God."

We hope that you will have a great year as an Immanuel Lutheran School student athlete!

Sincerely,

Christopher Samsell  
Athletic Director

# **OBJECTIVES OF THE TRI-COUNTY LUTHERAN LEAGUE/IMMANUEL**

The Word of God is also the Word of Life and a Christian philosophy of life should govern and pervade every aspect and dimension of our congregational programs which certainly includes the inter-scholastic athletic activities of our individual congregations. We should strive to meet, not in theory, but in practice the following goals:

## **SPIRITUAL**

1. To teach our athletes that talents and skills are God-given.
2. That all of life is worship, and conduct and athletic participation should be Godpleasing.
3. To nurture a mutual Christian respect and fellowship, not only among athletes and students, but parents and coaches as well.
4. To develop a mutual respect for personal and public property.
5. To provide Christian discipline when there is a violation of Christian conduct and philosophy, whether it involves athletes, students, fans, or coaches.

## **SOCIAL-EMOTIONAL**

1. To develop character traits such as: self-discipline, responsibility, leadership, teamwork, and self-control under pressure, defeat, and failure, as well as proper acceptance of success and victory.
2. To provide the principles of sportsmanship and fair play.
3. To encourage total participation under the competitive principle whenever possible.
4. To encourage athletic directors to provide support for intramural athletics for nonparticipants.
5. To stimulate and encourage school spirit and pride, but to also foster mutual respect for the pride and spirit of others.
6. To teach a beneficial use of leisure time with a Christian atmosphere.

## **PHYSICAL**

1. To develop to a greater degree the fundamental skills and knowledge of the rules.
2. To help prepare our students for participation in advanced levels of school athletics, such as high school and college.
3. To provide for, to the best of our abilities, the training, safety, and protection of athletic participants.

## **EVANGELISM**

1. To provide a Christian witness to all our members and to our communities, and to demonstrate by example the fruits of the Christian faith even in athletic competition.

## **TRI-COUNTY LUTHERAN LEAGUE**

The athletic directors of the Tri-County Lutheran League are happy that you have chosen to be a part of your school's athletic program. This can be an enjoyable and meaningful experience for you as an athlete, parent, fan, or coach. Athletics provide wonderful learning opportunities for everyone. Consider the following:

- Athletics provide players, coaches, and parents alike an opportunity to witness for Christ through actions and words.
- Athletes are taught to accept decisions and responsibilities in a Christ-like manner, whether in victory or defeat.
- Athletics provide for focused skill development and give participants satisfaction in accomplishment.
- Athletics provide for a student's growth in physical ability and the opportunity to use his or her God-given talents.
- Athletics strive to develop technically correct physical skills, physical conditioning, commitment to team concepts, self-discipline, priority setting, the encouragement of others, perseverance, and the learning of playing as a participant of a team.

The Tri-County Lutheran League expects that everyone will uphold and exemplify the highest standards of behavior and sportsmanship both on and off the fields of competition.

Acceptable behaviors for all associated with our league, including athletes, coaches, parents, and fans:

1. Serve as a Christian example.
2. Follow the instructions and rules of league officials and coaches.
3. Respect the efforts of officials, coaches and all athletes.
4. Respect the rules of the game, including the rulings of the officials.
5. Use encouragement to athletes, coaches, and referees without profanity.
6. Follow all safety rules.

What a privilege we have to be a part of a Lutheran athletic league. We pray that God will protect our athletes from injury as they compete, help us to witness our faith through our words and actions, and that we would have safety in all of our travels. TCLL Pre-Game Statement: The Tri-County Lutheran League and (insert your school name here) would like to thank our athletes, coaches, referees, parents, and fans for exemplifying the highest standards of Christ-like behavior and sportsmanship. Christian sportsmanship gives our games educational value that sets them apart and teaches values that last for a lifetime.

## *Playing Time*

At the Fourth and Fifth Grade level, the focus at Immanuel is on learning the basic fundamentals of each sport, and on fostering individual improvement. Coaches will make every effort to award a generous amount of playing time to each player in each game as long as the individuals have been attending and participating in practices, and showing positive and wholesome attitudes.

The “B Teams,” which could include 4<sup>th</sup>-7<sup>th</sup> graders, continue to work on fundamentals and individual improvement. However, the older we get, the more competitive our teams become. Playing time will not be equal, but in most circumstances every player will play in every game as long as they have been working hard in practices, making an effort to improve, and demonstrating positive and wholesome attitudes.

The “A Teams” in basketball, volleyball, and soccer at Immanuel are typically made up of 8<sup>th</sup> graders and those students that are ready to play at a higher level on a competitive team. We believe that every student should have an opportunity to be on a team, and we do not “cut” individuals from teams. Coaches emphasize team strategy, playing for enjoyment, increasing skills, sportsmanship, and playing to win. As students’ God-given talents develop, abilities and desire may differ greatly among teammates. Expectations for performance and playing time may vary. There may be some games where some players play very little or not at all.

