

# Trinity Athletic Handbook

## 2023-2024

***“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” – Colossians 3:1***



***Do you not know that in a race, all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.***

***– 1 Corinthians 9:24-25***

## **GOALS OF OUR ATHLETIC PROGRAMS**

The Word of God is also the Word of Life and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs, which certainly includes the athletic activities of our school. As such, the goals of our athletic program are:

- To help children to recognize and appreciate in themselves and others the gifts they have received from God.
- To develop character traits such as self-discipline, self-esteem, responsibility, leadership, teamwork and self-control under pressure, defeat, and failure, as well as a proper acceptance of success and victory.
- To develop to a greater degree, the fundamental skills and knowledge of the rules appropriate to each grade level.
- To help prepare our students for participation in advanced levels of athletics.
- To be a Christian witness to all our members and to our community. To demonstrate by example, the fruits of Christian faith in athletic competition.
- To enjoy Christian fellowship and fun!

## **PHILOSOPHY OF OUR ATHLETIC PROGRAMS**

Trinity Lutheran School has an athletic program to allow students in grades K-8 to use their God given gifts to His glory.

An interscholastic sport is the participation of the school in athletic competitions against other schools. This level is a student choice. It does require discipline and dedication on the part of the student and parents.

Competitiveness at the various levels of interscholastic sports is different.

The goal at C-team level is to introduce the athletes to the basic skills and rules of the sport. Players who faithfully attend practice; work hard and listen will play in all games with equal playing time.

At the B-team level, players will continue to learn the fundamentals of the game and build on the knowledge they learned on C-Team. Players who faithfully attend practice; work hard and listen will play in all games. Playing time may not be equal but coaches will strive to get all players quality time to improve their skills. The same is true for tournaments.

At the A-team level, we strive to be as competitive as possible, while still keeping in mind that the goal is to teach all players to use their God-giving abilities to the highest level. All players who faithfully attend practice; work hard and listen will play in every game but playing time may not be equal. In tournaments, the coaches will seek to play all players, but in a closely contested game, that may not be possible.

When it comes to what grade can play at what level, the league rules govern some of those participation requirements. For our league, the team splits can be as follows:

- A team: Grades 7 and 8
- B team: Grades 5 and 6
- C team: Grades 3 and 4

## **INTERSCHOLASTIC ATHLETIC ACTIVITIES**

### **Lakeshore Lutheran League**

Trinity is a member of the Lakeshore Lutheran League (LLL). This conference consists of 16 Lutheran schools (13 WELS and 3 Missouri Synod). In order to comply with federation league rules, homeschooled students will not be allowed to participate in athletics.

The conference does allow having students from a lower grade play on an upper grade team. It does not allow upper grades to move down to a lower grade team to field a team. It is the goal of Trinity to keep the grades together. Therefore, Trinity will not move up an individual(s) based on their talent. If players are needed to field a team, it will be made an option to all players in the grade directly below if they wish to play up on an older team.

### **TRINITY SPORTS OFFERED:**

#### Fall Sports:

Soccer K-8/Volleyball 5-8/Cross Country 5-8

#### Winter Sports:

Basketball 3-8

Dance 5-8

#### Spring Sports:

Track 5-8 (Within the physical education curriculum)

Track 6-8 (Brillion Public School)

### **The following rules cover all sports:**

- A-Team level: All Trinity A-Teams will participate in the league sponsored tournament. In addition to that tournament, they may be in two other tournaments, as agreed upon with the athletic director. For a maximum of three tournaments.
- B-Team level: All Trinity B-Teams will participate in the league sponsored tournament. In addition to that tournament, they may be in one other tournament, as agreed upon with the athletic director. For a maximum of two tournaments.

**The following rules are specific for these sports:**

### **Girls' Volleyball**

- Volleyball is girls in grades 5-8.
- A & B team girls are to have a pair of black shorts or spandex to wear with their jerseys for games. Spandex must have at least a 4-inch inseam.
- The season is from the beginning of the school year to approximately the middle of October.

