



Lutheran High School

Parent/Athlete Handbook

2023-2024
(Last updated July 2023)

Introduction

The purpose of this handbook is to acquaint parents and student athletes with the athletic rules, regulations, and expectations of Lutheran High School.

The goal of Lutheran High School athletics is to glorify God through athletic competition.

Students who participate in sports tend to have higher grade-point averages, better attendance records, lower dropout rates, and fewer discipline problems than other students in general. In addition, sports programs provide valuable lessons for many practical situations (teamwork, sportsmanship, winning and losing, hard work, etc.). Through participation in athletics, student athletes learn self-discipline, build self-confidence, and develop skills to handle competitive situations in life.

It is a privilege to be able to participate in interscholastic athletics, and as a result greater expectations are placed on athletes beyond those required of the student body in general.

The Lutheran High School athletic program can play a vital role in educating young men and women for Christian leadership. It can provide the student athlete with opportunities to develop a sense of confidence, sound physical and mental health, and sportsmanship. It can teach the values of cooperation, competition, and commitment.

Lutheran High School - Athletics Mission Statement

Lutheran High School Athletics supports the mission of the school by committing to the Christian Character development of its student athletes. Through athletics, programs and coaches will encourage and instill the following core values:

1. The modeling of faith in Jesus Christ through sportsmanship and integrity;

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. (Philippians 4:8)

2. Accountability, responsibility, and excellence in academics.

As iron sharpens iron, so one person sharpens another. (Proverbs 27:17)

3. Teamwork;

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. (1 Corinthians 12:12)

4. Perseverance;

Let perseverance finish its work so that you may be mature and complete; not lacking anything. (James 1:4)

5. Training (physically, mentally and nutritionally for maximum performance);

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. (1 Corinthians 6:19-20)

6. Pursuit of excellence in competition;

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

Role of the Parent

Lutheran High School respectfully suggests that the parents of student-athletes:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- Encourage students to perform their best.
- Participate in positive cheers that encourage student athletes.
- Avoid and discourage any cheering that would mock, taunt, and/or intimidate opponents and their fans.
- Learn, understand, and respect the rules of the game, and the officials who administer them.
- Respect coaches and support them in their positions.
- Communicate to students that their efforts are appreciated.

When Conflict Exists with a Coach

Student athletes and parents should report any safety, legal, or morality/ethics concerns immediately to the Athletic Director or a member of the Athletic Department.

If conflict resolution with a coach is needed, Lutheran High School will follow the guidelines outlined in Matthew 18:15-17.

In that regard, it is recommended that the following guidelines are adhered to when dealing with conflict with a coach:

- A student-athlete should meet with his/her coach first to discuss an issue.
- If resolution has not taken place after the student-athlete meets with the coach, parents should communicate with the coach directly (phone call or email) to find an appropriate time to discuss the concern.
- Generally speaking, parents should avoid talking to a coach before or after a practice or a contest.
- Parents should generally expect that concerns shared directly with athletic administration will be shared with the coach.
- If these steps do not rectify the concerns, families can request a meeting with the Athletic Director (and with the coach if appropriate).

Academic Eligibility Requirements

Lutheran High School is dedicated to nurturing academic excellence in its students. Academic eligibility for athletics is determined by the constitution and by-laws set forth by the Colorado High School Activities Association (CHSAA) and approved by the administration of Lutheran High School.

1. A student must be taking at least 5 classes, or the equivalent, which total a minimum of 2.5 Carnegie units per semester. A student who receives two failures for any semester grading period is ineligible for participation in interscholastic competition for the next similar grading period.

2. Weekly eligibility reports are populated on Mondays, and two failures on any weekly eligibility report will make the student athlete ineligible to compete in any interscholastic activity, scrimmage or game from Tuesday of that same week through Monday of the following week. The student athlete will be expected to attend and participate in practices during that time unless a note has been provided to the coach indicating that the student is with a teacher working on the failures. Eligibility also applies to student managers, statisticians, and other student support personnel. Coaches will notify all student athletes of any failure notices that will affect weekly eligibility.
3. Only full-time LuHi students will be allowed to participate in school programs. "Full-time" is defined as being enrolled in a minimum of four classes through Lutheran High School, with the course selection being on track for graduation at Lutheran High School (ie. Theology). Pre-existing non-full-time cases/appeals prior to the 20-21 school year will be grandfathered through.

Required Participation Records

A yearly physical examination is required for all participants. The physical record must be signed by an authorized physician, and uploaded to ATGenius prior to participation in any sport. The physical form is good for one calendar year from the time of the examination.

Lutheran High School permission and waiver forms which are good for the entire school year must be completed through ATGenius for participation in athletics. These forms include warning of potential injury, insurance coverage, emergency medical authorization, training rules, CHSAA eligibility, transportation policy, emergency medical contacts, and a sportsmanship agreement.

