



2025  
- 2026

# Trinity Lutheran Athletic Handbook



300 BROAD STREET  
MENASHA, WISCONSIN

(920)725-1715

# 2025

## Trinity Lutheran School Sports Calendar Girls Volleyball

August 19	9:00 – 10:30 am	Volleyball Practice
August 21	9:00 – 10:30 am	Volleyball Practice
August 23	NO Practice	
August 26	3:45 – 5:00 pm	Volleyball Practice
August 27	3:45 – 5:00 pm	Volleyball Practice
August 28	No Practice	
September 2	3:45 – 5:00 pm	Volleyball Practice
September 4	3:45 – 5:00 pm	Volleyball Practice
September 9	3:45 – 5:00 pm	Volleyball Practice
September 11	3:45 – 5:00 pm	Volleyball Practice
September 16	4:30 pm	Volleyball St. John All Saints, Berlin @ All Saints
September 18	3:45 – 5:00 pm	Volleyball Practice
September 23	4:30 pm	Volleyball Valley Home Schoolers @ Home
September 25	4:30 pm	Volleyball @ Celebration, Appleton
September 30	3:45 – 5:00 pm	Volleyball Practice
October 2	NO Volleyball Practice /	Parent Teacher Conference
October 7	4:30 pm	Volleyball Saint John, Berlin @ Home
October 9	4:30 pm	Volleyball @ Celebration, Appleton
October 14	3:45 – 5:00 pm	Volleyball Practice
October 16	3:45 – 5:00 pm	Volleyball Practice
October 21	4:30 pm	Volleyball Valley Home Schoolers @ Home
October 23	4:30 pm	Volleyball Celebration, @ Home Parent Night
October 28	4:00 pm	Volleyball Party and Parent Game

We may have a tournament or 2 if girls are available

## 2025-2026

### Trinity Lutheran School Sports Calendar Sports Calendar Basketball

November 11	3:45 – 5:00 pm	Basketball Practice
November 13	3:45 – 5:00 pm	Basketball Practice
November 18	3:45 – 5:00 pm	Basketball Practice
November 20	3:45 – 5:00 pm	Basketball Practice
November 25	3:45 – 5:00 pm	Basketball Practice
November 27		NO Practice Thanksgiving
December 2	3:45 – 5:00 pm	Basketball Practice
December 4	4:30 pm & 5:30 pm	Girls Basketball Boys Basketball @ All Saints, Berlin
December 9	4:30 pm	Boys Basketball Home Schoolers @ Saint Matthew Appleton
December 11	3:45 – 5:00 pm	Basketball Practice
December 16	4:30 pm & 5:30 pm	Girls Basketball @ Celebration, Appleton
December 12	4:30 pm	Basketball Fox Valley Christian @ Home
December 18		NO Practice Christmas
December 23		NO Practice Christmas
December 25		NO Practice Christmas
December 30		NO Practice Christmas
January 1		NO Practice Christmas
January 6	3:45 – 5:00 pm	Basketball Practice
January 8	4:30 pm & 5:30 pm	Basketball Celebration, Appleton @ Home
January 13	4:30 pm	Boys Basketball Home Schoolers @ Home
January 15	3:45 – 5:00 pm	Basketball Practice
January 20	4:30 pm & 5:30 pm	Basketball Saint John, Berlin @ Home
January 22	3:45 – 5:00 pm	Basketball Practice
January 27	3:45 – 5:00 pm	Basketball Practice
January 29	3:45 – 5:00 pm	Basketball Practice
February 3	3:45 – 5:00 pm	Basketball Practice
February 5	4:30 pm & 5:30 pm	Basketball Celebration, Appleton @ Home Parents Night
February 10	4:00 pm	Basketball Party and Parent Game

## 2026

### Trinity Lutheran School Sports Calendar Tentative Chess Club

January 5	3:45 – 5:00 pm	Chess Club
January 12	3:45 – 5:00 pm	Chess Club
January 19	3:45 – 5:00 pm	Chess Club
January 26	3:45 – 5:00 pm	Chess Club
February 2	3:45 – 5:00 pm	Chess Club
February 9	3:45 – 5:00 pm	Chess Club
February 16		NO Chess Club
February 23	3:45 – 5:00 pm	Chess Club

