

# **Trinity Lutheran School**

**2025-26**



## **Athletic Handbook**

# **Trinity Lutheran School Athletic Handbook**

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Dear Parents,

Attached is the school's policy on interscholastic athletic activities. Our school covenant applies to the relationships and activities of athletics as well. This policy speaks in more detail to the importance of each child, provides opportunity for all interested students to enjoy interscholastic sports, and gives more specific direction to students, parents, and coaches. The following guidelines have been established for our athletic program so that all things can be done appropriately, in order, and that all words and actions may glorify our Savior, Jesus Christ. We encourage you to take time to read this document carefully. We trust that you too will be pleased with the direction it gives. Thank you for your support.

*Andrew Hulke, Principal      Andy Kline, Athletic Director      The School Board*

### **Athletic Policy**

The Principal and Athletic Director shall strive to provide and manage an age appropriate, competitive, interscholastic athletic program.

#### **Section 1. Philosophy**

The purpose of interscholastic athletics at Trinity is for the athlete to improve their God given talents through team sports, developing their skills, and building relationships.

Playing time in games will vary according to the player's ability level and their effort in practice. It is our goal to give all team members meaningful participation in games and practices. Players wishing more playing time in competition should meet with the coach to learn which skills need to be developed during practices and in off-season and after-practice situations. Athletes and parents might consider developing their skills more fully through summer leagues, camps, etc.

Trinity applies Christian attitudes in athletics. 1 Corinthians 12:12 says, "*The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body.*" 1 Corinthians 10:31 tells us, "*So whether you eat or drink or whatever you do, do it all to the glory of God.*" As God's children, we all are commanded to use every opportunity to reflect the love of the Savior. We expect our players, coaches and spectators to conduct themselves in a Christ-like manner at all games and practices.

#### **Section 2. Research on Young Athletes**

In our efforts to develop policies that promote the healthy development of our children and in the context to try to understand the appropriate place and level of competitive activities it is important to have some sense of the developmental characteristics of children in grades K-8. Realizing that it is very difficult to briefly describe the many facets of development, we will focus on psychosocial development. A primary area of our concern is the impact of competition on the child's developing sense of self and their relationship with others.

### ***The Age of Expansion: 4-7 years***

At this age children are busy formulating their own perspective, their own plans, purposes, and ideas. Their minds and bodies are growing a mile-a-minute, and they don't seem to have time to take it all in. The child is taking a serious interest in the social world around them, and they thrive on lots of love and attention. They are eager to please and have a difficult time when they sense disapproval. This is an age of energetic social learning through play and watching closely to see what grownups and older children are like and what they do. Activities should be fun, playful, and focused on skill development. Some caution needs to be exercised to control the development of expectations too far beyond their abilities.

### ***The Age of Striving for Achievement: 7-11 years***

The child in this stage is learning the feeling of satisfaction in saying; "I can do it!"; "I know how/why!"; "Look at what I made!" This is the time when fantasy lessens and the child settles down to do real things and wants to be good at them. The child is developing specific interests in activities and is likely to begin shying away from those that they think they have little chance of success at or are too embarrassed to try because they're "not good enough". The child needs encouragement and assistance in doing things at which they can succeed and feel good about themselves. This is also the time when team membership is becoming very important with the approval of one's peers having a significant impact on one's self-image. Children at this age are a little more accurate in their self-perceptions; however, a sense of failure and fear of embarrassment can leave them with the impression that "I'll never be any good at ...." Children at this age are readily picking up the attitudes and values of the community around them, and they are keenly aware of what counts.

