

Concordia Lutheran High School



Athletic Department Handbook

INTRODUCTION

The purpose of this manual is to provide the coaches with a reference source to use when needed during each season. It outlines coaching responsibilities and the expectations the Administration and Board of CLHS have regarding athletics at CLHS.

Concordia is a member of the Texas Association of Private and Parochial Schools (TAPPS). Concordia is classified 4A.

TAPPS is administered by a hired Executive Director and nine members of a Board of Directors that are appointed by the director. All league rules, regulations, and schedules are formulated in annual meetings of school representatives. Athletics is only one of the responsibilities of this body.

As a member of the association, we agree to obey the rules and policies of TAPPS and are thus able to bring Concordia the benefits and assistance of the state group. This enables us to participate in the series of state tournaments and championships conducted by the association.

An athlete cannot expect "special" treatment just because he/she is out for a given sport, but we strongly feel it takes a "special" kind of student to handle the normal school load plus the physical and time demands required for athletics. We have come to expect more of such students. These expectations are manifested in the form of specific rules and regulations we expect to see followed.

In this document you will find eligibility and training rules and regulations as well as many of the forms each coach at CLHS needs to complete. This was designed to help the individual athlete and coach as well as the total athletic program at Concordia.

MISSION STATEMENT

The mission of Concordia's Athletic Department is to build student athletes who are responsible to their Christian witness by impacting them spiritually, mentally, and physically.

PHILOSOPHY OF ATHLETIC DEPARTMENT

The athletic program at CLHS is an integral part of our school program. A broad and sound sports program for all students can provide invaluable experiences for all participants. As such, it provides certain opportunities and emphasizes definite aims that are difficult to duplicate in other high school activities. Our athletic objectives are as follows:

1. To always put Christ first in all athletic endeavors and whatever we do, "Do all to the Glory of God".
2. To empower Spirit filled coaches that lead our programs in a Christ pleasing manner developing a positive attitude of continual growth in strong Christian values.
3. To encourage and develop in each athlete self-control, self-confidence, loyalty, leadership, responsibility, teamwork, work ethic, mental toughness, initiative, and friendship.
4. To develop within each athlete the individual and team skills necessary to compete successfully and to encourage each athlete to reach that individual's God-given potential.
5. To emphasize the importance of success (winning) while developing young Christian Citizens to play and practice at a maximum ability level with maximum effort. We honorably strive for the district and state championships.
6. To have our best athletes competing in multiple sports. We want to encourage our athletes to be multiple sport athletes so they can reach their potential as athletes. We believe in the value of cross training, competition, and developing the athlete to his or her highest potential.
7. To serve the community by providing entertainment and establishing a common ground of interest which will draw citizens together in support of the school.

PHILOSOPHY OF STRENGTH AND CONDITIONING

Strength and conditioning has become an increasingly more important part of preparation for success in male and female athletic events. Any program which demands championship level competition from its athletes must commit itself to the modalities, which best accommodate the needs of the athletes within a particular sport.

The core of any strength and conditioning program addresses the need for absolute strength. Absolute strength exercises involve the movement of body weight through space with little or no regard for completion time. These exercises produce gains in muscle, tendon, and ligament strength, as well as increases in overall body mass. Absolute strength exercises include bench press, incline press, squat, and auxiliary exercises for the arms, legs, torso, and neck.

Plyometric training is another vital part of the strength and conditioning package. Sport-specific jumping drills greatly increase lower body explosiveness and agility. Upper body plyometrics drills can prove beneficial to athletes as well. Plyometric training is progressive in nature, beginning with simple jumping exercises and continuing carefully toward more advanced exercises. With time, athletes can progress to hopping and bounding drills, and even to very advanced shock jumping.

An effective strength and conditioning program must include development of quickness and agility. In almost every sport, changing directions quickly is of utmost importance. It was once thought that quickness and agility were inherent. But with the correct training methods, the athlete will have the skills required to compete at the highest level.