## 2026

### Trinity Lutheran School Sports Calendar Boys Volleyball

February 24	3:45 – 5:00 pm	Boys Volleyball Practice
February 26	3:45 – 5:00 pm	Boys Volleyball Practice
March 3	3:45 – 5:00 pm	Boys Volleyball Practice
March 5	3:45 – 5:00 pm	Boys Volleyball Practice
March 10	3:45 – 5:00 pm	Boys Volleyball Practice
March 12	4:30 pm	Volleyball Celebration, Appleton @ Home
March 17	3:45 – 5:00 pm	Boys Volleyball Practice
March 19	3:45 – 5:00 pm	Boys Volleyball Practice
March 24	3:45 – 5:00 pm	Boys Volleyball Practice
March 26	3:45 – 5:00 pm	Boys Volleyball Practice
March 31	4:30 pm	Volleyball @ Celebration, Appleton
April 2		NO Boys Volleyball Practice Easter
April 7		NO Boys Volleyball Practice Easter
April 9		NO Boys Volleyball Practice Easter
April 10		Boys Volleyball Tournament @ Celebration
April 14	3:45 – 5:00 pm	Boys Volleyball Practice
April 16	4:30 pm	Volleyball @ Celebration, Appleton

## 2026

### Trinity Lutheran School Sports Calendar Tentative Running Club and Track

April 21	3:45 – 5:00 pm	Running Club
April 23	3:45 – 5:00 pm	Running Club
April 28	3:45 – 5:00 pm	Running Club
April 30	3:45 – 5:00 pm	Running Club
May 5	3:45 – 5:00 pm	Running Club
May 7	3:45 – 5:00 pm	Running Club
May 12	3:45 – 5:00 pm	Running Club Party
May 15		West Bloomfield Track Meet

**Athletic Handbook**  
Together Everyone Achieves More! Let's  
make this a real **TEAM** effort.

**ATHLETIC PHILOSOPHY**

Athletics is but one way that Trinity lives out its mission. Through athletics, the whole child is nurtured. Athletes learn academically as they learn new skills, strategies and plays; they learn emotionally and socially as they deal with winning and losing and supporting each other on a team. Our athletes grow spiritually as they pray together regularly and as they give glory to God for the physical bodies and talents with which they have been blessed. Physically, our athletes are nurtured as they exercise and strengthen their bodies through practices and games.

**GENERAL TEAM POLICY RULE:**

Trinity provides several sports – volleyball, basketball, cheerleading, running club, and track, for both boys and girls. 3<sup>rd</sup> through 8<sup>th</sup> graders compose the teams for both boys and girls in the first 2 sports listed. Running Club, and Track are combined boys and girls.

**ATHLETICS**

Being part of a team means a commitment to attend all practices and games. Our teams are to exemplify Christian sportsmanship towards their opponents as well as towards one another.

We offer a variety of sports opportunities for our students. The sports offered are: volleyball, basketball, and track by combining with various schools if we are unable to field a full team.

Because of their responsibilities to teach skills and conduct practice, coaches cannot be expected to provide appropriate supervision for children who are not team members.

**SIBLINGS WHO ARE NOT TEAM MEMBERS, BUT REMAIN AT SCHOOL, MUST GO TO AFTER CARE.**

**POLICIES**

1. The emphasis in all sports shall be on participation of all athletics. A “no cut” rule will be followed by all coaches in every sport.
2. Students must maintain a C average and not have missing assignments, prior to participation. This will be checked weekly on Thursday. Students must turn in fully completed missing work by Monday morning.
3. A concussion form must be signed for each sport before a child can practice with the team.
4. Students involved in any sport are required to have a Sports Physical form on file in the school office.
5. Participation in athletics at Trinity is a privilege, not a right.
6. Each athlete must have a Parent consent form and Athlete/Parent Commitment Form on file with the Athletic Director before participating in athletics. The Athlete/Parent Commitment form is good for one year, and consent forms need to be filled out for each individual sport in which an athlete participates.

7. Athletes are expected to give priority to the Trinity athletic teams. They should be present for every practice and game. Athletes who do not show this commitment by missing practices and/or games will receive the natural consequences of decreased playing time and, possibly, being removed from the team.
8. Athletes are responsible for the care of their uniforms. Uniforms **MUST** be turned in the last game of the season. Athletes will be held financially responsible for lost or mistreated uniforms.
9. Athletes need to be picked up promptly (within 15 minutes) after the end of a practice.

**Eligibility: (as stated in the Trinity Student handbook)**

1. An athlete who is absent from school three or more hours may not participate in a practice or game that day.
2. Athletes must maintain a C average and have no missing assignments, prior to participation. This will be checked weekly on Thursday. Students must turn in fully completed Missing work by Monday morning.