### ***Early Adolescence: 12-14 years***

This is a time of many changes coupled with a very self-conscious and often self-critical appraisal of these changes. Early teens tend to be easily embarrassed, very sensitive to comparisons, and strongly motivated to avoid the disapproval of peers. Peer pressure is probably at its greatest, and the teen is very much aware of those avenues that seem to lead to popularity, status, and recognition, as well as those that often result in unpopularity and disapproval. Typically, teens have a strong need to "prove" themselves by often turning to sports and other peer/society defined activities as a means of being accepted. The young adolescent is also in the process of refining their sense of identity with the particular danger of often allowing one or two activities or relationships to become the core of their identity. Those who can't live up to the abilities and expectations of others may find themselves left out or actively avoiding many activities. Perhaps the most challenging aspect of this age group is their moodiness, inconsistency, and belief that they are a lot more grownup than they really are.

### ***Competition Perspective***

From a developmental perspective, questions about competition seem to boil down to two major concerns. First, competition tends to involve significant social evaluation of one's abilities (often for the adolescent of one's total identity). Any achievement situation involving social evaluation of ability that the child considers important can be threatening if they anticipate failing or getting negative appraisal from others. In evaluating the place and role of competition, we must consider the social evaluation potential of the activity recognizing that some activities may be inherently more evaluative than others and therefore require more planning or management.

Those activities that have one or more of the following characteristics may lead to an intensity of competition that is counterproductive:

- highly visible performance
- focus on individual performance
- tend to emphasize key positions or situations
- activities where winning or losing tends to be taken very personally by self/others

The second consideration is that we must remember that competition is a process, not a product. Competition, at the appropriate intensity can be helpful for skill development as well as personal and social maturation. The problem with competitive situations seems to be that competition is often reduced in meaning to the final score, winning or losing. The literature on the negative impact of competition on children seems to clearly point out that it is extremely important to put the win-loss aspect of competition activities into perspective. To create an atmosphere fostering both healthy development and achievement, realistic performance goals should replace winning as the principle criteria for success. (Performance goals focus on skill development and cooperative team efforts.) By striving for and attaining performance goals, a feeling of personal accomplishment can be achieved by all participants regardless of the outcome.

### **Section 3. Participation/Discipline**

Participation in extracurricular activities is a privilege, not a right. Students, as representatives of the Christian school community, must demonstrate the lordship of Jesus Christ in their daily lives. All children who demonstrate an interest to participate in any aspect of the interscholastic athletic program will become a team member. Trinity has a "no cut" policy.

The number of games per sport will depend on the number of available opponents; we will try to include one tournament for each team. The number of students opting to participate in a particular sport will determine the playing time, in addition to effort and ability. The younger the grades, the more playing time is shared. Not everyone sees action in tournaments, but the coach will try.

The "A" and "B" teams shall be determined by the coach. If a coach sees that there is a lower grade athlete with significant playing ability to place them on the "A" team, the coach shall have that right.

#### **Trinity non-student Ineligibility:**

1. Students who have been placed in an alternative educational program (outside of Trinity) will be denied participation on athletic teams at Trinity Lutheran School.
2. Members of Trinity Lutheran Church who attend public schools are only eligible to play on the Trinity School athletic teams if:
  - A. They are needed to fill the team.
  - B. The sport is not offered at their school in their grade level.

#### **To be Ineligible Academically:**

##### **Academic Eligibility**

1. A minimum of 2.0 grade point average must be maintained for those who wish to participate in Trinity athletics.
2. **A failing grade in any subject will render the student ineligible for one week when the status will be reviewed by the teacher and athletic director.**

**A student who is determined to have an incomplete or failing grade in any subject will be ineligible until the work is completed and has been recorded by the teacher.**

**3. Students may also be held from practicing until the work is completed.**

1. The AD is alerted by the classroom teacher, through email with the principal copied in, including what improvement has to happen to play again.
2. The AD notifies the coach of the athlete's status and also notifies the student, parents, and principal.

**Ineligibility Due to Discipline**

Student classroom behavior is a top priority at Trinity. Any student receiving 3 behavior slips in a 3 week period will be suspended for 1 game. Six or more behavior slips in a 3 week period will result in the athlete being ineligible for 1 week. Further discipline issues may result in an in school suspension.

