

# **ATHLETIC POLICIES AND PROCEDURES**

## **1. PURPOSE OF SPORTS DAY**

Get to know one another, give general information, answer questions, run, eat, and encourage all of us to “CELEBRATE ST. CROIX ATHLETICS.”

## **2. SPORTS**

Volleyball, Girls’ Soccer, Boys’ Soccer, Cross Country, Girls’ Tennis, Girls’ Swimming, Bowling, Football, Boys’ Basketball, Girls’ Basketball, Wrestling, Dance, Boys’ Hockey, Girls’ Hockey, Softball, Baseball, Girls’ Track, Boys’ Track, Golf

## **3. PHYSICALS AND MSHSL FORM**

Both are necessary in order for an athlete to practice.

On the MSHSL form, section: “MSHSL Annual Health Questionnaire Form”, especially be aware of filling out the “Notes for coaches or activity director...” above the signature area of the document.

## **4. MSHSL ELIGIBILITY**

Any consumption of a chemical substance such as alcohol, drugs, or tobacco, causes an athlete to be ineligible to participate in contests. This eligibility rule applies to the time period that begins when an athlete enters 9<sup>th</sup> grade and extends continuously, including summers, through the 12<sup>th</sup> grade. This also applies to all other MSHSL eligibility rules.

## **5. ACADEMIC ELIGIBILITY**

A minimum 1.67 (C-) grade point average and no more than 1 failing grade is necessary for an athlete to remain eligible to play in contests.

## **6. PRACTICES**

Practices are usually after school until 5:00 – 5:30pm. Teams share the gym, so coaches alternate early with late practices until 8:00pm. Attendance at all practices is required.

## **7. SCHEDULES**

Contests are listed on the school web site with a link to the Tri Metro Conference web site ([www.trimetro.org](http://www.trimetro.org)). Additions or changes will appear on this web site as soon as they are made. Sign up under “Notify Me” for automatic e-mail notification of schedule changes of the designated sports. These will also be presented to students in the daily announcements, which are also available on the St. Croix web site.

Transportation schedules for away contests will be given to athletes by their coaches.

## **8. DIRECTIONS TO CONTESTS**

Directions for the various activity sites are available on our web page.

## **9. CELL PHONES**

Athletes can use cell phones on away trips to call for a ride home from SCLHS.

## **10. TRAVEL**

Each coach will give specific information for away trips. Written permission from parents must be given to a coach when an athlete does not ride on the team bus/van.

## **11. INJURIES**

Coaches treat minor injuries. Taping, wrapping, and applying band-aids and ice are usually the extent of this treatment. For more serious injuries, proper first aid procedures are followed on the spot and further emergency medical help is obtained if necessary. For these injuries parents are contacted for information and guidance.

## **12. WEIGHT TRAINING**

Many coaches require weight training in order to help athletes prevent injuries, develop physically and improve in sports. SCLHS carries out a weight program applicable to all sports.

## **13. LETTER**

Achievement letters are awarded to athletes on the varsity who meet a coach's criteria. An athlete must be and remain eligible for the entire season in order to letter. Quitting the team for any length of time or an unexcused absence from any practice -- defined as not contacting and receiving permission in person from the head coach -- is grounds for not lettering.

## **14. MISSING SCHOOL**

On the day of an athletic contest, participating students are expected to be in school all day. Students who miss classes due to illness or who have an unexcused absence will not be permitted to participate in any contest on the day of the absence. Students who miss class(es) due to scheduled appointments (i.e., doctor, dentist, college visit) must provide written documentation of the scheduled appointment, including contact information of the provider, and a written excuse by a parent/guardian before they are allowed to participate on that day.

## **15. CRUSADER BOOSTER CLUB**

The Crusader Booster Club has been organized to promote St. Croix and its athletes through the athletic program. One of the ways to support the program is by serving as a ticket taker or concession worker. Call the office to volunteer for a convenient date and time. Your part in this endeavor adds a lot to the program and is greatly appreciated!

## **16. CUTS**

Some sports require cuts if a large number of athletes try out for the team. Preparing your son/daughter for this before they try out will be beneficial for them

## 17. COMMUNICATION

### Our Philosophy

- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- St. Croix Lutheran High School's athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understand the focus and direction of the program.

### Your Expectations

- A. It is reasonable to expect your child's coach to inform you:
1. When and where practices are held.
  2. About his/her coaching philosophy.
  3. About expectations he/she has for all athletes on the team.
  4. What is required to be a member of the team.
  5. If your child is injured during participation in a practice or contest.
  6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.
- B. It is reasonable for you to expect that your child will receive:
1. Coaching that will be geared to improvement of skills.
  2. Instruction in being a member of a team.
  3. Guidance in positive Christian values.
  4. Loving discipline when necessary.
  5. Open communication on any topic.
  6. Care and Christian concern.
- C. Typical concerns of parents that are **appropriate** to discuss with a coach are:
1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
  2. How you can contribute to your child's skill improvement and development.
  3. Any dramatic changes you detect in your child's behavior.

### Our Expectations

- A. It is **inappropriate** to discuss with a coach:
1. Playing time.
  2. Team strategy or play calling.
  3. Other student athletes.
- B. Coaches often need parents to tell them:
1. Any specific health concerns about your son/daughter expressed directly and informally to the coach at a mutually convenient time.
  2. Notification of any schedule conflicts well in advance.
  3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your son, daughter is at practice each day on time and to supervise that your child gets enough rest and nutrition at home.
  4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.
- C. If you have a concern to discuss with a coach, what procedure should you follow?
1. Make an appointment with the coach.

2. If the meeting with the coach does not result in resolution to the problem, call the Athletic Director to discuss the situation.

### **18. PLAYING TIME**

This is usually the area of most concern.

1. Coaches evaluate athletes daily.
2. Coaches see each athlete every day at practices and in games.
3. Coaches make playing-time decisions based on an athlete's ability, effort and attitude. The most important of these usually is ability.
4. On 9<sup>th</sup> and JV teams – All athletes get some playing time with those with more ability getting the greater amount of playing time.
5. On the varsity – Athletes with the greater ability get most playing time.

### **19. SPORTSMANSHIP**

Coaches, spectators and athletes show respect at all times to officials, opponents, and spectators of the opposing team. Each one of us has a great opportunity to show who we really are, especially in an emotional setting like an athletic contest. Even though many times this is difficult, it is vital to let people see us as the Christians we are, showing love and respect to all.

### **20. ATHLETICS IS MINISTRY**

Athletics is one part of our ministry here at SCLHS – just like math class, history class, religion class, chapel, band, plays, speech, Right Triangle, etc. The goal in athletics is the same as in all other aspects of our ministry – prepare young people for life, a life with Jesus Christ as the foundation and focus. Athletics provides a wonderful arena to actually practice Christianity (leadership, sportsmanship, teamwork, effort, enthusiasm, caring). This is the reason SCLHS exists. This is the reason we have an athletic program. We, as coaches and parents, want to keep this as our major focus as we work with our young people this year in athletics.