**THE STUDENT-ATHLETE WILL:**

1. Exhibit good study habits and maintain grades in order to remain eligible.
2. Show respect to the coach, work hard, and follow directions for the good of self and the team.
3. Be on **TIME** to practices and games with appropriate uniforms/shoes.
4. Give 100% at practices and games.
5. Support teammates **ALWAYS** with positive comments – leave the teaching and coaching up to the **COACH**.
6. Have a positive attitude that shows you are ready to go into and come out of a game at any time.
7. Notify the coach **IN ADVANCE** if you will be missing a practice or a game.
8. Accept the referee's decisions without arguing or making non-verbal gestures that show disagreement.
9. Treat opponents as guests and friends.
10. Model Christ-like speech and behavior at all times, both on and off the court.
11. Be thankful for the opportunity to participate, whether winning or losing.
12. Care for his or her uniform.
13. Discuss any questions or concerns with the coach at the appropriate time.

14. If athletes attend the game prior to their game, they must sit together as a team in the bleachers, completing homework and/or cheering on the previous team to play.

15. Keep locker room and areas of studying CLEAN; clean up your mess.

**THE PARENT WILL:**

1. Set priorities for a balanced life: church time, school time, family time, and friend time.
2. Be positive in the support of other athletes and coaches, speaking favorably about them or not at all.
3. Model Christ-like speech and behavior at all times, both on and off the court – remember your attitudes and actions speak to your child, teaching them to be either positive or negative.
4. Help the child fulfill all of his or her obligations to the team by providing transportation to practices and games or arranging rides in advance with another parent.
5. Attend the Parent Meeting if the coach calls one.
6. Make every effort to attend the games.
7. Help the team by working at the concession stand, helping clean up after the game, volunteering to keep the scoreboard or scorebook for at least two home games.
8. Address concerns directly with the coach, however, please do not approach the coach immediately after a game. Call them at home later to schedule a meeting time. If there are additional concerns after this meeting, schedule a meeting with the Athletic Director / Principal.
9. Accept the referee's decisions without arguing or making non-verbal gestures that show disagreement.
10. If your child is sick, notify the coach as soon as possible.

**THE COACH WILL:**

1. Treat each player, opponent, opposing coach, referee, and parent with respect and dignity.
2. View coaching and athletic competition as a part of Trinity Lutheran School's ministry.
3. Model Christ-like speech and behavior at all times, both on and off the court.
4. Maintain self-control before, during, and after the game.
5. Prepare for each practice and game.
6. Encourage each athlete and help him/her grow in his/her skills and abilities.
7. Hold athletes accountable for their behavior.

8. Accept the referee's decisions without arguing or making non-verbal gestures that show disagreement.
9. Set up the playing area before each practice/game and put everything away after each practice/gym.
10. Check locker rooms before/after practice and GAMES to be sure they are clean. This may be assigned to the athletes at the coach's discretion.

### **CHRISTIAN SPORTSMANSHIP: A Christian Sports Code**

As a player, coach, parent, fan, or official, I will...

Consider all opponents as friends and guests and treat them with courtesy.

Accept all decisions by an official.

Never hiss or boo a player or an official.

Never utter abusive or irritating remarks from the sidelines.

Applaud teammates and opponents who make good plays or reflect good sportsmanship.

Seek to play fairly and according to the rules of the game.

Respect the game for its own sake and not for what it can do for me.

Do unto others as I would have them do unto me.

Win without boasting and lose without excuse.

Celebrate the opportunity to participate and be active.

Praise God for giving me the ability to contribute to a cause.

### **Ten Commandments for Parents of Athletes**

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun, and that the activity is for kids, not adults.
3. I will be a positive role model for my child, and encourage sportsmanship by showing respect and courtesy – and by demonstrating positive support for all persons involved in any practice or event.
4. I will not encourage any unsportsmanlike conduct with any official, coach, player, or parents, such as booing and taunting, refusing to shake hands, or using profane language or gestures.
5. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. My child treat other competitors, coaches, officials, and spectators with respect regardless of race, creed, sex, or ability.
7. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
8. I will promote the emotional and physical well-being of competitors ahead of any personal desire I may have for my child to win.
9. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
10. I will refrain from coaching my child or other players during games and practices unless I am an official coach.

### **SCHEDULES**

The Athletic Director will publish schedules for the individual team in advance of the start of the season.

## **ADDRESSES**

Addresses for other schools if asked for in advance will be available from the coach or school office.

## **FORMS**

The following forms are included at the end of this handbook, or are available from the school office: Parent Consent Form and Athlete/Parent Commitment Form.