3. An in-school suspension will result in said person being suspended from extracurricular activities for three weeks when the status will be reviewed by the teacher(s), athletic director, and the principal.
4. An out-of-school suspension will result in said person being suspended from extracurricular activities for six weeks when the status will be reviewed by the teacher(s), athletic director, and the principal.
5. Upon the second suspension, the student will forfeit their eligibility for the rest of the school year.

Athletes must be in school by 12 noon (on a school day) to participate in a practice or a game unless excused in writing for attending a doctor's appointment, funerals, etc.

Individual students must attend all scheduled practices, team meetings, and games.

- a. Students will be excused because of illness (parental communication required).
- b. Students will be excused for other circumstances with the excuse given one day in advance and communicated by the parent
- c. **Any student who has an unexcused absence from a scheduled practice, team meeting, or game will not suit for the following game.**

**If a student has been excused from practice with a medical excuse, a medical clearance will be required in order for them to participate in practices or games.**

**If an athlete becomes ineligible, he or she will participate in practice and should be present for games.**

If sick during the school day, the individual should not attend games or practices. The coach need not be contacted if the child leaves school because of illness. If the child is in school for the 2<sup>nd</sup> half of the day, they may attend practice or games.

Individual students must demonstrate their desire to cooperate with the coaching staff and other team members during practices, team meetings, and games. Continued failure to cooperate will jeopardize individual playing time and may even lead to suspension from the team.

Students who consistently demonstrate lack of respect to fellow student athletes or authority, demonstrate poor attitudes, do academic work below their level of ability, or become involved in behaviors which diminish Christ's name, may lose the opportunity to participate in extracurricular activities. Notification of probation or suspension will be given to the student and his or her parents by the principal or athletic director when any of the above occurs. A suspension from any extracurricular activity will be a minimum of one week in duration, and permission to participate in extracurricular activities will not be granted until improvement is obvious.

The coach is responsible for the actions of the children under their supervision at the time of games and practices. All major disciplinary actions will be reported to the Athletic Director or Principal. The signed school covenant applies to athletics as well.

### **Steps for Handling General Misconduct**

- Step 1: Sit the child out of practice or game, and parent(s) and Athletic Director will be notified.
- Step 2: The coach will notify the parent(s) & the AD and meet to plan a course of action
- Step 3: The coach, Athletic Director, and parent(s) will meet further to discuss the situation and to join in a united effort in disciplining the child.
- Step 4: Disciplinary action will be taken by the principal

Gross misconduct will be reported to and handled by the Athletic Director and/or principal, using the school discipline guidelines. Gross misconduct may include but is not limited to: fighting, stealing, defiance or disrespect to coaches, vandalism, and use of alcohol, tobacco, E-cigarettes and other drugs.

## **Section 4. Guidelines for attending Afterschool Athletic Events**

*(Students in attendance need to be supervised. If parents or legal guardians are not in attendance, students must have written permission.)*

### **Extended Childcare Center**

If your athlete will be staying after school for practices or games during basketball, they will need to be signed up for our Early Childhood Learning Center (ECC). A coach may sign children out of ECC, but children may not leave unsupervised. This service will allow your child to remain at school in a supervised area until games/and or practices start, Monday thru Friday. Unless the coach has asked the team to meet after school, after school care is the responsibility of the parents. Siblings of players will not be allowed to stay with the team(s). Students staying after school unsupervised will be sent to ECC at a per half-hour cost.

## **Section 5. Communication/Reconciling Conflict**

In all cases, if there is a concern that needs to be discussed, the person with the concern should go to the source of that concern (Matthew 18:15-16), *“If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. <sup>16</sup>But if he will not listen, take one or two others along, so that 'every matter may be*

*established by the testimony of two or three witnesses”*. Please make an appointment to speak to the coach. Immediately prior to, during, or after a game is not the appropriate time.

