

CHRIST



LUTHERAN
SCHOOL

Athletic Code



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Instructions

Parents and their participating children are to read this together at home. The coaches will also go over it briefly with the students. After the parents and students have read through the Athletic Code, they must tear off and complete the signature page (on page 13) and have their child turn it in either to the office or to Mr. Nusbaum. Students may not participate until the signature page has been signed and turned in.

Mission and Philosophy

Christ Lutheran School's primary mission is to provide its students with a Christ-centered education. Extra and co-curricular activities at Christ Lutheran develop lifetime skills, which foster emotional, social, intellectual, physical, and spiritual growth. Students who choose to participate assume additional responsibilities as representatives of their school and their families.

Although extra and co-curricular activities expand upon the educational experience they are not an entitlement. Participation in extra and co-curricular activities is a privilege that requires good academic standing and appropriate personal conduct. Christ Lutheran identifies academic and attendance eligibility standards and provides a sequence of progressive discipline for personal conduct code violations.

Christ Lutheran's Athletic Philosophy will cover sports that Christ Lutheran sponsors at the middle grade levels (5th-8th). It pertains to those sports during their regularly scheduled sports seasons.

All students will be given the opportunity to participate at the middle grades level, granted enough students wish to participate. Coaches will attempt to make participation during competition as fair as possible. Also taken into account will be such factors as attitude, effort, attendance at practices, following rules, etc.

The athletic clubs and their seasons for the 2023-24 school year include:

- Girls Volleyball (5th-8th) (August-October)
- Boys Basketball (5th-8th) (November-January)
- Girls Basketball (5th-8th) (November-January)
- Boys Flag Football (5th-8th) (February-April)
- Girls Flag Football (5th-8th) (February-April)

This code is in effect 24 hours a day and 12 months a year. When you and your parent/guardian sign this activity code you agree to abide by the regulations and consequences outlined.

Eligibility

Required Documentation

A student may not practice for or participate in athletics until the school has written evidence on file in its office attesting to:

- 1) Parental permission for the desired sport(s). (These will be sent out prior to the season)
- 2) A signed acknowledgement of receiving the school athletic code. (attached)

Academics

Participating in athletics at Christ Lutheran is a privilege. In order to participate, students must keep their grades up. Students are required to have all grades at passing status, 61% and above.

Academic probation will result in weekly grade checks beginning with the 3rd week of the quarter with all teachers until the end of the next quarter grading period. Weekly checks will be reviewed by the office and appropriate coach/advisor. If a student is failing any course for longer than a one-week period, eligibility will be lost until the student is once again passing all classes.

Academic Probation Procedures

1. Starting the third week of each quarter, all teachers will submit a list of students currently earning an F in a class. Lists will be reported every Wednesday.
2. **First report of poor performance:** If a student is receiving an F in any class, the classroom teacher will contact parent/guardian and inform them of the student's poor progress and that student will have until the next grade check (the following Wednesday) to bring grades up to at least a D- or face suspension from all team activities. Faculty members submit weekly progress grades to the office – Wednesday AM.
3. **Following week – subsequent report of poor performance in ANY CLASS.** All students earning an F at that time (second week in a row) will be placed on academic probation and will be ineligible for all extra-curricular activities until the next grade check. Students who are ineligible will not be allowed at practices or allowed to travel with the team for scheduled events.

4. Subsequent weekly poor performance reports in any class, the student will continue to be on academic probation. In addition - a student failing ANY class will remain/become ineligible for extra-curricular activities until the next grade check.
5. If a student is removed from the poor performance report eligibility is reinstated. Any future report of poor academic performance, the student would start over on step one.

*****It is important that students and parents check Gradelink often and routinely.**

Scheduling and Communication

Prior to the specific athletic season, schedules will be sent home along with the permission and admissions fee form. This is to be turned into the office of our secretary. When this form is turned in, the student will be sent home with the Athletic Code to be reviewed and signed by the student and their parent/legal guardian. If the student has participated in a previous sport during that school year, they will have already signed their Athletic Code.

Communication is a vital importance between the coaches and the parents. Schedules are subject to change. In the event of changes in scheduling, emails will be sent to all participating families. Students will also be sent home with announcement forms and updated schedules whenever necessary. Please check your email regularly.

Time changes and/or cancellations will be communicated through email.

