

Parent-Athlete Handbook

Lake Country Lutheran High School

Introduction

The mission of Lake Country Lutheran High School is to share Jesus, shape lives and develop future leaders. The Interscholastic Athletic Program of Lake Country Lutheran High School is an integral part of the school mission, and affords opportunities, training, and experiences not ordinarily obtainable in the conventional classroom. Through systematic training and challenging competition, all Lake Country Lutheran High School athletes will discover, develop, and use their talents to glorify God and to grow physically, socially, mentally, emotionally, and spiritually.

Affiliations

The LCLHS Lightning is a member of the Wisconsin Interscholastic Athletic Association (WIAA). The Lightning teams are eligible to participate in the WIAA State Tournament series. LCLHS is a member of the Midwest Classic Conference.

Team Level Philosophies

Each athlete chosen for any team has an obligation to their Savior and their team to give their best every day, regardless of playing time (which is not going to be equal).

Freshmen: The freshmen team is designed to provide each player developmental opportunities, both physical and social. The goal is that daily practice will improve skills and help each player utilize and refine their God-given abilities.

Junior-Varsity: The success of the JV team is defined by getting the players ready to play at the varsity level. Playing time is given to those who the coaches believe have the greatest potential to contribute at the varsity level in the future. Every effort will be made to provide a memorable experience that includes spiritual and character development.

Varsity: Varsity teams are designed to compete at the highest level of athletic ability that matches the potential of the athletes on that team while still emphasizing spiritual and character development. Communication between player and coach is critical for understanding each athlete's role to help that particular team achieve success.

Sports Offered

FALL

Men: Cross Country, Football, and Soccer
Women: Cross Country, Field Hockey (co-op team with ULS), Swimming (co-op team with Milw. Lutheran and Martin Luther), Tennis (co-op team with Milw. Lutheran) and Volleyball

WINTER

Men: Basketball, Wrestling, Downhill Skiing (Co-op with ULS and Brookfield Academy), Swimming (co-op team with Milw. Lutheran and Martin Luther)
Women: Basketball, Dance, Downhill Skiing (Co-op with ULS and Brookfield Academy)

SPRING

Men: Baseball, Golf, Tennis (co-op with Milwaukee Lutheran), Track and Field, and Trap Shooting (co-op team with Milw. Lutheran)
Women: Soccer (Co-op team with ULS), Softball, Track and Field, and Trap Shooting (co-op team with Milw. Lutheran)

Code of Conduct

The code of conduct applies to student-athletes not only during their sports seasons, but also during the entire calendar year. Code violations, which occur outside of an athlete's season, will result in penalties during the next season. Violations, which occur after an athlete's final season, may result in penalties that impact eligibility for athletic awards.

Student-athletes at Lake Country Lutheran High School will:

1. treat their coaches, officials and each other with dignity and respect;
2. attend all practices and be on time for practices;
3. obtain and maintain equipment necessary for participation;
4. perform to the best of their God-given ability
5. follow the rules and expectations of the school.

Violations of the athletic code will be handled through the discipline cycle at Lake Country Lutheran High School. When a code violation occurs, administrators and staff minister to the athlete with the goal of leading the athlete to recognize his/her behavior as a sin against God, repent, accept God's forgiveness through Jesus Christ, and demonstrate intent to live a Christian life with the help of God. The following are examples of athletic code violations:

1. physical violence
2. theft, including possession of stolen property (this includes personal and athletic equipment from other schools as well as LCLHS)
3. negative acts against person (i.e. hazing, disrespect) or property (vandalism)
4. any conduct resulting in suspension from school
5. possession or use of any illegal drug including alcohol or tobacco

Potential violations of the athletic code should be reported to the athletic director, who will investigate with the help of the principal. If a violation is confirmed, the student will be suspended from athletics until he/she has completed the appeals process. The appeals process requires a meeting of the student and his/her parents with the principal. Letters of support from other significant persons in the student's life (coach, pastor, counselor, teachers, etc.), and a repentant attitude (see the section below on Confession) on the part of the student may be considered during the appeals process. Code violations may carry with them a penalty of ineligibility for one or more of the contests for the current season (for in-season violations) or the contests for the next season (for out-of-season violations). Code violations involving the use of alcohol, tobacco, or controlled substances carry with them a minimum one-competition suspension, by state association rules.