In tournament settings it is the goal of our teams to play at a more competitive level. As a result, the Immanuel coaches may coach with a greater priority on winning than what might normally occur in regular season.

## *Eligibility Rules for Participation in School Athletic Programs*

Eligibility rules restrict the participation of students in Grades 4 through 8 on school athletic teams and cheerleading squads.

1. All students at Immanuel are considered “eligible” at the start of the school year and at the start of each new athletic season. They retain that eligibility status until such time as they are declared ineligible due to poor academic performance, poor work attitude or due to repeated inappropriate behavior.
2. Athletes and cheerleaders must be students in good standing first, and then participants in sports programs. Although most students rarely have incomplete or late assignments, a few have difficulty with consistently completing their assignments on time.

## *Extracurricular Academic Review and Ineligibility*

3. A student may be put on **probationary status** for either poor academic grades and/or poor work attitude or for disciplinary/behavior reasons. (See sample of Extracurricular Academic Review worksheets teachers use to determine eligibility elsewhere in this handbook.)
4. Once probationary status has been established, a student will have five (5) school days in which to remedy the condition(s).
5. During probation, student-athletes MAY participate in practices and games.
6. If after five (5) days satisfactory improvement has been made, the student-athlete may remain on the team and may continue participation.

7. If after five (5) days satisfactory improvement has NOT been made, the student will be rendered **ineligible** and unable to participate for the remainder of the season.
8. Once probationary status has been established, the student must maintain adequate academic performance throughout the remainder of the season or they will risk immediate ineligibility.
9. A student who is absent for the last three or more hours of a particular school day will be ineligible to participate in any athletic contests which occur on the same day. An exception to this rule is made in instances when students must be away from school for a portion of afternoon class time for legitimate reasons other than illness. Approval must be made by the Athletic Director and/or principal ahead of time.
10. Our school will attempt to make certain that no scheduled games or practices conflict with worship services and Sunday School or Bible Class sessions. When a game or practice falls on the same day as worship services and Sunday School or Bible Class sessions, we would invite, encourage, and expect students who are able to attend the practice or game to also attend worship and Sunday School or Bible Class.
11. When it is necessary for a team member to be absent from an upcoming practice, scrimmage, or athletic event, it is imperative that the coach be informed in advance of the practice, scrimmage, or athletic event. Unexcused absences will lead to ineligibility for participation in upcoming athletic events. Students in sports at Immanuel are expected to commit to their teams. (This may mean making a choice between playing a school sport or participating in an activity outside of school.)

**Immanuel Lutheran School**  
**Extracurricular Academic Review**

<b>Subject &amp; Current Grade</b>	<b>Work Attitude</b>
A. C- or lower – average (1.67)  B. Two D+'s or One F In core subjects below	Student has or has not demonstrated concerted effort to work up to capability and consistently as well as carefully complete work in all subjects as directed by classroom teacher(s).
Mathematics _____ Memory _____ Religion _____ Reading/Lit. _____ English _____ History/S.S _____ Science _____ Spelling _____	

**NOTICE OF PROBATIONARY STATUS**

Because of the factors indicated above and concern for the academic growth of this student, a probationary participation status has been established. Students are allowed to participate in practice or games during probationary period. Weekly grade checks will be conducted by all teachers.

Student \_\_\_\_\_ Grade \_\_\_\_\_

Activities affected: \_\_\_\_\_

As of this date \_\_\_\_/\_\_\_\_/\_\_\_\_, a five school-day period will begin during which unfinished work must be completed to course content objectives, all assigned class-work must be completed carefully and on time, and a conscientious effort must be demonstrated. If at any time during the probationary period, the student reverts to unsatisfactory habits, or if after the five school day period, conditions have not been remedied, the following will take place:

An **Eligibility Review Board** consisting of Athletic Director or Director of the activity in question, Principal, and teacher(s) who are involved will meet to consider participation status. Input may be accepted from student, parent, and coaches if desired prior to the decision making process of the board.

Once probationary status has been assigned, the student remains in the status until the end of the season or extracurricular activity. If satisfactory academic performance is maintained, the student will remain an active participant.

On \_\_\_\_/\_\_\_\_/\_\_\_\_, the situation will be evaluated by the teacher(s) involved. If satisfactory improvement has taken place, the probationary status will be continued.

