

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

ATHLETIC PHILOSOPHY

Athletics is but one way that St. Michael lives out its mission statement. 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:

St. Michael provides several sports – volleyball, basketball, soccer, cheerleading, golf, and track, for both boys and girls in fall, winter and spring seasons. There are combined 5th/6th grade teams and 7th/8th grade teams for both boys and girls in the first 3 sports listed. Track is 6th – 8th grade combined boys and girls.

The 5th-6th grade athletic system of team play being open to all student athletes that desire to play a sport will continue. Membership on the team is automatic and will continue as long as the athlete is actively participating in practices and attending games in which they are scheduled to play. Playing time is guaranteed when scheduled. The scheduled games and playing time will not be equal for all athletes but it will be planned and scheduled based on grade level, participation, and athletic skill development. As many players as possible will be taken to tournaments with priority being given to 6th graders.

Our school participates in the Private/Parochial Sun Coast Athletic Conference of SW FL and the Lutheran Schools System CFLAA [Central Florida Lutheran Athletic Association.] Games are scheduled according to the Conference and Association policies. Additional games, partial games, and scrimmages can be scheduled through the Athletic Director in accordance with FLHSAA policies and are subject to each school's Athletic Director's policies.

The administration in consultation with the Athletic Director with input from athletic department coaches will annually review the configuration for the varsity teams in each sport.

A team configuration option will be chosen based on the administration and Athletic Director reviewing the quantity and quality of the prospective student athletes who are enrolled and are anticipated to participate in try outs. Athletic coaches from SMLS sports, area youth leagues, summer programs/camps, and club sports may be consulted for input with regard to the quantity and quality of the prospective athletes.

Team Configuration Options will include:

1. One varsity team for 7th-8th grade athletes. Team target size ranges from 12-16 athletes. Team members selected via a tryout process and team members being selected by the coaches who submit a recommended roster to the Athletic Director for finalization and then the roster is posted on the web site the night after tryouts. [Current tradition.]
2. Two varsity teams for 7th-8th grade athletes. One team being the Varsity Blue and the other being the Varsity White Team. Team target size ranges from 8-12 athletes. Team members selected via a tryout process and team members being selected by the coaches who submit a recommended roster to the Athletic Director for finalization and then the roster is posted on the web site the night after tryouts.
3. Two varsity teams for 7th-8th grade athletes. One team being the 8th grade athletes and the other being the 7th grade athletes. Team target size ranges from 8-12 athletes. Team members selected via a tryout process and team members being selected by the coaches who submit a recommended roster to the Athletic Director for finalization and then the roster is posted on the web site the night after tryouts.
4. Three varsity teams for 7th-8th grade athletes. One team being the 8th grade athletes, 7th grade athletes, and a combined 7th/8th grade team. Team target size ranges from 8-12 athletes. Team members selected via a tryout process and team members being selected by the coaches who submit a recommended roster to the Athletic Director for finalization and then the roster is posted on the web site the night after tryouts.

Practical Details:

- A. Tryouts are closed to spectators and the results once posted are not subject to appeal or discussion. Parents are encouraged to have their student athletes who desire follow up to receive counsel through the school guidance and counseling program with regard to dealing with disappointment and future goal setting.
- B. Checks or Credit Cards given for payment of the athletic sport participation fee, annual Athletic Booster Club membership, and the SMLS Saints athletic gear package will not be deposited or charged until the team rosters are published. However, payment must be submitted in order to participate in the try out process.
- C. When a configuration option other than option #1 is chosen the regularly scheduled Sun Coast and CFLAA games will be primarily played by the Blue or 8th grade teams. All other teams will be scheduled for as many games as possible. Even if no

other games were played by those teams the tournament participation and regular practice will give the student athlete an opportunity to continue participation in athletics at the Middle School level and continue to improve their sport specific knowledge and skills.

- D. All varsity teams will practice at the same time in the gym and will follow the same playbook and team rules. This will be coordinated with the coaches by the Athletic Director.
- E. All teams will be able to play in SMLS hosted tournaments and will be submitted for play in other tournaments. If other tournaments deny acceptance of more than one team those players will be given the option to practice and attend the tournaments with the Blue or 8th grade teams and may be given playing time. State and National tournaments will be attended by all varsity athletes who are in good standing with their respective teams.
- F. If a significant number of athletes try out and then choose not to continue to participate on the White, 7th, or 7th / 8th team the Athletic Director in consultation with the administration may disband the team and move all or a portion of the remaining athletes to the other team.
- G. If an athlete is not satisfied with their playing time they should set up an appointment with the coach to make their concerns known. After that meeting there will be no further discussion and if satisfaction is not met by the athlete that athlete is encouraged to leave the team. At no time will a negative attitude be tolerated by the coaching staff. Should the coach have a concern they will call for a meeting with the athlete and their parents and a warning will be given. If the coach has further concerns they will ask for another meeting, this time including the Athletic Director and after that meeting a determination of continued participation will be made by the coach and Athletic Director. That decision will be final.
- H. Athletic gear packages will be required of all athletes. Returning athletes after the 06-07 school term will only be required to purchase the gear they need and a gear exchange program will be implemented. While supplies last the old style P.E. uniforms will be issued as practice gear. Also, a SMLS Athletics T-Shirt, Sweat Outfit, and Travel Bag will constitute the gear package. Shoes will not be a part of the package.

