

# SALEM LUTHERAN SCHOOL

## Athletic Handbook



A Ministry of  
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## MISSION STATEMENT

Imperfect people boldly sharing the thrilling hope of Jesus every day.

## PHILOSOPHY

Salem Lutheran School's Interscholastic Athletic Program consists of competitive sports between schools as an extracurricular event. One of our major goals at Salem is to help students learn to apply Christian principles to their daily lives.

Jesus commands us: *"Therefore, go and make disciples of all nations..."* Matthew 28:19

As Christians, it is our responsibility to witness for Christ. Therefore, in Christian competition our actions should be a witness for Jesus our Savior, through actions and deeds, both on and off the athletic field. In order to accomplish this, the emphasis must be on team play and consideration for the welfare of others.

Regardless of the level of participation by a child, all programs focus on Christ as a model. As members of the body of Christ, we have the privilege to share His saving grace through our sportsmanship; before, during, and after a competition. Each sport takes special consideration to this point, and it is expressed to all athletes.

Coaches in grades 5-6 will provide equitable playing time for all members who follow our athletic policy. Coaches in grades 7-8 are encouraged to produce the best possible team to participate for those who follow our policy. Depending on the number of athletes for a varsity sport, there could be a tryout. The athlete will be assigned to a team, which matches their athletic ability. Cuts may occur in order to ensure teams sizes are appropriate for the various sports, this will be communicated in advance if cuts are expected. If there are questions concerning coaches, officials, or players, please consult with the head coach first, then, if needed, please submit in writing to the Athletic Director comments and concerns, which you may have.

Salem Lutheran School is a member of GHAC football conference and HAPS for other sports offered.

## FREQUENTLY ASKED QUESTIONS

What is the role of Athletics at Salem?

The purpose of athletics at Salem is to further the overall mission of our school. Our goal is for each student, regardless of athletic ability or talent, to be enriched by his or her athletic experiences while at Salem. The athletic program encourages students to become well rounded, fit, and team oriented. As students gain an understanding of their abilities, we expect them to enhance their awareness of group dynamics, gain a deeper sense of self, and learn how to strive for personal excellence. Through a strong emphasis on sportsmanship, the school's commitment to Christian character education is reinforced.

How is the Salem athletic department staffed?

The athletic department is staffed administratively with an Athletic Director and Assisstand Athletic Director. Coaching staffs include full time school employees, experienced non-parent coaches who are employed elsewhere, and at times, by parents who have a son or daughter on the team or at school.

What is Salem's approach toward parent volunteers on coaching staffs?

Each head coach has the option to have volunteer parent coaches to help with practices, but generally we try to provide enough hired coaches to meet the teams' demands. Parent volunteers can be valuable resources and are expected to follow the guidelines laid out by the head coach and support the philosophy of the school and the athletic department.

How is the Salem Athletic Volunteerism structured?

Parent involvement is a crucial piece in providing a top-notch experience for our athletes. Each team has a team coordinator that organizes the volunteers for the season. Activities such as scorekeeping, communication, gate, concessions, stats, and game management are all areas to be involved in.

Why are students only allowed to play on one interscholastic team per season?

In order to maintain the integrity of each team, students are allowed to play on only one team per season. It is not realistic to assume that an individual can commit to two teams with regard to practices and/or games. This creates inconsistency and unpredictability for the coach and, as importantly, other teammates. This standard can also be held to students who have high involvement in out of school extracurricular activities.

We have one exception to this rule and the sport is Cross Country; practices are in the morning and there are few conflicts between meets and other sporting events.

How are students transported to games?

It is the responsibility of the parent/guardian to arrange transportation for their child to all games and tournament. If your athlete will be riding with a teammate it is the responsibility of the parent to communicate this in writing with the coach to ensure the safe departure and arrival of all students. These arrangements must be made and communicated with the coach at least one day in advance. When transportation vans are available, Salem athletic department will coordinate use of the transportation vans.

## ELIGIBILITY STANDARDS FOR PARTICIPATING IN EXTRACURRICULAR ACTIVITIES

No student may compete in extracurricular athletics that was fifteen years of age on or before the first day of September of the current school year. A student must have reached a minimum age of ten years on or before the first day of September of current school year, or officially in the fifth grade, in order to play varsity sports.

Athletes must attend four complete periods of the school day to participate on game day.

Extracurricular eligibility will be reviewed twice every grading period.

If a student has two or more failing grades on a mid-quarter check they will become ineligible. After a two week period if they have improved their grades they will become eligible, grades will be checked every two weeks for reinstating eligibility status

If a student has one or more failing grades or more than two Ds on a report card they will become ineligible. Once a failing grade appears on a report card, that grade must be above 70% on the next progress report. Otherwise that student will remain ineligible if there are any failing grade on the progress report.

Ineligible students are not permitted to attend practice or participate in any games or meetings or attend away games or participate in activities. If a student has for disciplinary reasons received detention, an out of school suspension, or has been sent home from school, they are not allowed to participate in activities.

## PARENTS' CODE OF ETHICS

- I will model a Christ-like, Christ-centered life.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice.
- I will require my child to treat other players, coaches, fans, and officials with respect.
- I will place the emotional and physical wellbeing of my child ahead of my personal desire to win.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I promise to help my child enjoy the sport experience by doing whatever I can.

### Ways to support, help, and encourage at home:

1. Arrange practice opportunities outside of scheduled times so child can build skills.
2. Coordinate fitness routines for child such as running or exercising.
3. Helping child to realize the importance of diet and rest.
4. Help child learn a positive balance with schoolwork, sports, family, and other activities.

