

**Student/Parent/Coach
Athletic Handbook
2025-2026**



**55 North Pacific
Cape Girardeau, MO 63701
573-334-1068**

<u>Table of Contents</u>	<u>PAGE(s)</u>
Athletic Philosophy	3
Athletic Program Policies / Eligibility Requirements	3
Attendance Policy	4
Playing Time	4
Co-Op with Public School	5
Guidelines - Coaches	5
Guidelines - Players	5
Guidelines - Parents	6
Conflict Resolution Procedures	6
Permission / Waiver Form	7
Acknowledgment/Receipt of Athletic Handbook (Signatures Required by Player, Parent, and Coach)	7

***The following pages MUST be completed in the Trinity Lutheran School office before a student can participate in ANY GAMES.**

- **Permission/Waiver Form**
- **Acknowledgement/Receipt of Athletic Handbook
(parent(s)/athlete signature)**
- **Physical Evaluation Form**
- **\$35 Per Sport Fee**

Athletic Philosophy

Trinity Lutheran School competes in various competitive athletic programs in the SEMO Parochial School League as an after-school extra-curricular event. The primary goal of these programs is to help the student-athlete learn to apply Christian principles to his/her daily life.

Through athletics, the student can witness Christ as his/her Savior in his/her actions and deeds, in success and failure, as an individual and team member. Our programs emphasize team play and exhibiting a Christian attitude in our interactions with other teams, coaches, officials, and fans.

Program Goals:

1. To teach our athletes to be thankful for their God-given talents and productively use them.
2. To recognize athletics as another opportunity to witness our love of Christ in our daily lives.
3. To develop good character traits, including responsibility, sportsmanship, teamwork, respect for others, and self-discipline.
4. To develop fundamental skills and general knowledge of the respective sports.
5. To develop school spirit and pride without compromising respect and Christian love toward others.
6. To provide an opportunity for students, regardless of skill level, to participate in team sports and wear the uniform representing Trinity Lutheran School as a student-athlete.
7. To provide a positive experience for the individual athlete and encourage the development of enjoyment in sports and other recreational activities.

Trinity Lutheran School Athletic Program Policies

SEMO Parochial League General Guidelines

- Students may play fifteen games and participate in three tournaments during each season.
- Students are limited to three days of activities (games and practices) per week. Practices may be at most two hours. Four activities are allowed on tournament weeks.
- Practices may begin two weeks before the start of the season.

Eligibility Regulations

Participation in athletic events with other schools is a privilege granted to those students who meet their classroom responsibilities to the best of their ability. It is EXPECTED that any student-athlete will perform at the academic level consistent with his/her ability.

1. Any student earning a grade lower than a C- on a mid-quarter or report card will be suspended from practices and games for a week, beginning the day following the release of grades. The teacher and principal will reevaluate the student's performance at the end of the week and periodically after that to determine if the student will be reinstated to the team.
2. Any student earning an "F" on a mid-quarter report or report card will be suspended from practices and games for two weeks, beginning the day following the release of grades. The teacher and principal will reevaluate the student's performance at the end of the two weeks and periodically determine whether the student will be reinstated to the team.
3. The student will be permanently suspended if a student is suspended from the team and earns a "D" or "F" a second time in the same or another subject during the actual season.
4. The principal has complete discretion to deviate from the above guidelines if necessary.

Students should not participate in any other team of the same sport during a season. Students who violate this guideline are ineligible to participate for the remainder of the season. Students are permitted to play a city league or club level sports in a different sport during the school year. The principal/athletic director will be responsible for disciplining a player or coach who violates a guideline. Priority should be given to Trinity Lutheran School activities and games over city and club-level teams.

Attendance Policy

Student-athletes must participate in a minimum of **four** practices before they are allowed to play in games.

Students must be in school by 11:00 a.m. on a game or practice day to be eligible to participate in any after-school activity. If a student leaves school early due to sickness, they cannot play or practice that day.