### **Soccer**

- Offered to girls and boys in grades K-8. Teams are coed.
- Season is from the beginning of the school year to approximately the middle of October.
- Practices will be held outside for the most part, unless otherwise announced. All participants should be ready to be outside for practice.
- Trinity supplies uniform tops. Black shorts or sweats are supplied by the players.

### **Basketball**

- Offered to girls and boys in grades 3– 8
- Season begins the end of October and ends usually around the middle of January.
- If a child decides to wear a t-shirt under their jersey, WIAA rules state that the shirt must be the same as the base color of the jersey. The base jerseys for our B-teams, A-teams, and C-team girls are royal blue. The base jersey for our C-team boys is yellow.

### **Dance**

- Offered to girls in grades 5-8
- The team will dance at all home games, usually at half time of the A-Team boy's game.
- They will not dance at away basketball games EXCEPT for the LLL tournament in February at Manitowoc Lutheran High School.
- Tops are provided by Trinity. Girls will need to have black leggings and dance shoes.

### **Track**

- Offered to boys and girls in grades 5-8.
- Practices will start around the middle of April and go until Mid-May.
- Practices for Trinity are incorporated within our gym class curriculum.
- Brillion Track is grade 6-8. This is run by BPS. They have practices four days a w

## ATHLETE GUIDELINES

- All necessary forms, including concussion and sudden cardiac arrest forms, need to be returned to the athletic director before the first practice. An athlete may not participate in a practice or game until this is accomplished.
- To encourage responsibility, leadership, and teamwork, members of Trinity's athletic teams must make it a priority of attending their school teams' athletic event, whether games or practices, before any athletic activity outside of school. A violation of this will affect playing time.
- Players can arrive for practice no sooner than fifteen (15) minutes before practice. Players are to leave the school building within fifteen (15) minutes of the conclusion of practice.
- Please review the school cell phone policy as stated in the "*Parent and Student Handbook*" for use after school.
- If school is cancelled due to weather, all athletic practices and games for that day will be cancelled as well. On the once-a-month early release Wednesdays, we will still run practices.
- Any incidents involving drugs, alcohol or weapons will follow the directions as printed in the *Student and Parents Handbook*.
- Sickness/Planned Absences-If players are not at school due to an excused absence, sickness, or leaving due to sickness the day of a game you are not eligible to play on that day. This includes both practices and games. One exception for this rule would be if you were attending a funeral. If you are not feeling well and stay home in the morning but improve and are back to school by 11:30am you are eligible to play that day. If you are sick on a Friday, you are eligible to play for a Saturday game. Being at school has priority over playing in a sport.
- Athletes can participate in more than one sport at a time for Trinity.
- Students have the privilege to represent Trinity in extracurricular activities. Their behavior reflects directly on both Trinity and the Savior. A student can be declared ineligible based on the attitude, or any incident that harms the mission of Trinity Lutheran School."

## ATHLETE ELIGIBILITY GUIDELINES

As a student athlete, your first responsibility is to your academics. Therefore, the following guidelines will be used to determine a student's eligibility for sports and dance:

- Two "D's" or one "F" on a quarterly report card or midterm report will be cause to declare a student ineligible to participate in extracurricular activities until the next quarterly report card or midterm report is released. The ineligibility begins after the school administrator or homeroom teacher have informed the parents in writing. In cases where lack of academic ability, not lack of academic effort is the cause of the poor grades, the teacher(s), athletic director and school administrator will make the final decision regarding the student's eligibility.

- An incomplete on a quarterly report card or midterm will be cause to declare a student ineligible until the work is completed. Eligibility cannot be restored for a student who receives an incomplete until the Monday following distribution of report cards. In cases where lack of academic ability, not lack of academic effort is the cause of the poor grades, the teacher(s), athletic director and school administrator will make the final decision regarding the student's eligibility.
- These eligibility standards do not replace or diminished the *Parent and Student Handbook* standards that are given to each student and parent. Rather these guidelines are in addition to those guidelines.

## **ABSENCES**

As an athlete, you are responsible to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If you are unable to attend practice or will be tardy, the athlete must notify the coach at least one day before the absence (illness the exception). Excused absences would include dentist and doctor appointments, emergency situations, etc. Please communicate with the coaches!

Absences from practice(s) or game(s) for any other reason will result in loss of playing time.