Athletic fees for a given season will be withdrawn from the athlete's FACTS account 10 days after the release of the roster for each sport. No discounts, delays, or waiving of athletic fees is allowed for any student athlete. If an athlete is removed from the roster, voluntarily or involuntarily, more than 2 weeks after the release of the roster, no refund will be given.

Attendance

A student athlete is to be in attendance at school at least one half day (blocks, periods, hybrid, online) or with a class activity in order to participate in a practice, team activity, scrimmage or game. Any exception must have the approval of the Athletic Director.

Athletes who are suspended from school may not practice or compete during the period of suspension. The Principal will notify the student, parent, and coach of such action.

The student athlete is expected to attend all practices, meetings and contests of the particular sport in which they are involved. Exceptions can be made in the case of illness, a disabling injury or extenuating circumstances that were previously discussed with the coach. Unexcused absences will result in disciplinary action up to and including suspension and removal from the team.

In most sports, every student athlete is required by CHSAA to participate in a minimum number of practices before participating in an interscholastic game or scrimmage.

Participation Requirements

Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate in athletics are required to meet standards of personal behavior and academic performance that are determined by the school and program.

Participation rules of note:

- The student athlete must not have turned the age of 19 before August 1st of the current school year.
- Transfer students from another school must receive approval from CHSAA using their process for applying for an approved transfer.
- Students who attend more than 8 semesters (if they began school as a ninth grader) or 6 semesters (if they began high school as a tenth grader) are ineligible for high school athletics.
- According to CHSAA by-laws, participation in an interscholastic try-out, practice, or contest for any length of time shall constitute a season of participation.
- If an athlete wishes to change sports during a season, he/she should consult with both coaches concerned and the Athletic Director.
- The student athlete may compete on any other team, or in any non-school activity or event in that sport during the sport's season only with the written permission of the Principal. Permission shall be granted if the student's class attendance is not compromised and the student is in good academic standing.
- Some sports have a roster limit, which means that not all interested and able student athletes may find a place on a particular team. A program's choice to cut or not to cut is based on a variety of factors, chief among them the nature of the sport, the size and availability of

facilities, coaching duties and minimum requirements/skills. Coaches will clearly spell out the skills and qualities necessary to make their team. Athletes will be given feedback on their performance during tryouts. Coaches will make themselves available to schedule a meeting with any student who has been cut.

Training Rules

Training rules are for the benefit of both the student athlete and the team. They are in effect from the first day of the season through the last contest of that season. These regulations also apply to managers, trainers, and other student support personnel as well as the participating athletes.

Training rules at a minimum for a given program will include the following rule:

The use or misuse of tobacco/nicotine products, alcohol, non-prescription or prescription drugs or possession of drug paraphernalia during the season of participation in athletics at Lutheran High School is prohibited.

Generally speaking, the penalty for the violation of the above statement will be a suspension from participation. A suspension may run into the next season if the suspension occurs at the end of a season. The suspended athlete may be allowed to practice with the team during the suspension.

A reinstatement conference between the coach and the athlete is required prior to returning to the team.

Coaches, with the consent of the Athletic Director, may require athletes to observe additional training rules for each sport. The individual coach is then responsible for both enforcing these additional rules and the discipline of athletes who violate said rules.

Statement on Supplements

The use of illegal performance enhancing substances such as anabolic steroids, diuretics, HGH, etc. is included in the athletic training rule statement above and will result in dismissal from the team.

For legal supplements, it is proper for an athlete to consult with a doctor prior to the use of such products.

Transportation Policy

In most cases, Lutheran High School is committed to providing transportation to practices and games for athletes.

All athletes and participants must travel to and from athletic practices and contests in vehicles approved by the school (commercial carriers or private vehicles) unless the coach and parents have made previous arrangements. Arrangements must be made by the parents through the head coach.

Students who have written parental permission may be used to transport students to and from practices and games provided the distance does not exceed 30 miles one way and provided the passenger / students have written parental permission to travel with other students as drivers.

In all cases where private vehicles are used for student transportation, it is understood that the insurance of such vehicles becomes the primary carrier.

Student athletes are to remain with their team and under the supervision of their coach when attending away contests.

Athletes that miss the transportation (bus or private vehicle) may not be allowed to participate in the contest unless there are extenuating circumstances that warrant such approval by the coach.

Generally speaking, the schools' rules and code of conduct during the school day also apply to athletes at away practices, games, and scrimmages.

Overnight Travel Procedures

Overnight travel trips are sanctioned events sponsored by Lutheran High School. All school policies are in force on said trips and participants (athletes, coaches and parents) will be accountable to the policies, rules, and expectations of Lutheran High School.