**The rule of Christian love dictates the following procedure:**

1. Pray for guidance and understanding.
2. Talk with the coach. If no understanding can be reached, proceed to step 3.
3. Talk with the Athletic Director. If no understanding can be reached, proceed to step 4
4. Talk with the principal

These Steps should be taken in order to resolve the problem and restore the relationship. If the principal is a coach, the School Board Chair is the contact.

**Appropriate topics for parents and coaches to discuss...**

1. Ways for the child to improve
2. Concerns about the child's behavior
3. Treatment of the child mentally and physically
4. Concerns regarding coaching philosophy and expectations
5. Immediate notification of scheduling conflicts
6. Practice-game schedule

**Inappropriate issues for parents and coaches to discuss...**

- Other student athletes

**Section 6. Code of Conduct and Parent Responsibility**

**Code of Conduct for-Parents**

Parents, fans, and coaches represent Trinity Lutheran School and should present themselves in a Christ- like manner.

**A. Parent Responsibilities**

1. Do not coach your child during games
2. Transport your child to and from practices and games on time
3. Be supportive of all the players (*criticism does not improve performance*)
4. Help your child understand that they are contributing to a team effort
5. Focus on mastering skills and having fun, not winning
6. Attend games and cheer the team
7. Refrain from criticizing the opponents; be positive with all players
8. Respect the referees (*They will make mistakes, but they are doing their best*)

**Parent Responsibility to the Team**

**Parents are required to attend the fall athletics meeting with their child.**

In the spirit of “Teamwork”, parents are expected to actively participate in the duties necessary to the functioning of the sport in which their child plays. These duties may include, but are not limited to: score clock operator, scorebook keeper, line judge, set up and clean up. These duties will be for home games during the regular season as well as tournaments. Training will be provided for those duties requiring special skills and/or knowledge.



1. Transportation to and from practices and/ or games is the responsibility of the parents. Those wishing to carpool should make their own arrangements. The parents are responsible for all away games. Some parents consider ride sharing.
2. Parents are expected to be on time for pick-up. Consistent late pick-up will require administrative follow-up.
3. **Phone Use**
  - Parents and athletes should plan ahead to avoid extra phone calls and waiting time. In the event that athletic events are cancelled, athletes will be allowed to call parents.

## **Section 7. Responsibilities**

### **Lights/Locker Rooms**

The lights and the locker rooms are the responsibility of the last coach present on a practice night. The lights can be found on the north gym wall to the East of the doors. Locker Rooms should be checked at the end of the evening. The lights should be turned off.

### **Equipment**

Balls, practice jerseys, and other equipment are put away. Uniform replacement cost will be the cost of replacing with a new item.

### **Practice**

Practice Plans- Practices are to be run efficiently.

Scheduling- All scheduling is done by the Athletic Director based on availability. The individual coach can add additional practices if the appropriate area is available.

Practices and games should not exceed four nights per week, with three nights as the standard.

### **Games**

Use of Host Facilities-All Trinity representatives should make sure the locker room and bench area are as clean as or cleaner than originally found.

### **Supervision**

Coaches are expected to remain on site until all players have left the facility. Parents are expected to be on time for pick-up. Consistent late pick-up will require administrative follow-up.

### **Game Setup/Cleanup**

Game set up/cleanup is done by the teams, parents, coaches, and Athletic Director.

## **Section 8. Uniforms**

**Uniforms are to be worn for games only.**

**Handing out and Returns-**All uniforms are the property of TLS. They will be handed out and collected by the Coach or Athletic Director. The cost of replacing uniforms will be charged to the student. Uniforms will be charged to the students account and report cards may be held until it is returned or replaced.

**Care-** The individual athlete is responsible for the care of their uniform. Uniforms are to be washed in cold water and air-dried. Machine drying may cause damage to the material and numbers.