TAPPS RULES OF ELIGIBILITY

According to TAPPS standards, students are eligible to represent their school in interscholastic activities if they:

1. Are less than 19 years old on September 1 of the current school year;
 - a. have not graduated from high school;
 - b. did not enter the 9th grade more than 4 years ago, nor the 10th more than three years ago;
2. Are full-time, day students in the school taking at least 4 core courses on campus,,
 - a. a transfer student must be in compliance with section 104 of the TAPPS By-Laws **in order to be eligible for district play or the play-offs a student must have been in attendance on or before:**
 - o **September 8, 2010** - cross country, football, and volleyball;
 - o **December 8, 2010** - basketball, swimming, soccer, and wrestling;
 - o **February 23, 2011** – baseball, golf, softball, tennis, and track & field.
3. Are in compliance with the academic eligibility rules of the TAPPS Constitution, By-Laws and Contest Rules;
4. Have not represented a college in a contest;
5. Are not in violation of the Awards Rule;
6. Live with their parents or legal guardian, or full-time student at an approved TAPPS boarding school, or have TAPPS approval of Residency/Guardianship Certification (Student not Living with Parent Section 80 of the TAPPS By- Laws);
7. 9th-12th grade students shall not play for a coach from the TAPPS school he/she is attending on a non- school team from August 1st until the last day of school for the member school in the Spring;
8. Has been presented the information in the TAPPS By-Laws Section 87 and is in compliance with all rules and regulations pertaining to Recruiting, Inducement, and tampering of students.

CLHS SCHOLASTIC ELIGIBILITY RULES

1. Eligibility Requirements - All students involved in co-curricular activities may be failing at most one class after week six of each quarter. After week nine of each quarter the student shall receive no failing grades in order to remain eligible.
2. Once a student is placed on the ineligible list, he or she must have zero failing grades on a progress report or report card in order to regain eligible status.
3. The consequence of a student failing to reach the above eligibility requirements shall cause the student to be considered ineligible for a minimum of 3 weeks. Ineligible students may **not** travel with the team/group or wear a team uniform/costume at any event. Students may participate in worship service events at CLHS or area congregations. They may not participate in competitions, events charging admission, or joint concerts with other schools. However, students are expected to attend practices or rehearsals unless coach or sponsor has given approval.
4. The ineligible period is 3 weeks long and begins 1 week following the grade check, which would be at 3:00 p.m. the Friday following the grade check.
5. A student-athlete could forfeit any athletic award (see under Athletic Awards) if he/she is not eligible at the end of a season.
6. A student-athlete who receives an "I" has 1 week to make up work. At this point the grade must be changed to a numerical value. If the grade is not changed by the Friday after initial grade report, the athlete will become eligible.

STUDENT ATTENDANCE REQUIREMENTS

In order for students to participate in a contest held on a regular school day, they must be present for at least four full periods (two full periods on a block day) on the day of the event. Students excused for illness may participate if the above requirement is met and they are in their last scheduled class. In cases where travel requires students to leave prior to the end of the school day, students must attend classes up to the time of departure. If a contest is cancelled, school attendance is required.

STUDENT CLASS WORK REQUIREMENTS

On occasions team members will miss class to participate in scheduled athletic events. Student athletes must understand that they are responsible for turning in work that is due that day and that they are to promptly make up any material or assignments that may be missed.

PHYSICAL EXAM

Each athlete must have a physical examination which includes an orthopedic assessment by a physician at least once each year. The exam must be recorded on the Medical History Form and must be signed by the parents and physician. This form must be on file in the Athletic Trainer's office before the athlete may participate in try-outs, practice, or competition. Along with the physical exam form, the TAPPS acknowledgement of Rules and Eligibility must be signed in order to participate in athletics. All four (4) forms are in a pamphlet that may be picked up in the school office or athletic training office.

STUDENT ATHLETIC FEES

To help pay the expenses incurred in providing extra-curricular athletics at CLHS, each participating athlete must turn in an Athletic Fee at the start of the season. If the athletic fee is not paid by the deadline the student-athlete's participation will be suspended until the fee has been paid. Arrangements may be made to spread out the payments with the school treasurer. Fees for each sport are as follows:

\$125 Cross Country
\$175 Football
\$150 All Other Sports

There may be additional expenses for each sport (i.e. shoes, practice uniform, equipment, etc) that the coach should outline at the parent meeting at the beginning of each season.

**Fees are charged to all athletes who participate in at least one competition. Payment of Athletic Participation Fee does not guarantee any athlete the right to receive a Varsity Letter.

FAMILY VACATION POLICY

Parents should understand that in order to be successful in anything it requires a commitment. Vacations or anything that allows a student to miss school, practice, or games does not assist in the improvement of that student and others. Students who leave on vacation with family members during a sport season will be allowed to remain on the team. However, it is CLHS policy that decisions regarding playing time will remain solely with the coach.

