

St. Paul Lutheran Ministries Club Basketball & Cheerleading Parent Meeting

Tuesday, November 6, 2018

6:00 p.m.

Coaches

Boys Basketball: Mr. Pat Dunklau, Herb Hasenkamp, Chris Schiller

Girls Basketball: Ms. Emily Muench, Dustin Kaup

Varsity Cheerleading: Mrs. Morgan Jacobsen

Schedule (attached)

- *HUGE* Thank-you to Kara Baumert for helping with the schedule this year!
- Game Schedule
 - Will be posted on school website www.stpaulwp.org
- Basketball Practice Schedule
 - Boys Practice: Monday, Tuesday, Thursday, Friday 3:45-5:30 pm
 - Girls Practice: Monday, Tuesday, Thursday, Friday 5:30-7:00 pm
 - Practices times will ultimately be up to coach's discretion (may be subject to change)
 - 7/8 grade students playing with WPPS are asked to be dismissed from practice no later than 4:00 pm so that they can come to practice at St. Paul arriving no later than 4:15 pm.
- Cheerleading Practice Schedule (see handout)

Basketball Letter

- Boys (Mr. Pat Dunklau)
- Girls (Ms. Emily Muench & Dustin Kaup)

Roundball Basketball Tournament

- Girls:
 - January 19-20
 - West Point, Nebraska
 - WE HOST ☺ (Kara Baumert)
- Boys:
 - January 25-27
 - Pierce, Nebraska
- General Information Regarding Roundball
 - Only the Boys A & Girls A teams will travel to Roundball
 - T-shirts are usually available for purchase - information will be sent home prior to tournament
 - Banquet Meal and Worship Service part of the tournament events

C-Club State Basketball Tournament

- February 22-24
- Both Boys & Girls
- Hotel Accommodations
 - Cobblestone Inn - Seward, Nebraska
 - 402-646-1004
 - "St. Paul Eagles – West Point" Set Up by Kara Baumert
 - Party Room Reserved February 22-24
- Book your room for next year's C-Club February – 2020
- Hotel expectations and rules (Kara Baumert)
- See basketball letter in regards to C-Club rules and expectations for players

Cheerleading Handout (Mrs. Morgan Jacobsen)

Concessions/Admissions/Clean-Up (will send out in Family Folders at a later date)

- Arrive 15-20 minutes before game begins
- Need to find a replacement if you are not able to work your assigned shift
- PTL supports St. Paul Athletics
 - Uniforms
 - Tournament Fees
 - Pep Rally
- Counts for PPP hours, be sure to sign the book!

Sports Physicals

- Must have an up to date sports physical on file in the school office

Open Gym Opportunities (Kara Baumert)

Rule 14 – St. Paul Lutheran Ministries Club Sports (Kari Penrose)

Extra-Curricular Activities Code of Conduct

In order to participate in any sports or other activities considered extra-curricular, students must meet the following rules and academic requirements:

- Students must maintain an overall C average or above in all core subjects. Students who do not meet this requirement may participate in activities or practices, but may not participate in games. Core subjects are: Religion, Memory, Catechism, Language Arts, Math, Science, and Social Studies. A grade lower than C- in any of the core subject areas, but not failing does not make a student ineligible unless the overall average is below C-.
- Students may not have an F in any subject. Students who do not meet this requirement may not participate in activities, practice or participate in games until the grade is above an F.
- Students exhibiting behavioral issues at school may be asked to not participate in activities, practices or games until further notice by the teacher, athletic director, or principal.
- Students may not have incomplete work in any subject. Students who do not meet this requirement may not

participate in activities, practice or participate in games until all incomplete work is finished to the teacher's satisfaction.