**Forgetting Uniforms-** Extra uniforms are not taken to away games, and are not always available at home games. If a student forgets their uniform they may not, depending on the sport, be allowed to play. A substitute uniforms must be returned prior to the next game in order for the child to participate.

## **Section 9. Coaching**

### **Code of Conduct for Coaches**

Coaches represent Trinity Lutheran School and should present themselves in a Christ-like manner.

All coaches will be interviewed by the principal and/or athletic director. Interview questions will address Christian commitment, past experience, personal goals as they relate to the position, and the applicant's ability to work within the guidelines of this policy.

All Trinity coaches are expected to attend the coaches meeting at the beginning of the school year. At this time, the guidelines and expectations for the coaches will be reviewed and the Coaches Code of Conduct will be signed.

#### **Coach Selection:**

1. Be active members of Trinity Lutheran Church or another Christian church
2. Possess faith which resembles strong Christian characteristics
3. Be able to discipline athletes with proper Law and Gospel
4. Abide by the policies that have been set up by the faculty, Athletic Director, and Trinity
  - a. Lutheran School Board
5. Have proven skills necessary to coach that specific activity

#### **The Coaches Responsibility to the Team:**

- emphasize the Glory of God in all situations
- represent Trinity Lutheran School responsibly
- have fun
- win graciously
- lose graciously
- practice appropriately
- be a positive Christian role model in words and actions

**The Coaches Responsibility to the School:**

- Represent the school in a God-pleasing manor
- Use language becoming of a Christian
- Report to the athletic director any needs, problems, scores, etc.
- See that the building and any equipment is properly cared for and secure
- Ensure that the eligibility policies are followed as per the athletic director

**Coaching Guidelines**

1. Coach and player relationship/roles will be explained by the coach at the onset of each sport season.
2. Coaches will also explain their goals--which will be in harmony with those of the school--at this time.
3. Coaches are responsible for working with the athletic director and other appropriate school personnel to accomplish the goals and objectives of the Trinity interscholastic sports program as stated in this policy.
4. Coaches will maintain a high level of Christian self-discipline at all times.
5. The coach's first concern must be the best interests of the children (God's image bearers). This implies a holistic approach to coaching--team members are spiritual beings with spiritual needs. Children must learn that everything must be done to glorify God. They are His disciples today, in all things including interscholastic sports. They must be enabled to grow in their relationship to self, neighbor, and God. Practice and team meeting times are the best places to evaluate, discuss, and establish team and even personal goals. Coaches must be careful not to reduce spiritual growth to what can sometimes be perceived as "good luck" prayers before a game.
6. Student discipline matters requiring long or short term suspension will be brought to the attention of the athletic director. The Athletic Director will work with the school principal in the administration of said suspension.
7. Coaches are expected to keep accurate stat books, including general evidence of shared playing time, and may be requested to submit them to the athletic director.

**Section 10. Concussion Education Materials**

All athletes and a parent must review the concussion information in this handbook on pages 9-10. If you would like more information you may visit the WIAA website at WIAAWI.org and search under concussion.

**Information Sheets:**

Coaches: <http://www.wiaawi.org/Portals/0/PDF/Health/ConcussionCoaches.pdf>

Parents: <http://www.wiaawi.org/Portals/0/PDF/Health/ConcussionParents.pdf>

Parents: <http://www.wiaawi.org/Portals/0/PDF/NFHSParentGuide.pdf>

Athletes: <http://www.wiaawi.org/Portals/0/PDF/Health/ConcussionAthletes.pdf>

### **Concussion Information - When in Doubt, Sit Them Out!**

1. Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.
2. An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.
3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

<b><u>These are some SIGNS concussion (what others can see in an injured athlete):</u></b>	<b><u>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):</u></b>
Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns	Headache Nausea Dizzy or unsteady Sensitive to light or noise Feeling mentally foggy Problems with concentration and memory Confused Slow

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt sit them out."

It is important to notify a parent or guardian when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate health care provider before returning to practice (including weight lifting) or competition.