BEHAVIOR EXPECTATIONS AND TRAINING RULES

The athletic program is an extension of Concordia Lutheran High School and is a privilege. By nature, athletics are highly visible in the community and it is our goal to portray the athletic program, and through it CLHS, in a Christ-like manner. Therefore as parents, players, and coaches, we agree to strive for excellence in the following areas:

1. Sportsmanship - to conduct ourselves as members of Christ's family by showing good sportsmanship both on and off the playing surface.
2. Citizenship - to demonstrate positive Christian citizenship in class, at practice, in competition, in the stands, and away from school.

3. Image - to present a positive image as Christians.

To aide CLHS students in reaching the goals above, the following rules have been established:

1. Student-athletes are responsible to attend all team meetings, practices, and team worships scheduled by the coach. Absences or tardiness by the athlete may result in suspension or dismissal from the activity, team, or sport.
2. While athletics are important, academic course work should not suffer during the season. Student-athletes are expected to manage their time properly. Missing athletics should be avoided and morning tutorials should be utilized.
3. A student-athlete who quits or is dismissed from a team will not be allowed to participate in another sport during the same season. An exception is when the athlete is cut based upon squad reduction.
4. On game days it is important to portray a positive image, and dress is an important part of this image. Therefore on game days coaches will have a dress code that athletes will follow.
5. Any action deemed as negative or unsportsmanlike during an athletic contest toward the public, game official, coaches or other student-athletes will not be tolerated. The coaching staff will take appropriate action suitable in degree of the offense.
6. Ejection from an athletic contest: any student-athlete ejected from an athletic contest will possibly serve a one-game suspension. The coach and the AD will review and make the final decision. If the same student-athlete receives a second ejection in the same season, the student athlete may be permanently removed from the team. Any letter jacket award will be forfeited.
7. Athletes competing in athletic events off campus must return to CLHS with the team unless the student's parent picks up the student after the event or if the parent gives permission in writing **BEFORE** the event to release the student to another adult.
8. The use of alcohol, tobacco or illegal drugs is forbidden. School officials - including the coaching staff - may conduct searches on school property at any time that it is felt that prohibited or contraband items may be found. Such searches may also be conducted when students attend school-sponsored athletic events off CLHS property.
 - A. Use of illegal drugs, on or off campus, will result in suspension from the CLHS athletic program. The length of the suspension will be determined by the school administration.
 - B. Use of Alcohol (or attendance at events where illegal consumption of alcohol is occurring) or use of tobacco by athletes while on or off CLHS property will result in an automatic 10% game suspension or equivalent from the athletic program. Depending on the circumstances, additional punishment may be incurred. A second infraction may result in dismissal from the athletic program. Use of Alcohol or tobacco products out of season may affect one's eligibility.

- C. Overnight trips will be alcohol free for all adults involved with the team in any capacity - coaches, parents, and sponsors.
9. Stealing and/or the destruction of property may result in the student-athlete being dismissed from the team or athletic program. Each case will be reviewed by the coaching staff and must be brought to the attention of the Athletic Director.

ATHLETIC AWARDS

Athletic emblems and certificates are awarded by the school to deserving participants. The following criteria will be used to determine athletic award recipients.

Participation Certificates - All athletes who complete the season who have followed all guidelines will be awarded a team participation certificate.

Letter Jackets - Jackets are available but the students must purchase them. These may be purchased after an athlete has earned a varsity letter.

Varsity Letter - A varsity letter will be awarded to varsity athletes upon successful completion of the season and upon criteria set by the varsity coach and Athletic Director. See below for more information.

Team Awards - The coaching staff of each team sport may select award winners through a process determined by the head coach and Athletic Director and approved by the Principal. Each winner will receive a wall plaque. In addition, the coaching staff may choose to distribute various other awards related to the sport, but it is not required to do so. Coaches follow Excellence Award criteria for number of wall plaques per sport.

GENERAL LETTERING CRITERIA FOR ATHLETICS

An athlete is eligible to letter if he/she meet the following criteria:

- 1) Compete in more than half of the non-scrimmage contests at the Varsity level including the District Event(s).
- 2) If, in the opinion of a coaching staff, an athlete has through his/her attitudes, actions, or performance demonstrated a value to the success of the team the athlete may receive a Varsity Letter.
- 3) Failure for any reason to finish the season (being at practice and contests) can result in an athlete not receiving a varsity Letter.

Each sport may have additional criteria. The coach shall share this information at a preseason parent meeting.