

ST. CROIX LUTHERAN HIGH SCHOOL CRUSADER PRIDE

P: Personal Virtues

R: Respect

I: Intensity (Mind)

D: Desire (Heart)

E: Effort (Body)

Purpose

The purpose of the St. Croix Lutheran High School athletic program is, by expending one hundred percent effort to reach the highest level of individual performance in a team setting, athletes strengthen Christian character in all aspects of their lives.

Goals

1. Instill the attitude that one hundred percent effort is part of God's plan for our entire lives.
2. Practice personal virtues that are motivated by God's love for us.
3. Foster interpersonal relationships that encourage us to relate in Christian love to all people.

Assumptions

1. **We assume you want to be the best athlete**, as God has given you the strength. This is important because when coaches look at you, they see what you could and should be and will push you to achieve your maximum. You will never be allowed to settle for less than your best.
2. **We assume you want to win**. You must want to compete at a level that our opponents cannot endure for the contest. Demand a higher level of intensity, aggression and perseverance than our opponents do. We do not pay the price to compete; our opponents pay price for scheduling us.
3. **We assume you want to play for a championship team**. Our practices and our off-season programs are designed to produce a champion. You understand that the decisions made are made with the priority being the team. The individual must come second. Players must understand that the positions they play are where they help the team the most. Players are not assigned to positions where they or their parents want them to play.

4. **We assume you want to play “Crusader” athletics.** In the field or on the court, wherever “Crusader” athletics is played, we expect the most intense - physically and mentally - aggressive athlete. Off the playing field, we expect perfect ladies and gentlemen. You must be able to turn it on and off. We never get angry or lose our cool; we just play “Crusader” athletics: INTENSE! The ultimate compliment is for someone to say because of your off-the-field behavior,
“He/she is too nice to be that person I see on the field/court.”
5. **We assume you will want your Christian virtues to be a clear witness to all** who see you participate. You will be encouraged to develop or improve on these virtues. You will be held accountable and responsible to be positive, joy-filled people. You will learn that the more you give in a positive manner, to your church, your family, your school, your community, and your team, the greater impact your witness will have. You will learn the influence you have on younger people and allow them to be impacted by your words and actions.
6. **We assume you expect to graduate with the highest grades,** according to the ability God has given you. We will not simply try to keep you eligible; you will be pushed to earn the highest grades that you are capable of making. You will be responsible to the team to turn in all assigned homework on time. You will be expected to give maximum effort in all classroom assignments.
7. **We assume you want to have fun.** Athletics is to be enjoyed. To receive full enjoyment, you will learn to put forth your best physical and mental effort in order to play correctly in a team setting.

Player Expectations and Consequences

1. Attendance

Come every day on time. If you cannot physically practice, come and encourage your teammates. If you cannot come to practice, call or talk to the head coach personally. We expect every player to be at practice. If you do not let us know, we fear the worst. Go the extra effort to let us know; do not send messages with someone else. You must come to every practice to reap the benefits. Irregular attendance makes it difficult or impossible for you to be part of the team.

2. Attitude

Come every day with expectations of something great happening. You do not sing because you are happy; you are happy because you sing. You cannot teach a person who does not want to learn.

Losers view the player-coach relationship as a competition - player trying to do as little as is necessary, coach trying to get more. Winners see player-coach relationship as a co-operative effort to make the player the best that he/she can be. Have great expectations daily.

3. Effort

You are expected to give great effort on every play. How close to one hundred percent you can get is the goal. You decide on each play, each drill, exactly how much effort you will give. Effort is simply a habit. A player with less ability who gives one hundred percent every play is often more productive than a more talented player who gives one hundred percent only under ideal conditions. If you cannot go one hundred percent, tell your coach. We do not want ninety percent. We want either one hundred percent or zero percent – it is all or none. During practice, get in the habit of giving one hundred percent. Take each play, each drill one at a time. MAKE EFFORT A HABIT.

4. In-Season Weight Training

There is no such thing as a vacation from weight training. In season athletes are encouraged to weight train at least two thirty-minute sessions a week.

5. Off-Season/Summer Weight and Speed Training

Off-season/summer weight and speed training is the way for an athlete to reach the highest level of athletic performance. It is important that athletes give one hundred percent effort in the off season/summer. Working together as a team builds team unity and results in maximum physical benefits.

Consequences:

Since participation in a sport is based on performance, off season/summer programs will enhance this performance. Athletes who choose not to work in off season/summer programs may not become the best they are capable of, may not help the team as much as they could, and may not be able to give one hundred percent at all times.

6. Compete

What you are watching when you see two teams competing is more of a contest of wills than skills. Skill will only come into play if one team is so superior in skill that the wills are never tested. “Compete” means to stay true to your colors. “Compete” means to expect, prepare, practice and play to win. It is higher than participation; it is to empty yourself physically and mentally to achieve victory. It is to sacrifice individualism and become part of something bigger. “Compete” means to be unafraid to make mistakes. It means to be fearless of failure. “Compete” means to always encourage, never criticize teammates.

7. Substance Abuse

SCLHS is a member of the Minnesota State High School League, which has strict rules against substance abuse. There are positive reasons for these strict rules that you need to consider. Your body is a temple of the Holy Spirit, and as such we do not want you to soil that temple.

The greatest killer of people in your age group is a drunk driver. If you use alcohol or drugs to have courage, you are a coward, and alcohol and drugs cannot change that. If you use alcohol and drugs to run away from a problem, you do not solve a problem,

you create a second problem. If you use alcohol and drugs to “have fun”, you do not understand that most drugs and alcohol are depressants to the body, and they are one of Satan’s greatest lies to rob you of any fun you can have in the long run.

Alcohol, tobacco and drug use also present many life-long negative consequences to your physical body. These consequences are well documented by the medical profession. All of these consequences are very contrary to your ability to perform at a 100 % effort level in sports, and are a definite health risk to your body. When you take the first puff of a cigarette or joint, consume the first sip of alcohol, or pop the first pill of an illegal drug into your mouth, you have violated your word and commitment to yourself, your Lord, your team, your coaches, your school, and the High School League. You will hurt your parents and family. Our coaching staff will not defend your actions. You have committed a very selfish act.

Consequences:

This selfishness can cause you to suffer the consequences of the high school league:

1. First offense: Two-week or two-game suspension (whichever is longer). You will still be required to practice during this time and to be at games (not in uniform).
2. Second offense: Six-week or six-game suspension (whichever is longer). You will still be required to practice during this time and to be at games (not in uniform).
3. Third offense: Dismissal from all school sponsored sports.

These rules are enforced your entire high school career, including during the summer. Be a person of Christian character, as demonstrated by your willingness to abstain from these common traps and excel to uncommon heights.

8. Character

We are Christians. We are under a microscope – people watch how we react in different situations. Wherever you are, you represent your Savior, your school, your family and yourself. As an athlete at St. Croix Lutheran High School, people look up to you. You influence little kids and inspire grandmas and grandpas. Remember, your words and actions reflect who you really are.