If you have any questions, please contact:

Rev. Chris Dale, Dean of Students

chrisdale@christportstlucie.org

Mrs. Betsy Wildner, Secretary of Christ Lutheran School

secretary@christportstlucie.org

Mr. Daniel Nusbaum, Athletic Director

dnusbaum@christportstlucie.org

Attendance

In order to participate in athletic practices and contests a student must be in school the day of the contest/regular practice or arrive in time for the beginning of class following lunch (Noon) and stay through the end of the day.

Exceptions are:

1. Pre-arranged parental request days as per school policy.
2. Medical appointments, provided there is a note from the physician that accompanies upon return.
3. Administrative approval.

Alcohol and Drugs Policy

Christ Lutheran athletics has a **Zero Toleration Policy** regarding student use of alcohol and/or drugs.

Failure to comply with this policy will result in the student's removal from the team.

For example, if a student is caught disregarding this policy during basketball season, they will be removed from the basketball team immediately. If the student is caught between seasons, they will not be allowed to participate for the upcoming team's season. Other academic reparations may also be taken.

- A. Students shall abide by the rules of eligibility in regard to conduct throughout the calendar year.
- B. Reporting Violations – Violations can be reported in the following manner.
 - a. Verbal from law enforcement
 - b. Written report signed by the person reporting the violation
 - i. Anonymous referrals will not be acted upon without a signed written report from an individual reporting the violation. ie – emails, photographs, video.
 - ii. Truth Clause - if a student lies about involvement in a co-curricular violation, and is later found to be involved, his/her penalty doubles.

Violations will be reported to the Dean of Students or Athletic Director.

In the event of a reported violation, a written report will be completed by the Dean of Students or Athletic Director.

A copy of the written report will be given to the following within 5 school days:

- a. Athletic Director or Dean of Students
- b. Coaches involved
- c. Parent/Guardian

Major Violations will include but are not limited to the following:

- A. Alcohol: The use, consumption, possession, and/or purchase of alcoholic beverages are prohibited.
- B. Use/possession of E-cigarettes.
- C. Being present without your parent/guardian at a place/event where alcohol, tobacco and/or drugs are being used illegally (If a student is at a gathering and they notice there is alcohol, tobacco and/or drugs are being used illegally they should leave immediately and contact a coach or member of administration stating what happened. Students should make every attempt possible to remove themselves from the situation. Students need to text, call or email the coach, advisor or member of administration that night to report this and state what happened.)
 - a. Attendance at family gatherings, (weddings, graduation parties, and other similar occasions) where alcohol is consumed, will not be considered a violation. However, “holding” an alcoholic drink, tobacco product, or illegal drugs will be considered a violation.
- D. Verbal or physical aggression towards an official.
- E. Assault: The physical or verbal (i.e., use of profane or abusive language) assault of any adult or student will not be tolerated, in or out of school.
- F. Bullying, Harassment, and Hazing: that causes mental/bodily harm or creates a credible threat of mental/bodily harm
- G. Participation in any form of harassment.

- H. Drugs: The possession, sale, purchase or use of controlled substances, street drugs and performance enhancing substances is prohibited.
- I. Theft: Theft, in or out of school, will not be tolerated.
- J. Tobacco: The use, smoking, chewing, or possession of any tobacco product is prohibited.
- K. Use or possession Vaping devices/paraphernalia. ie: juul.
- L. Vandalism: Vandalism, which is the damage of any property, is prohibited.
 - a. Destruction of school property
- M. Use of performance enhancing substance(s) when not prescribed for a medical issue.
- N. Social Media and Online Representation
 - a. The same expectations of respectful behavior, which are expected in school and community, also apply to on-line environments such as Twitter, Facebook, YouTube, Instagram and any other social media site.

Minor violations - violations are punishable at the discretion of the coach/advisor for both athletics and extra-curricular. Minor violations can include, but are not exclusive to: unexcused absences from school, flagrant fouls or unsportsmanlike conduct during contests, violation of curfews, disrespect to school personnel, academic fraud – cheating, plagiarism.

Practices

Practices will appear on the schedules that are sent home. Most practices will begin at 3:30 P.M. and will end at 5:30 P.M. These times may change depending on the season of the sport. These practices are mandatory and we ask that parents do not pick up their children early from practice unless the coach is informed by the parent/legal guardian ahead of time. Girls and Boys practices may coincide.