- Grade averages will be calculated at the end of each week. Students, who are ineligible due to a low grade average of an F in any subject, will be ineligible until the incomplete work is finished or the grade average is brought up to the teacher's satisfaction. Students who are ineligible because of incomplete work will remain ineligible until the work has been completed to the teacher's satisfaction.
- Any student who is under disciplinary action (i.e. detention or suspension) will not be eligible to participate in games or practice until such disciplinary action has ended.
- This participation policy shall apply to all students who participate in activities at St. Paul Lutheran School or any other school offering activities to St. Paul's Students. Parents will be notified if a student is ineligible. Students with special needs will have those needs taken into consideration when implementing this policy.
- Participation in non-school, YMCA, club teams, etc., does not affect a student's eligibility for participation in St. Paul Lutheran sports. **A student who is absent for any more than a 1/2 day of school (before or after 11:00 a.m.) due to illness may not participate in that day's activity, game or practice.**
- Students, players or spectators, who display unsportsmanlike conduct involving either the students of their own team, members of other teams, the coaches or officials will be removed from the game and be subject to further disciplinary action. Children who come to games are expected to be spectators and sit down and should be supervised by parents.

Sports Participation Policy

St. Paul students who participate in sports will adhere to the following rules. These rules have been set forth by administration and are also in accordance with the NDE (Nebraska Department of Education) and NSAA (Nebraska Schools Activities Association) bylaws to meet with compliance of West Point - Beemer Public Schools and Guardian Angels Central Catholic School. Both West Point - Beemer Public Schools and Guardian Angels Central Catholic School are in agreement with St. Paul's participation rules and guidelines.

St. Paul Lutheran School is recognized as a club team in all sporting activities. This allows St. Paul 4-8 grade students to participate while following NDE rules and regulations. St. Paul Lutheran School offers the following sports activities:

- Volleyball (August-October)
- Boys Basketball (November-February)
- Girls Basketball (November-February)
- Club Soccer (March-May)
- Cheerleading (December-February)

Sports that are not offered by St. Paul Lutheran School are as follows:

- Boys Football
- Cross Country
- Wrestling
- Boys/Girls Track

Students are allowed to participate in any sports activities, clubs, or programs including West Point - Beemer Public Schools and/or Guardian Angels Central Catholic School, so long as the following policy is adhered to: If

two **different** sports or if two of the **same sports** coincide with the above sports and dates mentioned above, it is understood that the student will be allowed to participate. It is understood that if a student is participating in two different sports simultaneously that St. Paul games and/ or practices will take precedence over non-St. Paul school games and/or practices. The student and their parents/guardians must make any and all arrangements needed to get to and from each practice/game. If a player cannot adhere to the following rules, a player may be subject to loss of playing time. This will be determined at the coach's discretion. **Students participating in sports at another school or club understand that St. Paul is the priority school.**

Concussion Policy

St. Paul Lutheran School considers the protection of young athletes their highest priority. Each head and assistant coach, regardless of sport, is required to complete the CDC Concussion Awareness training prior to beginning practice. This certification is required every year. In addition, athletes will also complete the CDC Concussion Awareness training as part of the Health curriculum at the beginning of the school year. Nebraska law also requires immediate removal of an athlete from physical participation in an athletic activity who is suspected of sustaining a concussion. The student athlete must then receive written clearance from an appropriate health professional (non family member) before he or she can return to physical activity. St. Paul Lutheran School will follow these steps in accordance with NSAA concussion guidelines when a player is suspected of a concussion. When a player shows ANY sign or symptom of a concussion:

1. Perform an on-field mental status evaluation.
2. The player should not be allowed to return to play in the current game or practice.
3. The player should not be left alone; and regular monitoring for deterioration is essential over the initial few hours following injury.
4. The player should be medically evaluated (by an appropriate health care provider) following the injury.
5. "Return to Play" should follow a medically supervised stepwise process.
6. A player should never return to play while symptomatic. "When in doubt, sit them out!"
7. The "Return to Play" stepwise process following a concussion:
 1. No activity, complete rest. Once asymptomatic, proceed to step 2.
 2. Light aerobic exercise such as walking or stationary cycling, no resistance training.
 3. Sport specific exercise (e.g.: running), progressive addition of resistance training at steps 3 or 4.
 4. Non-contact training drills.
 5. Full contact training after medical clearance.
 6. Game play.

Online courses for coaches and athletes can be found and taken at:

<http://www.cdc.gov/headsup/youthsports/index.html>