## **PARENT SECTION**

- It will be the responsibility of the parents to watch, care for, and discipline their children before and after all home and away games. If the child's own parent is not able to attend the athletic contest, the parent will be responsible for finding an adult that will be responsible for the child when they are not under the direct control of the coach.
- Parents/Guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
- Parents of athletes in grades 3-8 are required to work in the canteen. All sign-ups will be through SignUp.com
- The Board of Education has approved the fees for each sport. Fees are assessed to your child's account for whatever sport they participate in. Please contact the school office for current fees.
- Unless the school board has permitted it, no sports practices are conducted on Saturday or Sunday in any season. We will try to avoid having practices during a church service time. However, with the number of teams we have, and having church on both Mondays and Wednesdays, this can be difficult. If your child has practice and you plan on going to church, they will be dismissed from practice with no consequences. Please make church a priority over practice.
- No practices are scheduled during school vacations. However, one *optional* open gym time may be scheduled over an extended school vacation. Any scheduled open gyms must be with the athletic director's permission.

- Uniform care is the athlete/parent responsibility. It is our recommendation that you turn the uniforms inside out before washing them to ensure the life of the uniform. Any uniform not returned, or returned in an unusable state, will need to be replaced at the athlete's expense.
- **Due Process**  
It is our goal that all those involved in our sports programs maintain healthy relationships. Communication is the key. Any problems that do arise will be worked out in a God-pleasing way. Parents are asked to resolve conflicts using the following order:
  1. Discuss the matter in private with the coach. (Matthew 18:15) Please do not address a coach immediately after a game. Tensions can run higher and it is better if everyone involved has a chance to cool down and think rationally.
  2. Contact/meet with the athletic director along with the coach.
  3. The athletic director along with the coach/coaches will involve the principal.
  4. Meet with the Board of Lutheran Schools and Pastors.
- If your child needs to stay after school, they would have to go the Extracurricular Study Hall, which will be from 3:00 PM-4:00 PM only. Please see guidelines below:

**Extracurricular Study Hall-This is provided on when applicable to practice start times.**

Program Goal:

- Provide consistent supervision during a structured study hall for students involved in after school extracurricular activities.

Program Hours and Fee

- The Extracurricular Study Hall is open from 3:00-4:00 pm, Monday through Thursday.
- Families utilizing this service will be charged Trinity's standard rate of before/after school care as it is set each year. Any charges will be billed through your FastDirect account. Statements will be sent through FastDirect and will be based on actual usage. Payment may be made online or in the office and is due each Friday.

Program Guidelines and Expectations

- This program is only available to students who have after school extra-curricular activities beginning no later than 4:15 pm. Students scheduled for practice later than 4:15 pm will need to make other arrangements.
- This program is only open to students involved in after school extracurricular activities. This program is not intended for students or siblings who normally attend the after school childcare program.

- Siblings not participating in the extracurricular activity are not allowed to attend any practices or rehearsals. If they remain at school, they need to go to the after school childcare program. Please see the Parent-Student Handbook for more details regarding the Before and After School Care Program.
- The supervising teacher will manage a sign in sheet for those in attendance. There is no need to schedule your child for this service in advance. Charges will be billed according to the sign in sheet.
- The supervising teacher will maintain a study hall environment. Students are expected to use this time to complete schoolwork if applicable.

### **COACHING GUIDELINES**

Coaches are representatives of Trinity School and Christ. The athletic director will present candidates for coaches to the school board. The Board of Lutheran Schools and the pastors will have final approval. For all teams we will strive to get two coaches.

There is a high expectation for modeling Christian living placed upon our coaches.

#### Coaches Eligibility Guidelines:

- Submit form for a background check.
- Have knowledge and agree with this handbook and the School Handbook.
- Follow all guidelines for playing time are their respective levels.
- Have a general knowledge of the sport they are coaching.
- Encourage all athletes at all levels.
- Demonstrate organization and responsibility for his/her team at all practices and games.
- Encourage prayer before all athletic events.
- Be a WELS member and regular in church attendance and the Lord's Supper.
- Be at least 18 years of age

***Go Tigers!!***

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