Games and practices may occur on weekends. School attendance for eligibility to participate in these games or practices is based on the week's final school day. Attendance for eligibility will be before 11:00 a.m. on the final day of the school week. If there are multiple games on the weekend, a student absent on the final day of the school week will not participate in the 1st game of the weekend but may participate in subsequent games at the coaches' discretion. Players absent the last school day before an extended holiday will not participate in the 1st game during the holiday period but will be eligible for subsequent games.

If there are extenuating circumstances, parents may request a decision from the principal/athletic director, who may decide in consultation with the coach.

Playing Time

Trinity Lutheran School's policy is that all eligible students who wish to participate in athletics will be part of the team. However, playing time is not granted or guaranteed solely by participation. Playing time is earned by attendance and effort demonstrated in practice, behavior, and individual and team skill levels.

The guidelines for playing time for A, B, and C are as follows:

C Team: All players will play in all games and shall be given equal playing time as much as possible.

B Team: Every player will play in all games, but playing time will be given as game conditions and skill level warrant.

A Team: Playing time is not guaranteed and will be based on skill level and game conditions. Coaches should make every effort to give all players meaningful playing time at some point in most games.

Coaches must actively look for situations to maximize player participation for all teams regardless of skill level.

C Team will typically consist of 5th and 6th-grade students.

B team will typically consist of 6th and 7th-grade students.

A team will typically consist of 7th and 8th-grade students.

The principal/athletic director reserves the right to adjust the teams per sport based on the number of interested students.

8th graders must play on the A-team; however, in certain circumstances, the principal may ask all League principals' permission to exempt this rule.

Cheerleaders will comprise 7th—8th-grade students; if less than six individuals are interested, 6th-graders will be invited to participate.

Players may be moved to a higher level team if needed to complete a roster and if it is deemed beneficial to the player's development by the coaches and those players' parents.

Public School Sports Co-op

Trinity Lutheran School has partnered with Cape Public Schools to allow our students to participate in sports that we are not offering or cannot offer for various reasons. These sports include, but are not limited to, Baseball, Football, Softball, Wrestling, Track and field, and others.

Cape Schools co-op is reserved for students in the 7th and 8th grades only. Most sports require a tryout, and they do not follow the SEMO Parochial League rules.

Students who participate may need to leave early for practice, matches, or games. Parents and students must work with the main office for any early dismissals.

Coaches Guidelines

Trinity Lutheran School expects our Coaches, Athletic Director, Scorekeepers, Administrators, and all Staff to set a high standard as representatives of our school, respective churches, and athletic programs and implement the athletic philosophy. Coaches are selected through a coaching application and correspondence with the Athletic Director and Principal. The Athletic Director and Principal will select coaches based on the application criterion. Any Assistant Coaches, if needed, will be subject to the same process and approved by the Head Coach, Athletic Director, and Principal.

They are further expected to:

1. Serve as a role model by providing a Christian witness on and off the court.
2. Treat all players, opposing coaches and players, officials, parents, administrators, and fans equally.
3. Show concern for athletes' academic progress and development.
4. Make a concerted effort in all players' athletic progress and development, regardless of their ability.
5. Be available to athletes and parents for consultation regarding team and player concerns.
6. Respect the rules of the sport and the officials who enforce them.
7. Provide timely information concerning practice and game times, locations, and dates.
8. Abide by all regulations and eligibility requirements established by the parochial school league.
9. Be responsible for the care and maintenance of all school equipment.
10. Ensure all players are picked up by a responsible adult after all practices and games before leaving.
11. Give positive reinforcement and encouragement to all players for good performance.
12. Be responsible for supervising players while participating in school-sponsored athletic activities, including practices, home games, and away games.
13. Ensure appropriate attire is worn by players at practice, at all games, and during travel.
14. Begin games with a locker room prayer.
15. Will reserve the right to set parameters for practices.

