

**St. Paul Lutheran Church**

# **Sports Club**

# **Policy Handbook**

**2019-2020**



**“Dedicated to Providing a Christ-Centered Education”**

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## **Mission of St. Paul Lutheran Church Sports Club**

- To appreciate the body as the temple of God
- To promote physical fitness and good health habits
- To teach good sportsmanship and teamwork

## **Goals & Objectives**

St. Paul Lutheran Church Sports Club is committed to creating student athletes in a competitive culture.

We believe the key to accomplishing this goal is:

- Encouraging and developing student athletes and providing sufficient opportunities for students to develop individual abilities.
- Encouraging the development of team spirit among all members of our teams and their coaches.
- Developing good attitudes of pride, sportsmanship, and Christian behavior in students, participants and spectators.
- Developing and maintaining good relationships between athletic teams and student bodies, faculties, administrators and the community of other Lutheran schools.
- Teaching the fundamentals and techniques of each sport in a progressive sequence.

## **Membership**

Membership to the St. Paul Lutheran Church Sports Club is open to all students currently enrolled in St. Paul Lutheran School, West Point, Nebraska. Membership is also open to students that are members of St. Paul Lutheran Church, West Point, Nebraska.

## **Programs Offered**

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

## **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, coach, 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 with other club teams, YMCA, etc., does not affect a student's eligibility for participation in St. Paul Lutheran Church Club 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 Angles Central Catholic School are in agreement with the St. Paul Church Sports Club participation rules and guidelines.

St. Paul Lutheran Church Sports Club 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 Church Sports Club offers the following sports activities:

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

- Cheerleading (December-February)

Sports that are not offered by St. Paul Lutheran Church Sports Club 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 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 team.**

### **Concession Stand Workers**

As a parent of a student that participates on a St. Paul Lutheran Church Sports Club team you will be expected to work a shift(s) in the concession stand on home game days. Parents will be notified of their assigned work shift in advance. It will be the responsibility of the parent to find their own replacement if they are unavailable to work their assigned shift. PPP hours may be counted for working in the concession stand during the year.

### **Concussion Policy**

St. Paul Lutheran Church 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 Church Sports Club 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>

### **Promoting Sportsmanship with Positive Sports Parenting**

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort.

Sometimes in a desire to help your child, best intentions can end up being counterproductive. Applying the rules of Positive Sports Parenting can go a long way toward promoting sportsmanship and fostering an environment where your child can enjoy and excel in sports.

- Make sure your child knows win or lose, that you love them, you appreciate their efforts and you are not disappointed in them.
- Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't "coach" on the way to the track, diamond or court; on the way home; at breakfast or dinner and so on.
- Teach your child to enjoy the thrills of competition, trying, working to improve their skills and attitudes, taking the bumps and then coming back for more.
- Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled, too; you lost as well; you were frightened; and you were not always heroic. Don't pressure your child because of your pride.
- Don't compete with the coach. Young athletes often come home and chatter about "coach says this" or "coach says that." This is often hard, especially for parents who have had some sports experience.
- Don't compare your child's skill, courage or attitudes with that of other members of the squad or team.
- Get to know the coach so that you can be assured his or her philosophy, attitudes, ethics and knowledge are a good influence on your child.
- Always remember children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics.
- Make a point of understanding courage. Explain that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
- Never approach a coach before, during or after a contest to talk about your child.

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