### **RETURN TO PLAY**

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have

clearance from an appropriate health care provider.

The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

### **118.293 Concussion and head injury.**

(1) In this section:

(a) "Credential" means a license or certificate of certification issued by this state.

(b) "Health care provider" means a person to whom all of the following apply:

1. He or she holds a credential that authorizes the person to provide health care.

2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.

3. He or she is practicing within the scope of his or her credential.

(c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.

(2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents or guardians about the nature and risk of concussion and head injury in youth athletic activities.

(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian.

(4) (a) An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

(5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.

- (b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.
- (6) This section does not create any liability for, or a cause of action against, any person.

## **Section 11. Insurance/Liability**

The Trinity Lutheran School Athletic Agreement (Assumption of Risk and Waiver of Liability Form) must be signed and returned before a student can participate. This form is at the end of this handbook with a copy to sign and turn in to the office.

## **Section 12. Trinity Spirit Squad Constitution**

### **1. Purpose:**

It shall be the purpose of the Trinity Eagle Spirit Squad to promote and uphold team spirit for those we encounter, to develop Christian sportsmanship by example, and to support Christian relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the coach and other athletic teams and supporting organizations.

### **2. Eligibility:**

- 2.1 – A spirit squad candidate must support the Trinity Eagles above all other teams.
- 2.2 – A candidate must be neatly presented and medically fit.
- 2.3 – A candidate may be male or female and in grades 4-8.
- 2.4 – Acceptance of the candidate shall be on the basis of submitting proper paperwork, acceptance of squad rules, and without prejudice of race, creed, or color.
- 2.5 – A Spirit Squad member must have school work and assignments turned in on time. Members must adhere to Trinity's academic eligibility requirements (see the Athletic Handbook). Members who are found academically ineligible are still expected to attend the practice or game so they do not fall behind and can support the team.

### **3. Attendance Requirements:**

Each Spirit Squad member has an important role on the team. When one is missing, the entire squad is adversely affected. Stunt groups cannot practice and dance routines are difficult to perform when a member of the squad is missing. Attendance rules are in effect for the safety of all team members.

- 3.1 – A Spirit Squad member will attend all practice sessions and games.
- 3.2 – Absences are excused only for illness, church-related events, and major family events.
- 3.3 – If you need to miss a practice or game, the coach must receive a phone call or note from the parent or student at least one day before the practice or game.
- 3.4 – If you have an unexcused absence from a practice or game, the student will sit out at the next game or quarter for each practice/game that was missed.

#### **4. Practice:**

- 4.1 – Gym shoes (non-tread), shorts or athletic pants, and t-shirts must be worn at all practices. School dress code rules apply.
- 4.2 – Hair must be kept out of your face and off shoulders.
- 4.3 – No cell phones, jewelry, or gum should be at practices.
- 4.4 – Be on time. Be prepared. Practices start promptly at 3:00pm unless otherwise stated.

#### **5. Game Day:**

- 5.1 – Spirit Squad members are expected to be dressed and ready 30 minutes prior to the game. At this time, the squad will warm-up and review routines for the game.
- 5.2 – Food will not be eaten 30 minutes prior to the game. Please wear a jacket if you eat anything in your uniform.
- 5.3 – Water is the only thing you may drink during the game. Please no Gatorade or soft drinks. No food may be eaten during games, including halftime.

#### **6. Uniforms:**

- 6.1 – Uniforms will be supplied by Trinity and will be returned to Trinity after the season.
- 6.2 – Uniforms will only be worn for games and events designated by the coach.
- 6.3 – Spirit Squad members in uniform or wearing any item of squad or team identification must always conduct themselves in a Christian manner.