Player Guidelines

1. Represent the Lord and Trinity Lutheran School in a Christ-like manner.
2. Exhibit good sportsmanship and conduct at all times, both on and off the court.
3. Be respectful to officials, coaches, opposing players, and guests.
4. Respect property, buildings, and locker rooms at home and when visiting other schools.
5. Make an extra effort to maintain grades and abide by the eligibility guidelines.
6. Make every effort to attend all practices and scheduled games unless injured or otherwise excused.
7. Follow the directions of your coaches and be respectful of your teammates.
8. Be responsible for the maintenance and care of uniforms and equipment.
9. Wear appropriate attire to all games, home and away, and practices. **Any clothing that allows undergarments to be exposed is deemed INAPPROPRIATE.** This includes tee shirts with sides cut out to expose skins or sports bras, rolled-up shorts, or shorts worn to expose the player's underwear.

Parent Guidelines

1. Represent TLS, your home church, and Panther athletics in a Christian manner at all times.
2. Exhibit sportsmanship toward players, coaches, officials, and opposing fans.
3. Be respectful of the property and facilities of TLS and opponents
4. Help with the care and maintenance of uniforms, equipment, and facilities.
5. Support your student-athlete by attendance at games and with positive reinforcement.
6. Support the team by working scheduled times in the concession stand and during clean up.
7. Volunteer... Volunteer... Volunteer. Activities cannot happen without family volunteers.

Conflict of Resolution Procedures

We desire athletics to be a positive experience for everyone involved. However, we do recognize that there are times when disagreements and concerns do arise, and they should be handled in the following manner:

1. Meet directly with the coach to discuss problems and a resolution. We expect our coaches to be receptive to reasonable discussions with students and parents in matters concerning that player and team. Any correspondence with a coach to discuss issues should not occur until **at least 24 hours after the competition.**
2. If a resolution cannot be reached, arrange a meeting with the coach, all concerned parties, and the Principal/athletic director, who will act as mediator.
3. A meeting will be held with the principal/athletic director if a resolution is still not reached. Decisions at this level will be final, and all actions will be reported to the Trinity Day School Board of Education.
4. If you have any issues that may arise through the Cape School Co-op, arrange a meeting with the Cape Central Athletic Director and Trinity Lutheran Principal.

Physicals must be on file in the office and the sports fee must be paid before the season's first game for all sports.

Trinity Lutheran School Parent Permission/Waiver Form - (Required)

Print the athlete's first and last name

Dear Parent or Guardian:

Your child has indicated an interest in participating in the Trinity Lutheran School Athletic Program in the following sport: _____

Before your student may participate, she/he must meet eligibility guidelines and be permitted by you. Please read and sign the following permission and waiver form.

I/We, the undersigned:

1. Request that my daughter/son be allowed to participate in the Trinity Lutheran School Athletic Program in the sport(s) listed above.
2. Agree to submit a signed doctor's permission form permitting participation in athletics at TLS.
3. I agree that if severe injury or illness occurs, my child must provide a signed authorization form from a treating healthcare provider that supports the child's physical fitness and ability before my child may be allowed to participate in the Trinity Lutheran School Athletic Program.
4. I must have adequate insurance, or, in the event that my child is injured, I will be responsible for all expenses incurred.
5. I request that the student participate in the Trinity Lutheran School Athletic Program, including transportation to and from these activities, and assume the risks of injury arising from such participation. I recognize that Trinity Lutheran School does not carry health or accident insurance or other insurance for medical and hospitalization expenses arising from injuries.

I hereby agree to indemnify and hold Trinity Lutheran School harmless for any claim of liability for injuries to the student arising from participation in the Trinity Lutheran School Athletic Program. This includes organizers, sponsors, supervisors, participants, and persons transporting the above student.

Parent/Guardian Signature

Date

Acknowledge/Receipt of Athletic Handbook

Print family name

My signature below acknowledges receiving a copy of the Trinity Lutheran School Athletic Handbook. I understand and accept that this handbook identifies guidelines and provides summary information about athletic-related issues, procedures, and rules of conduct.

I understand and accept that it is my responsibility to read, understand, become familiar with, and comply with the established standards and to ensure that my child makes every effort to comply with expectations.

I further understand and accept that the Administration of Trinity Lutheran School, in conjunction with the Trinity Lutheran Day School Board, reserves the right to modify, supplement, rescind, or revise any provision or policy from time to time, with or without notice, as it deems necessary or appropriate.

Parent/Guardian Signature

Date

Student Athlete

Date

Coach

Date