Attire for Practice

Students are allowed to change after dismissal from school. It is highly recommended that students acquire a small duffel bag for their changing clothes. The proper attire for practice is listed below:

- T-shirt (sweatshirts for cooler weather)
- Athletic shorts (sweatpants for cooler weather)
- Tennis shoes (cleats are optional for football)

Students are NOT allowed to wear the following to practice:

- Cut-off t-shirts

- Jeans or jeans made into shorts
- Clothes that display alcohol, drugs, or tobacco products.
- Clothes that display vulgar language, slurs, or images.
- Flip flops, sandals, boots, or high heels.
- School uniforms
- Shorts that are not at least mid-thigh
- Tank tops
- Game jerseys

*****Please come to practice wearing clean clothes.**

Changing for Practice

Christ Lutheran does not have locker rooms where students can change. For separate sport team practices, students will change at the bathrooms located in the narthex of the church building. Players must be out by 3:30 PM to begin warming up.

For co-ed practices, girls will change at the bathrooms located in the narthex of the church building. Boys will change at the 7th and 8th grade building in the bathrooms.

Failure to behave properly in the changing rooms will be counted as a violation and consequences may vary.

Practice Locations

Practices for volleyball and flag football will take place on the playground field. Practices for basketball will take place on the court next to the church. Volleyball and basketball practices may be held at local gyms throughout the seasons.

Safety

Our basketball court is in the middle of the parking lot. Since our practices occur after school hours, cars will be driving in and out of the parking lot to pick up their children from after care. Students must be cautious and responsible when getting ready for practices. There is to be no misbehaving in the parking lots after school. We do not want any accidents.

Pathways around the court will be blocked off to cars by 3:20 PM during basketball season. We ask that parents drive slowly and cautiously throughout the parking lot. We also ask that parents park away from the basketball court during practice hours.

Cell Phones

Students are not to have their cell phones during practices. Cell phones are to remain in their book bags or sport bags. Christ Lutheran is not responsible for any lost or misplaced items.

Three Strike Rule

If the coach asks a student to leave practice, the student is to go to after care in the 7th/8th grade classroom and wait to be picked up. Parents will be notified of the incident following practice.

First time: warning

Second: the student will sit out for the next game

Third: the student will be suspended indefinitely.

Uniforms and Jerseys

Our sports teams will feature different uniforms. Uniform payments are included in the admission fee. Students are responsible for having their uniforms ready. If you don't have your uniform, you cannot play.

Flag Football

For flag football, the purchase of a t-shirt is required. These must be worn to all of our games. You will be allowed to keep the shirt after the season. Black athletic shorts (without pockets) are to be worn with your shirts.

Basketball

Full set basketball jerseys will be worn. These will be reversible. Since we will be playing all of our games as the visiting team, we will most likely wear red. If needs be, we will be able to turn our jerseys inside out and wear white. These will be turned in at the end of the season.

Volleyball

Full set volleyball jerseys will be worn. The jersey tops and shorts will be turned in at the end of the season. Players are to provide their own shoes and knee pads.

Third Color

Students wishing to wear under garments (that can be seen) with their uniforms is acceptable as long as the clothing goes along with our school's colors (red, white, or black). Any other colors are prohibited.

Please take good care of your uniforms. Wash them after every game and before it is time to turn them in. Students will be asked to pay a fee for any damage to the uniforms outside game time.

Player/Parent Conduct

Our athletic teams represent our school. While competitive, we aim to establish a friendly relationship with our fellow schools. Failure to abide by this conduct may result in an opposing school's refusal to reschedule any future events with us.

Sportsmanship

We hope to build character with our athletic program. We ask that students constantly display sportsmanship not just to their teammates, but to our opponents as well. Bragging, arrogance, put downs, negativity, etc., will not be tolerated. We will encourage one another on and off the field. We will be humble in victory and defeat.

Visiting Team

We will almost always be the visiting team. Therefore, we will be respectful to the other school's property and locker rooms. We will do our best to leave the locker rooms in the same condition or better. For local gyms that we rent where we host, our expectations are the same.

On the Field/Court

Players are to be respectful to one another as well as to the opposing team. Swearing, cheating, or any other unsportsmanlike conduct will not be tolerated. Players are to respect the referees. Players are not to argue with or complain to the officials when a call is made.

Parent Conduct

We encourage parent support for our athletics. Parents are more than welcome to attend events in order to support their child and the team. We ask that parents remain respectful at all times to the players, coaches, referees, and the opposing team. Alcohol, tobacco products, or drugs are prohibited on any school grounds. Failure to comply may result in the removal of the parent and their child from the event.