#### **7. Appearance:**

- 7.1 – For safety reasons, jewelry or watches may not be worn with the uniforms or at practice. Stud earrings are acceptable.
- 7.2 – Uniforms must be kept neat and spotless at all times.
- 7.3 – Wearing the Trinity uniform is a privilege. Wear it with respect. Every attempt will be made to supply a uniform of appropriate size and fit. Alterations are NOT permitted.
- 7.4 – Makeup should be natural and not excessive.
- 7.5 – All hairstyles must be neat and secured out of the face and off the shoulders during practice and games.

#### **8. Conduct:**

- 8.1 – Spirit Squad members are required to be courteous, polite, and friendly.
- 8.2 – All cheers and chants shall be of a positive manner.
- 8.3 – Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such actions themselves.
- 8.4 – No visiting with others while on sidelines or during formations.
- 8.5 – No leaving formation or sidelines without the coach's permission.
- 8.6 – No talking, texting, or cell phone use of any kind during practices or games.
- 8.7 – Members must support and encourage each other. Gossip and put downs are not acceptable.
- 8.8 – Parents and other squad supporters are expected to conduct themselves in a Christian-like manner and to support, uplift, and encourage ALL members of the squad.

## **9. Disciplinary Action:**

9.1 – It shall be the squad policy that disciplinary action will only be invoked as a last resort, and that every reasonable attempt will be made to avoid situations likely to lead to such an action through squad discussion and positive encouragement, by example, and by finding ways and means to correct negative trends.

9.2 – A Spirit Squad member may not participate in a scheduled game/event for the following reasons: unexcused absences, excessive absences, failure to cooperate with the coach or other squad members, late or missing homework, and failure to abide by the squad rules and regulations.

9.3 – A member may be dismissed from the squad for the following reasons: excessive and irreconcilable disruptive influences on the squad, conduct likely to bring the squad or team reputation into disrepute and as otherwise deemed necessary by the coach.

## **10. Financial/Volunteer Responsibilities:**

10.1 – Each Spirit Squad member will not be required to pay an athletic fee, but will be required to purchase the following items:

- Bow
- Cheer socks
- Cheer undergarments
- White tennis shoes

All items besides the tennis shoes will be purchased through a team order to ensure uniformity.

10.2 – If there is damage to a member's uniform, the member will be required to cover the cost of a replacement uniform.

10.3 – Parents of Spirit Squad members will be required to volunteer to help serve concessions for a certain number of games TBD by Trinity's Athletic Director.

Additional volunteering may be needed for other events during the sports season.

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## **Section 13.**

# **Coach's Expectations for Athletes at Trinity Lutheran School 2025-26**

Welcome parents and athletes to the 2025-26 athletic season. These are the expectations of Trinity and the coaching staff for the season, which must be signed by both the athlete and a parent as a contract for participation. Our expectations are broken down into four "S.O.A.R." categories, standing for Safety, Others, Academics, and Respect.

### **Safety:**

- Athletes are expected to arrive to practices and games both on time and well prepared. This means having proper footwear and attire, having hair tied up away from the face if necessary, bringing water to stay hydrated, and having any other personal safety items needed.



- Athletes are expected to behave in a Christ-like manner at all times, refraining from any kind of physical contact or abuse in anger or retaliation against anyone.
- Athletes who are sick or injured should NOT participate in practices or games.
- Athletes may not use electronic devices during games/practices unless given permission by a coach to contact parents. Electronic devices will NEVER be used in bathrooms/locker rooms.

#### Others:

- Athletes are expected to have only positive comments directed towards teammates, coaches, officials, opponents, teachers, and any other helpers.
- Athletes should refrain from using any unwanted nicknames towards anyone.
- Athletes should take turns asking questions and making comments.
- Athletes walk into practice with a fresh mindset. Every day is a new day. We work as a team, and anything that happened earlier in the day must get left behind.

#### Academics:

- Athletes are expected to maintain balance between their responsibilities in school and to their team, with the understanding that schoolwork must take priority.
- Athletes are expected to support and encourage one another to do their best academically.