Basic expectations include:

- Athletes should stay in a team room. An exception to this rule may be granted by the Head Coach when an athlete will be staying with his/her parents.
- Athletes staying with their parents will abide by all the same rules and regulations set forth by Lutheran High School and specific teams (curfew, team meetings, etc.).

- The coaching staff has the responsibility of room assignments and supervision of all team rooms. Athletes may not switch rooms for any reason without approval from the Head Coach.
- The Head Coach will communicate a set curfew each night. The coaching staff will enforce this time with hallway and room checks as necessary. Athletes that violate curfew rules will face disciplinary action consistent with their actions.
- No fraternization between genders will take place inside of a hotel room. Any visiting between genders will take place in the hallway outside of the hotel room or in the hotel lobby with adult supervision.
- No congregation of large groups of players inside a single hotel room is allowed unless there is a team meeting held by a member of a coaching staff, or special circumstances approved by the Head Coach.
- Athletes may not leave the premises of the hotel unless they are accompanied by an adult. If an athlete is going to leave an event, the hotel or any other team activity, they must get prior approval from the Head Coach. The coaching staff should know the whereabouts of each athlete at all times.
- The coaching staff should communicate these travel policies, team rules and the Lutheran High School travel policy with all student-athletes and parents prior to departure for the trip.
- Any behavior that takes place on a trip that violates school policy must be communicated to school administration immediately following the events.

Gym / Field / Equipment Regulations

Student athletes are not allowed in the gym, on the playing fields, or in the weight room without the supervision of their coach or an appointed staff member.

During the practice of any sport, only those students involved in that particular sport are to be present at that site.

No street shoes should be worn on the gym floor.

All coaches and students are responsible for taking care of the gym and playing fields so they may be kept neat, clean and orderly at all times.

Lutheran High School will furnish game uniforms and equipment needed for each particular sport. It is the responsibility of the athlete to furnish shoes, undergarments, towels, and personal items for the sport. The student athlete is responsible for keeping the equipment clean and in good condition and will be charged for the replacement of all lost or damaged equipment. The student athlete will not be allowed to participate in the next sport until all equipment is accounted for or paid for.

Lockers / Locker Room Regulations

It is the responsibility of the student athlete to keep all valuables under lock at all times. Each student is discouraged from keeping large amounts of money or expensive items at school as the school is not responsible for lost or stolen items.

Only coaches and assigned participants are allowed in the locker rooms.

Rough play and activities that are harmful to participants in the locker room are not allowed.

Athletes are responsible for keeping the locker room clean.

The locker rooms will be locked as often as is feasible. If access to the locker room is needed a staff member must be summoned.

All athletes are encouraged to practice good hygiene after practices and contests.

No glass containers or food should be brought into the locker room.

No photos or video are allowed in locker rooms.

College Recruitment

In the event that a college recruiter contacts an athlete, it is best that he/she informs their coach as soon as possible. The athlete should then work through the athletic department to ensure proper procedure is followed.

Coaches will help student athletes attain scholarships where appropriate. It is important that the coach is honest and fair with their evaluations and that parents and athletes are realistic in their goals and expectations.

If a student athlete wishes to practice and play in their freshman year at a NCAA Division I or II college, or an NAIA institution, they must satisfy the requirements of those organizations.

Families can check with *the LHS NCAA Eligibility Coordinator* for more specifics or to answer any questions regarding academic eligibility.

Injury Procedures

Injuries that occur while participating in athletics should be reported to the coach and athletic trainer. If the injury requires immediate medical attention (an “accident”), school administration should be notified and a report filed.

If a student athlete is injured outside of athletics at Lutheran, parents and the athlete should assist coaches and trainers in understanding the extent of the injury.

If at any time an athlete is removed from participation because of an illness or injury, (especially a situation where a concussion is suspected), he/she must have a written release from a doctor before returning to participation. The school’s Athletic Trainer will provide guidance through this process.

The coach's first concern is for the safety and health of the student athlete. If at any time a coach feels that a participant may bring further harm to the athlete or others, that coach or athletic trainer is granted the discretion to remove the participant from the activity. Coaches will heed the advice given by the athletic trainer and doctors and may ask for further input from a doctor before allowing further participation.

In the event that an athlete takes an extended time to heal, they are expected to attend practices, meetings, and games even though they cannot participate. Special consideration will be given to season-ending injuries.

Weight Room Regulations

All students must be under the supervision of a coach or appointed staff member while in the weight room.

No person is to be in the weight room alone. Lifters must work with a spotter.

All weights and equipment are to be replaced on the proper racks / hangers.

Shirts and shoes are required at all times.

All posted weight room regulations should be followed.

Lettering Policy

In order for an athlete to letter at Lutheran, they must have made a significant contribution to the varsity squad in that sport. In general, the athlete should have played in at least 1/2 the total number of quarters, periods, innings or games. Individual sports may have developed a point system to determine letter winners.