Signature of teachers(s) \_\_\_\_\_

Parent, please sign & return \_\_\_\_\_

REQUIREMENTS TO BE FULFILLED  
FORMS TO BE SUBMITTED BEFORE THE SEASON BEGINS

students in grades 4 through 8 who will participate on Immanuel's sports teams or the cheerleading squad must fulfill the following requirements, and submit the following completed forms:

- \* Interscholastic Athletic Competition Form
  - Parental Permission
  - Proof of Insurance
  - Parent Sign-up for Concessions/Game Help
  
- \* Health Appraisal Form
  
- \* Certification of Having Read this Handbook
  - Required for new student athletics and their parents
  - Returning student athletes and parent signatures will remain on file until updates or changes have occurred within the handbook.

This is to certify that I have read the *Handbook for Parents and Student Athletes*. Having read this handbook, I will attempt to faithfully follow the standards and requirements presented on the pages of the handbook.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

*Interscholastic Athletic Competition Form*  
*Immanuel Lutheran School*  
*Bay City, Michigan*

For many years, our students have participated in athletic competition. We feel that with proper direction, this aspect of the physical education program can play a valuable part . . .

- . . . in providing a wholesome outlet for recreation, fun, and enjoyment in a Christian setting under Christian leadership;
- . . . in promoting and developing sportsmanlike attitudes, conduct, and relationships;
- . . . in teaching children the importance of self-sacrifice, team spirit, and team play;
- . . . in teaching children to properly accept victory and defeat, success and failure;
- . . . in teaching students to approach the tasks and challenges of life with vigor and determination;
- . . . in offering sports skill training to children; and
- . . . in opening the door for children to wholesome associations with people outside of our school and congregation.

A. Athletic programs presently offered at Immanuel for league competition include seasons for boys' soccer, girls' and boys' basketball, girls' volleyball and girls' and boys' track. Also offered in a tournament format is girl's' soccer and boys' volleyball.

Your signature below indicates the granting of permission for your child to participate in the interscholastic athletic activities conducted by Immanuel Lutheran School during the present school year. Your signature further indicates that you are aware of the possibility that your child might incur injury while participating in athletic competition. Your signature verifies acceptance of your responsibility to have and maintain a policy of medical/hospital insurance on your child to cover his or her hospital/medical bills in the event that an injury does occur.

We hereby grant permission for \_\_\_\_\_ to participate in the interscholastic athletic program of Immanuel Lutheran School, with the following limitations:

\_\_\_\_\_  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

B. We presently have medical/hospital insurance on \_\_\_\_\_(child's name), through \_\_\_\_\_(company name). The policy number for this is \_\_\_\_\_(policy number). We understand that it is our responsibility to maintain hospital/medical insurance coverage on this child during his/her term of participation in school sports or cheerleading.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



IMMANUEL LUTHERAN SCHOOL  
Bay City, Michigan  
**HEALTH APPRAISAL FOR ATHLETIC PROGRAM PARTICIPATION**  
(required annually - after June 15 and before participation  
in any interscholastic programs in a particular year)

School Year \_\_\_\_\_ Name of Student \_\_\_\_\_

**Section I - Health History** (to be completed by parent)

Is your child having any of the problems listed below?

- |     |  |              |
|-----|--|--------------|
| 1.  | Allergies or reactions                                     | Yes___ No___ |
| 2.  | Hay fever, asthma, or wheezing                             | Yes___ No___ |
| 3.  | Eczema or frequent skin rashes                             | Yes___ No___ |
| 4.  | Convulsions or seizures                                    | Yes___ No___ |
| 5.  | Heart trouble  | Yes___ No___ |
| 6.  | Diabetes   | Yes___ No___ |
| 7.  | Frequent colds, sore throats, earaches (4 or more per yr.) | Yes___ No___ |
| 8.  | Trouble with passing urine or bowl movements               | Yes___ No___ |
| 9.  | Shortness of breath  | Yes___ No___ |
| 10. | Menstrual problems   | Yes___ No___ |
| 11. | Other _____  | Yes___ No___ |

Please explain any problem areas identified above: \_\_\_\_\_

Does your child take any medication regularly? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, what medication? \_\_\_\_\_

Reason for medication: \_\_\_\_\_

*Note* Any child who becomes seriously ill or is hospitalized between the time his/her physical examination was given and the time when a particular sport season begins is required to obtain written permission from his/her physician before he/she can participate in either practices or games during that season.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Section II - Physical Examination** (to be completed by physician)

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Heart Rate \_\_\_\_\_

Essential Findings Deviating from Normal: \_\_\_\_\_

Recommendation and Restrictions: I have examined the student named above, and I believe that this person's physical condition is such that he/she may participate fully in the interscholastic athletic program of Immanuel Lutheran School, with the following restriction(s) recommended:

**Examiner's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Degree or**  
**Examiner's Name (Print)** \_\_\_\_\_ **License** \_\_\_\_\_

**Address** \_\_\_\_\_ **Phone** \_\_\_\_\_