### **AN OVERVIEW OF THE DUTIES OF THE COACH AS STATED IN THE HANDBOOK:**

- Treat each player, opponent, opposing coach, referee, and parent with respect and dignity.
- View coaching and athletic competition as a part of Trinity Lutheran School's ministry.
- Model Christ-like speech and behavior at all times, both on and off the court.
- Maintain self-control before, during, and after the game.
- Prepare for each practice and game.
- Encourage each athlete and help him/her grow in his/ skills and abilities.
- Hold athletes accountable for their behavior.
- Accept the referee's decisions herwithout arguing or making non-verbal gestures that show disagreement.

### **ADDITIONAL RESPONSIBILITIES JUST FOR COACHES:**

1. Gym set-up for practices if necessary (may have athletes do set-up, please instruct them correctly on how to set-up and take down volleyball nets, etc.).
2. Gym clean-up if necessary, after practices – please check for garbage or items left out.
3. Check LOCKER ROOMS for cleanliness – players are expected to clean up their messes in the locker room both after PRACTICES and GAMES. Please check after games as athletes like to eat before games and often eat in the locker rooms.
4. The coach may set up a schedule for the athletes to do clean-up if players do not meet the expectations.
5. The coach will hand out and collect uniforms to the athletes. The coach should keep an accurate record of what uniforms have been handed out. ALL uniforms MUST be collected at the last regular season game.

**TRINITY LUTHERAN SCHOOL ATHLETE/PARENT COMMITMENT FORM**  
**2025-2026**

As an athlete, I realize being a member of a Trinity team is a privilege. I realize that in being an athlete I represent my team, my school, my family, and most importantly - my Lord. I recognize that in everything I am a Christian first and my words, actions, and attitude should reflect this. I have read through the Athletic Handbook, especially the sections on policies and athlete expectations. I commit myself to following these guidelines and rules. I also understand that there are consequences, including being removed from the team, for failing to uphold my commitment to the team. I ask the Lord's blessing and guidance on my commitment and my efforts in the year ahead.

Student Signature: \_\_\_\_\_

As a parent, I realize that there are requirements of me when my child participates on a Trinity team. I realize that my own participation and support is vital to the success of the season. I have read through the Athletic Handbook, especially the sections on policies and parent expectations. I commit myself to following these guidelines and rules. I also understand that there are consequences, including being removed from the team, if my child fails to uphold his or her commitment to the team. I ask the Lord's blessing and guidance on my commitment and my efforts in the year ahead.

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

Date: \_\_\_\_\_

“Whatever you do, do all to the glory of God.”  
1 Corinthians 10: 31

August 1, 2025



# PARENT & ATHLETE AGREEMENT

Related to Concussion Law WI Stat. 118.293

**As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions.** By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury. *This form must be on file for every sports season and every youth athletic organization the athlete is involved with and must be renewed each school year (clubs- every 365 days).*

## Parent Agreement:

I \_\_\_\_\_ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian  
Signature \_\_\_\_\_ Date \_\_\_\_\_

## Athlete Agreement:

I \_\_\_\_\_ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete  
Signature \_\_\_\_\_ Date \_\_\_\_\_



# Questions and Contact Information

Related to Concussion Law WI Stat. 118.293

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Age \_\_\_\_\_ School \_\_\_\_\_ School District \_\_\_\_\_

Check all that apply  
I participate in:

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Football      | <input type="checkbox"/> Baseball/Softball | <input type="checkbox"/> Basketball        | <input type="checkbox"/> Hockey              |
| <input type="checkbox"/> Soccer        | <input type="checkbox"/> Golf              | <input type="checkbox"/> Volleyball        | <input type="checkbox"/> Wrestling           |
| <input type="checkbox"/> Track & Field | <input type="checkbox"/> Cross Country     | <input type="checkbox"/> Cheerleading      | <input type="checkbox"/> Skiing/Snowboarding |
| <input type="checkbox"/> Gymnastics    | <input type="checkbox"/> Tennis            | <input type="checkbox"/> Swimming & Diving |  |
| <input type="checkbox"/> Other _____   |  |  |  |

Name of Current Team \_\_\_\_\_

1. Have you ever had a concussion? \_\_\_\_\_, if yes, how many? \_\_\_\_\_

2. Have you ever experienced concussion symptoms? \_\_\_\_\_ Did you report them? \_\_\_\_\_

## Emergency Contacts:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please complete this form and return to the person operating the youth athletic activity.