In an outstanding case where an athlete has contributed greatly to the benefit of the team and has not met the specific requirements for a letter, he/she may be awarded a letter upon the recommendation of the coach and approval of the Athletic Director.

A student athlete injured while participating in a sport who is not able to participate further may receive a letter by a recommendation of the coach and approval of the Athletic Director.

A student athlete who has been a member of a team for four years without earning a letter, may be awarded a letter by recommendation of their coach.

Managers, statisticians, trainers, videographers etc. may earn a letter after the second year and each succeeding year that they serve in that position. In an outstanding case, a letter may be awarded after the first year.

Additionally, letters may be based on the following: Attendance, attitude, punctuality, sportsmanship, leadership, work ethic, CHSAA and school academic requirements.

The Athletic Director may approve letter award requests when extenuating circumstances prevail.

Hazing

The Colorado High School Activities Association and Lutheran High School prohibit bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal and emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. Hazing is not permitted in any kind of Lutheran High School activity. It is everyone's responsibility to immediately report any acts of hazing that they become aware of to a coach or administrator at Lutheran High School. Any hazing violation could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

Social Media

Social media networking provides useful opportunities to expand connectivity and develop your personal brand as well as that of Lutheran High School, the department of athletics, and individual sport programs. With that being said, each student-athlete must remember that playing and competing for Lutheran High School is a privilege, not a right. As a student-athlete, you represent Lutheran and you are expected to portray yourself, your team, and Lutheran in a positive manner. Student-athletes should keep in mind the following guidelines if they choose to utilize social media:

- Everything you post is public information; any text or photo placed online is completely out of your control the moment it is placed online, even if you limit access to your site. Information (including pictures, videos, comments, and posters) may be accessible even after you remove it.
- What you post may affect your future. Many employers and higher education schools review social networking sites as part of their screening of an applicant. Carefully consider how you want people to perceive you before you give them the chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Department of Athletics will not tolerate disrespectful comments and behavior online. This includes but is not limited to the following:
 - Unsportsmanlike conduct including trash talk or disrespectful comments aimed at teammates, coaches, opponents, and/or officials.
 - Derogatory or defamatory language.
 - Comments that create a danger to the safety of another person or that constitute a credible threat of physical or emotional injury to another person.
 - Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the Lutheran High School Student-Athlete Code of Conduct.
- Report any problems or concerns to your coaches or Athletic Department personnel.

As the online world continues to change, this policy is considered fluid and can be added to and/or changed at the discretion of Lutheran High School.

Sportsmanship

Spectators

Lutheran High School takes pride in the attendance and support from our parents and community. We believe our actions should always be Christ honoring and the behavior and/or actions of our supporters can have both a positive and negative impact on the overall experience of our student-athletes. Because of this, spectators will be held to a high standard of sportsmanship. Below is a list of guidelines to consider while attending a Lutheran High School athletic event. These guidelines apply to both home and away competition:

1. Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.
2. Exhibit positive behavior with opponents and fans before, during and after the contest.
3. Enthusiastic cheering for one's own team is encouraged.
4. Negative remarks, including booing, shall be avoided
5. All noisemakers at both indoor and outdoor competitions are strictly prohibited.
6. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
7. Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school administrators
8. Spectators will respect and obey all school officials and supervisors at athletic contests.

Failure to be an example of these athletic practices could result in a removal from a particular sporting event. Any athletic official, including but not limited to, officials, athletic directors/coordinators, principals, assistant principals, site directors and anyone else in an administrative role on the site, may uphold enforcement of a removal. The repercussions following a removal will be reviewed on a case-by-case basis and depend on the severity of the offense that led to the ejection as well as the offender's history of behavior at sporting events.

Student Athletes

The behavior of our student athletes before, during, and after competition is what sets our athletic teams apart. It is expected that our student athletes' behavior will directly correlate with the core values of this athletic department. The Lutheran Athletic Department is committed to teaching and holding our student athletes accountable to consistent display of good sportsmanship and Christ honoring behavior. We ask that our student athletes pledge the following:

- I will lead by example and therefore will practice good sportsmanship as an example for others to follow.
- I will give positive encouragement to my teammates during games and at practices.
- I will not use foul language, derogatory terms, or any other negative remarks towards others
- I will not engage in trash talk, obscene gestures, physical altercations with opponents
- I will treat my coaches, opponents, officials, and fans with respect
- I will win with humility and lose with dignity.
- I will give my full effort each and every day at games and practices.
- I will earn the right to have fun during my sports experience by coming to practice with the intent of becoming a better athlete and, more importantly, a better person.
- I will not argue with officials.
- I will not engage in taunting of the opponent, spectators, officials, or opposing coaches
- I will leave areas as clean or cleaner than I found them

Failure to adhere to the guidelines above could result in removal from the competition and further discipline at the discretion of the head coach and/or Athletic Director.