Confession

Lake Country Lutheran desires that opportunities be provided for students who have violated the code of conduct to confess without fear of penalty, or of suspension from their co-curricular activities. Confession, made to the student's coach, athletic director, or administrator before the student's violation becomes public knowledge, allows the process of reconciliation and ministry to begin without penalty. Students are encouraged to make confession of their violations when they have been caught, as well, though such confessions "after the fact" do not remove penalty for violations. The intent of the school is to help our young adults experience God's forgiveness by confessing their sins to Him and, consequently, being freed from their burdens. "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9) Confession is necessary spiritually. It is also emotionally healthy. It allows individuals to assume responsibility for their actions and to clear their consciences. Confession is essential in order to experience God's forgiveness. Without confession, negative feelings of stress, guilt, tension, and pressure will persist. With confession, these feelings can be wiped away by God's grace. For those who desire to walk in fellowship with their heavenly Father, confession is the means by which they remain focused on His will for their lives. "Confess your sins to one another and pray for one another so that you may be healed." (James 5:16)

Obligations before Participating

The following forms must be on file in the Athletic Director's office before a student can participate in the athletic program: (2-5 are completed through online athletic registration)

1. Physical Exam Card approved by Parents and Physician—Necessary every two years, unless the student has suffered a serious injury or illness since their last exam. A Parents Consent Card is necessary for the years between physical exams.
2. Agreement for Treatment Form, including proof of medical insurance—Annual
3. MCC Sportsmanship Compact – signed by athlete and parent
4. WIAA Eligibility Information Bulletin Sign-Off Form
5. Concussion Consent Form
6. \$50 sports fee per sport (maximum of \$100 per year-collected through TADS)

Academic Eligibility

The academic eligibility policy at Lake Country Lutheran High School is designed to help students to become more successful. Students must be passing all of their classes to be eligible to compete. Grades are checked every week. Students with failing grades on Monday morning check are academically ineligible for that week. A three week grace period is given at the beginning of each semester. (A full description of the academic policy is available on request.)

State Association Eligibility Regulations

1. Students must be enrolled as full-time students at LCLHS to compete on interscholastic athletic teams for LCLHS.
2. A student who transfers to LCLHS from another school (or vice versa) without an accompanying change of parents'/guardian's residence after completing four semesters will be ineligible for that school year. Freshmen, having completed only two semesters are eligible to compete as long as they transfer at the beginning of the year. Waivers documenting extenuating circumstances may be requested from the WIAA.
3. A student who transfers to LCLHS from another school with a status of ineligibility for disciplinary reasons retains such status at LCLHS for the same period as decreed by the former school.
4. A student is ineligible to compete if he/she reaches his/her 19th birthday before August 1 of any school year. A student has eight consecutive semesters of potential eligibility, starting with the first semester of his/her 9th grade year.
5. A student must be an amateur in all sports recognized by the state association to compete in any sport. Students must not receive salary, cash, or merchandise for their achievements in athletics, they must not sign a professional contract, they must not permit themselves to be used in any way for commercial purposes because of their athletic status, and they must not play in any contest under a name other than their own.
6. Athletes must not compete in non-school events during the school season for that same sport.

School Regulations

1. Athletes not dressed for Physical Education class (unless excused by the Instructor) will not be allowed to practice or play in a contest that day.
2. No athlete will be allowed to practice or play in a contest if absent from school during the day. A student who returns to school by 11:30 am may participate in practice or contest. A parent excuse will be allowed for some absences (Doctor or dentist appointment, Field trip, College visit, Funeral, etc.)
3. A student who is ill on Friday and is absent the whole day can participate in competition on Saturday as long as the student has his/her parents' permission to compete, and the coach feels in his/her best judgment that the athlete is well enough to compete.

4. Original equipment issued to each student must be returned at the end of the season. Substitution of equipment will not be permitted. Athletes will be held financially responsible for all lost or damaged equipment issued to them.
5. All students who participate in the Athletic Program must be covered by medical insurance. If a student does not have insurance coverage, the school can provide the name of an agency that can provide coverage at a reasonable cost.
6. When a bus or van(s) is used to transport the team to an event, all team members must ride the bus or van(s), unless parents/guardians give the coach written notification that the athlete will ride with them or with another adult, and the coach agrees. Any student may ride home with a parent instead of the bus as long as the coach is notified.
7. If the team is to be transported in cars, those cars and drivers must be registered with the Coach, Athletic Director, and Principal prior to departure.
8. School-issued athletic equipment and uniforms are to be worn only for practice, competition, or to school (with administrative approval).
9. For teams traveling to away events, the minimum attire is based on the school dress code. Coaches may impose a more stringent dress policy.

Awards

Freshman team members are eligible for numerals and a certificate of participation. (Numerals are given to athletes following the successful completion of their first season in the LCLHS athletic program.) JV team members may earn a minor letter and a certificate of participation. Varsity team members may earn a major letter and major letter certificate. Other awards (approved by the coaching staff and athletic department) may be presented after the completion of the season during a banquet or other culminating event.

Addressing Your Concerns

Other than times that the student's mental or physical health is in danger, the STUDENT should bring his/her concerns to the attention of the coach. Only after this has occurred should the parent address the coach. The athletic director should be informed of these concerns and their resolution. If the students and parents and the coach cannot resolve their concerns satisfactorily, they should ask the athletic director to become involved.

If you have Questions about the Athletic Program at LCLHS

Please contact Janet Bahr, Athletic Director at 262-367-8600 X303 or email jbahr@lakecountryhs.org

But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. Now you are the body of Christ, and each one of you is a part of it. I Corinthians 12:18-20, 27

Whatever you do, work at it with all your heart, as working for the Lord, not for man. Colossians 3:23