Pick-up/Departures

- A. Team members must use the mode of transportation provided by the school both to and from the contest. The only exception to this allows the student, under unusual circumstances, to be transported by only his/her parent/guardian and requires a written request from the parent/guardian.
- B. The school assumes no liability for the student who attempts to travel to/from the contest by another means.

The starting times for games will vary as well as the distance to the event. Schedules will be sent out ahead of time letting the students and parents know when we will depart from our school. Addresses of the schools where we will play will be provided as well. We ask that families who are driving their own children arrive in the parking lot of Christ Lutheran at least **10 minutes prior** to the departure time.

Occasionally, team members will be dismissed early from school to allow them to travel to the contest.

Parents who do not attend the games can pick up their children at Christ Lutheran. The students are responsible for letting their parents know when we are close to arriving back.

Athletic Injuries and Care

1. All student athletic injuries must be reported at once to the coach and the school office.
2. In case of an emergency, students will be sent to the nearest hospital.
3. If an athlete has any special medical problems, he/she should notify the coach prior to participation.
4. If an injury is discovered after the athlete has returned home from a practice or contest, the coach should be notified as soon as possible.
5. If an athlete goes to the doctor for an injury, he/she must obtain a written release from the doctor before participating.

Concussion Information - When in Doubt, Sit Them Out!

1. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with

a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

2. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a healthcare provider and receives a written clearance to participate in the activity from the health care provider.

These are some signs of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance.....Change in the level of consciousness or awareness
- Confused about assignment.....Forgets plays.....Unsure of score, game, opponent
- Clumsy.....Answers more slowly than usual.....Shows behavior changes
- Loss of consciousness.....Asks repetitive questions or memory concerns

These are some of the more common symptoms of concussion (what an injured athlete feels):

- Headache
- Nausea
- Dizzy or unsteady
- Sensitive to light or noise
- Feeling mentally foggy
- Problems with concentration and memory
- Confused
- Slow

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. “When in doubt, sit them out.” It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice or competition.

Conference Affiliation

Christ Lutheran is a member of the Treasure Coast Athletic Conference, a league consisting of non-public schools in the Treasure Coast district which have grades K-8.

Current members of the TCAC include:

- St. Anastasia
- First Baptist
- St. Helen
- Redeemer Lutheran
- St. Joseph
- Calvary Christian Academy
- Christ Lutheran

Coaches, Athletic Directors, and Principals are responsible for the behavior of athletes, students, and parents before, during, and after any TCAC contest.

The TCAC league, its officials, or its members are not responsible for any injuries that occurred during league contests.

***** Christ Lutheran agrees to abide by the Treasure Coast Athletic Conference Constitution and By-Laws. Players participating in Christ Lutheran athletics agree to abide by the Treasure Coast Athletic Conference Constitution and By-Laws.**

Christ Lutheran is also a member of the South Atlantic Lutheran Schools Association (SALSA), a conference of Lutheran grade schools throughout Florida affiliated with the Wisconsin Evangelical Lutheran Synod (WELS) and the Evangelical Lutheran Synod (ELS).

The SALSA league, its officials, or its members are not responsible for any injuries that occurred during league contests.

***** Christ Lutheran agrees to abide by the South Atlantic Lutheran Schools Association (SALSA) Constitution and By-Laws. Players participating in Christ Lutheran athletics agree to abide by the South Atlantic Lutheran Schools Association (SALSA) Constitution and By-Laws.**

Parent - Student Signature Page

As the parent or guardian of a Christ Lutheran athletic participant, I acknowledge and accept the Athletic Code of Christ Lutheran School. I have also read with my child and understand the contents of this activity handbook. I understand the conduct expected of my son/daughter, and will help him/her to maintain these standards.

Signature of Parent/Guardian

Month Day Year

Print

Month Day Year

As a participant of Christ Lutheran School athletics, I acknowledge and accept the Athletic Code of Christ Lutheran School. I have also read with my parents/guardian and understand the contents of this activity handbook. I understand the conduct expected of me and will maintain these standards.

Signature of Student

Month Day Year

Print

Month Day Year

Emergency Contact

1. Name: _____ Relation to student: _____

Phone Number: _____ Second Number: _____

2. Name: _____ Relation to student: _____

Phone Number: _____ Second Number: _____

Please list any medications/allergies/prior injuries/or medical conditions.