POLICIES

- Participation in athletics at St. Michael is a privilege, not a right.
- 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 an athlete participates in.
- Athletes are expected to give priority to the SMLS 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.
- Athletes are responsible for the care of their uniforms. Uniforms **MUST** be turned in the last game of the season. If there teams participate in State or National tournaments, uniforms will be reissued and collected at the last game of the tournament. Athletes will be held financially responsible for lost or mistreated uniforms.
- Athletes need to be picked up promptly (within 15 minutes) after the end of a practice or they will be signed into extended care.

Eligibility: (as stated in the SMLS Student handbook)

- An athlete who is absent from school three or more hours may not participate in a practice or game that day.
- Athletes must maintain a minimum grade point average of 1.75 in the core subjects with no F's. The 1.75 GPA average is calculated in the core subjects (Literature, Math, Science, English, History and Religion), and the athlete must be passing all subject areas – no F's. The GPA will be evaluated on a four-week period.
 - *If the GPA falls below the 1.75 level the student athlete is then considered to be on academic probation for the next one-half grading period. A parent notification is made from the Athletic Director.*
 - *If the GPA fails to improve during the four-week period, the student is then placed on academic ineligibility. Parents are notified.*
 - *A student may become ineligible only at mid-quarter or the end of a year. The exception is in the first four weeks of the school year. During these weeks the Athletic Director will remain in close contact with the faculty to determine if any action needs to be taken.*
 - *A student athlete will be given a parent notification letter at the end of the ineligibility period. This letter will give a progress report and articulate the conditions of reinstatement or continued ineligibility. This must be signed and returned in order to be reinstated to the team.*

THE STUDENT-ATHLETE WILL:

- Exhibit good study habits and maintain grades in order to remain eligible.
- Show respect to the coach, work hard, and follow directions for the good of self and the team.
- Be on TIME to practices and games will appropriate uniforms/shoes.
- Give 100% at practices and games.
- Support team mates at ALL times with positive comments – leave the teaching and coaching up to the COACH.
- Have a positive attitude that shows you are ready to go into and come out of a game at any time.

- Notify the coach IN ADVANCE if you will be missing a practice or a game.
- Accept the referee's decisions without arguing or making non-verbal gestures that show disagreement.
- Treat opponents as guests and friends.
- Model Christ-like speech and behavior at all times, both on and off the court.
- Be thankful for the opportunity to participate, whether winning or losing.
- Care for his or her uniform.
- Discuss any questions or concerns with the coach at the appropriate time.
- If athletes stay for 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.
- Keep locker room and areas of studying CLEAN; i.e., if you eat in the locker rooms clean up your mess.

THE PARENT WILL:

- Set priorities for a balanced life: church time, school time, family time, and friend time.
- Be positive in the support of other athletes and coaches, speaking favorably about them or not at all.
- 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.
- 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.
- Attend the Parent Meeting if the coach calls one.
- Make every effort to attend the games.
- 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.
- 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 and/or the Principal.
- Accept the referee's decisions without arguing or making non-verbal gestures that show disagreement.
- If your child is sick, notify the coach as soon as possible.

THE COACH WILL:

- Treat each player, opponent, opposing coach, referee, and parent with respect and dignity.
- View coaching and athletic competition as a part of St. Michael 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 grow in his skills and abilities.
- Hold athletes accountable for their behavior.
- Accept the referee's decisions without arguing or making non-verbal gestures that show disagreement.
- Set up the playing area before each practice/game and put everything away after each practice/gym.
- 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 particular 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. I will demand that 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.

MAPS

Maps and/or directions to other schools are on the school's website and 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 Athletic Director or the school office: Parent consent form and Athlete/Parent Commitment Form.

**ST. MICHAEL LUTHERAN SCHOOL
ATHLETE/PARENT COMMITMENT FORM**

As an athlete, I realize being a member of a St. Michael 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 St. Michael 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

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 St. Michael 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 grow in his skills and abilities.
- Hold athletes accountable for their behavior.
- Accept the referee's decisions without 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. If a team qualifies for any late tournaments, uniforms will be reissued and then collected at the last competition of the tournament.