### Ways to support, help, and encourage team:

1. Help with transportation to and from games and practices. Carpooling works.
2. Attend games and show your support.
3. Help with score keeping, taking tickets and helping with concessions if needed at games.
4. Help with tournaments and special events.

## COACHES' CODE OF ETHICS

- I will model a Christ-like, Christ-centered life. I will be willing to uphold policies as established by Salem.
- I will respect each participant as a person, and hold high expectations for each student as a player.
- I will treat each player as an individual, remembering the large range of emotional and physical development within the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will lead by example in demonstrating fair play, sportsmanship, and Christian conduct to all of my players - both on and off the playing field.
- I will promise to review and practice basic first aid principles and CPR needed to treat injuries of my players, keeping appropriate first aid supplies in the first aid kit and replacing all materials used so the kit is always ready.
- I will do my best to organize practices that are fun and challenging to my players. I will be knowledgeable in the rules of the sport and teach those rules to the players.
- I will use coaching techniques appropriate for each of the skills that teach.

## PLAYERS' CODE OF ETHICS

- I will model a Christ-like, Christ-centered life.
- I will do my best in school.
- I will be on time to all practices and games.
- I will be positive about this experience and accept responsibility for my actions.
- I will treat coaches, other players, officials, and fans with respect. I also expect to be treated accordingly.
- I will attend every practice and game that I can and I will notify the coach by phone or speak to him/her directly if I cannot.
- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will do my very best to listen and learn from my coaches.
- I will encourage my parents to be involved with my team in some capacity, because it is important to me.
- I will remember that sports are an opportunity to learn and have fun. I will represent Salem, my coach and my parents to the best of my ability.

## INCLEMENT WEATHER

In the event of inclement weather, the Athletic Director will cancel events when necessary. If a cancellation is to take place, it will be done as early as possible to make sure other arrangements can be made. Every attempt will be made not to cancel, but the safety and welfare of all will take priority. In the event school is cancelled, all athletic events for that particular evening will be cancelled. Children and parents should have a backup plan in place for such occurrences, before the child goes to school.

## CHAIN OF COMMAND

As humans we are bound by sin, and therefore we make mistakes. Many times, in frustration or anger, we act inappropriately. It is essential, that as parents and coaches, we model a Christ-like attitude for the children. This means paying extra attention to what is said around the children, and in what manner conversations take place. When dealing with a question or a concern, please keep the following "Chain of Command" in mind, and more importantly what our Savior says in Matthew 18.

- Wait 24 hours before meeting with a coach concerning a game or practice.
- A private discussion between the concerned parties. Anything discussed should be done in a Christ-like manner.
- If an agreement or understanding cannot be reached in your conversation with the head coach, the athletic director is to be consulted as a mediator.
- If the issue is still unable to be resolved, the Athletic Director will seek advisement from the Principal. Any decision made at this level is final.

## GENERAL INFORMATION

- A. Parents who provided transportation for players other than their own children must provide the office with proof of a valid driver's license and insurance.
- B. If teams need to be dismissed early from school for an away game, this will be determined by the Athletic Director and communicated with parents through school communication and by the coach each week.
- C. Practice begins immediately after school and ends at 5:00 p.m. (unless otherwise communicated by the coach)
- D. Please have players picked up within 10 minutes of the ending practice time.
- E. Students are expected to follow school cell phone policies until they are dismissed to their parents.
- F. Any student absent from school because of illness will not be allowed to participate in practices or games scheduled for that day.
- G. No student may participate in practices or games until the proper emergency forms are completed. The physical form is good for one year from the date signed by physician.
- H. All participants in interscholastic sports must have a contract signed for each sport in which they intend to play. These contracts will be signed by both the student athlete and their parents. The purpose of the contract is to insure that all parties involved are aware of their expectations and responsibilities toward Salem Athletics and the team on which they intend to play

**STUDENTS MUST COMPLETE AT LEAST 4 OF THE 8 CLASS PERIODS TO BE ELIGIBLE FOR ANY SPORT ACTIVITY.**

## EQUIPMENT

- A. The school provides team uniforms.
- B. Uniforms are to be worn for SLS games only.
- C. Uniforms will not be worn for practices, during school, or after games.
- D. Wash inside out cold water only; air dry. Do not put in the drier. No fabric softener.
- E. All individuals assume responsibility for any damage outside normal wear and tear when they are worn for ANY purpose other than what they are designed for. At the end of the season the uniform is to be returned to the school. If a uniform is lost or damaged a fee may be charged to replace/repair the uniform.

Equipment needed for specific sports are as follows:

PE uniforms will be worn for all practices unless otherwise specified by the coach.

- Soccer -- Shin guards, cleats
- Basketball -- Tennis shoes
- Volleyball -- Kneepads and tennis shoes
- Baseball/Softball – Cleats, glove, batting helmet
- Football -- Cleats, mouth guard, and girdle

## ATHLETIC FEE

An athletic fee of \$200.00 per child, per sport, will be charged for students in grades 5-8 who participate in any SLS sports. Football and Golf athletic fee for SLS students is \$250.

These fees are used for paying officials, coaches, equipment and HAPS fees.

No student may participate in any sport if the activity and athletic fees are not paid. Payments must be made in full when charged by FACTS.

## QUESTIONS

Any questions regarding the preceding pages can be addressed directly to the Athletic Director , [athletics@salem4u.com](mailto:athletics@salem4u.com).