#### Expectations of Parents:

- Provide safe and efficient transportation to and from games and practices. This may include contacting other parents, but coaches will **not** be taking others outside of an emergency. Consistent missed practices or late pick-ups may result in the child being removed from the team. Coach will wait for 10 minutes after an event unless notified. **All communications must be parent to coach, not child to coach.**
- At all times show respect for players, coaches, officials, and other fans and helpers.
- (If necessary for the season) To help with at least one game on the sidelines to monitor the athletes or to support the coach when asked at games, practices, etc.
- Be willing to work with the coach and Athletic Director when behaviors occur that need attention.

The following procedure will be used in correcting inappropriate behavior:

1. Athlete is given a verbal warning
2. If necessary, conversation with parent, athlete, and coach; Athletic Director notified
3. If issue deemed severe or unresolved, athlete may need to sit out game, but will still be required to suit up to support teammates
4. If issue remains unchanged, meeting with coach, athlete, parent(s), and Athletic Director; athlete is suspended until issue is resolved

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent  
Signature \_\_\_\_\_ Date \_\_\_\_\_

## Section 14. Uniform Contract:

WE(Parent and Athlete)\_\_\_\_\_have uniform#\_\_\_\_\_for(sport)  
\_\_\_\_\_.

We agree to return it in the New condition that it was given to our student athlete in.

We understand we need to treat stains and wash in cold water and line dried only. If the uniform is not returned at the end of the season there will be a \$50.00 charge, If the athlete forgets their uniform and needs another there will be a \$10.00 charge unless returned by the next practice or game. If the uniform needs extensive cleaning upon return there will be a \$10.00 fee or \$40.00 fee depending on the damage done. The uniforms are only to be worn at games not school.

Athlete Signature\_\_\_\_\_Date\_\_\_\_\_

Parent Signature\_\_\_\_\_Date\_\_\_\_\_

## Section 15. Liability Waiver

### TRINITY LUTHERAN SCHOOL ATHLETIC AGREEMENT

#### ASSUMPTION OF RISK AND WAIVER OF LIABILITY

*Athletes will not be allowed to practice until the form is signed, returned and the fee paid.*

Our son/daughter \_\_\_\_\_ is covered by adequate health insurance and thereby is protected in the event of injury. We understand that all activities will be supervised by an adult. We also understand that the school is not responsible for any injury.

Having read the Athletic Code as printed in the Handbook, I understand the philosophy and guidelines of the Trinity Athletic program, have discussed them with my child and assume the risk of participating.

I will allow my child to participate in this athletic program.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

I have discussed with my parents and understand the expectations of participating in Trinity's athletic programs.

Athlete's Signature \_\_\_\_\_ Grade \_\_\_\_\_  
Date \_\_\_\_\_

## **CONCUSSION INFORMATION**

See attached educational information and additional signature form requiring medical consent to return to play after a diagnosed concussion.

### **USER FEE**

A user fee per athlete \$75 per sport will be assessed for the school year. This money will be used by the school to help pay for referees and equipment. No student will be eliminated from playing on one of these teams because of financial difficulties. Athletic scholarships will be sought to help those who can't afford to pay.

Please check all the sports your child will be participating in. You may pay the all athletic fees at registration or pay before the start of each sport.

\_\_\_\_\_ Soccer (girls & boys 4-8)

\_\_\_\_\_ Volleyball (girls 4-8)

\_\_\_\_\_ Basketball (girls & boys 4-8)

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(Office Use Only)

Amount Paid: \_\_\_\_\_

\_\_\_\_\_ Request for scholarship

Check # or cash: \_\_\_\_\_

## **Section 16: Concussion Agreement**

**As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions.** By signing this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury.

### **Parent Agreement:**

I \_\_\_\_\_ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian

Signature\_\_\_\_\_Date\_\_\_\_\_

## **Athlete Agreement:**

I\_\_\_\_\_ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete

Signature\_\_\_\_\_Date\_\_\_\_\_