



# *CHARGERS*

*Elementary and Junior High*

*Athletic Handbook*

*2018-2019*

## Purpose

The purpose of this handbook is to explain and clarify the co-curricular activities that are offered at Illinois Lutheran so that all may have an enjoyable and rewarding year in Illinois Lutheran's athletic programs.

## Athletic Philosophy

Athletics is a phase of Christian education that continues beyond the classroom. Illinois Lutheran teaches athletes to recognize all of the skills and talents used in athletics are gifts from God. We emphasize using these skills and talents to the glory of God and to the best of our ability. We use athletics to teach our students important lessons in sportsmanship, teamwork, dealing with adversity, respect for others. Illinois Lutheran athletes learn the importance of taking care of our bodies in areas of exercise, nutrition, and rest. We pray that involvement in Illinois Lutheran athletics helps your child develop into an active child of God with a great Christian skillset.

Our athletic program is to be developmental at the 5<sup>th</sup>-6<sup>th</sup> grade level (B Team). That means more emphasis is placed on developing skills than on winning. At the 7<sup>th</sup>-8<sup>th</sup> grade level (A Team) we place more emphasis on being competitive and therefore playing time is more competitive and harder to earn. Effort will be made to have each student participate in competition, but playing time is not guaranteed at either level. Neither is being selected to an athletic team at the "A" team level. Cuts may need to be made at the A Level and will be based on a combination of talent, skill, attitude, and knowledge.

## **FALL ATHLETICS**

### **5-8 Girls' Fastpitch Softball**

All girls in grades 5-8 can play on our fastpitch softball team. 5th graders are practice players that only play in competition if they demonstrate the skills necessary to play at this level. Sometimes it takes an extra year of developing

to play at this level. We compete against area middle schools.

### **5-8 Coed Softball**

All students in grades 5-8 have the opportunity to play slow pitch softball. We compete in our Chicago Area Lutheran League softball tournament held in Crystal Lake. The number of players we have determines how many teams we will field in the tournament.

### **5-8 Boys' Soccer**

The boys in grades 5-8 have the opportunity to play soccer against other schools in our South Suburban Lutheran Athletic League and other area middle school teams. The soccer team plays 10-15 regular season games.

### **Girls' Volleyball**

The girls in grades 5-8 are given the opportunity to play volleyball against other schools in our South Suburban Lutheran Athletic League and other area schools.

The 5<sup>th</sup>/6<sup>th</sup> grade team plays 10-15 regular season games and competes in the SSLAL Tournament. All 5<sup>th</sup>/6<sup>th</sup> grade girls make the team.

The 7<sup>th</sup>/8<sup>th</sup> grade team plays 10-15 regular season games and competes in the SSLAL Tournament.

## **WINTER AND SPRING ATHLETICS**

### **Boys' Basketball**

The boys in grades 5-8 have the opportunity to play basketball against other schools in our South Suburban Lutheran Athletic League and other area teams.

The boys are divided into 2 teams: a 5<sup>th</sup>/6<sup>th</sup> grade "B" team and a 7<sup>th</sup>/8<sup>th</sup> grade "A" team.

The 'B' team plays 10-15 regular season games and competes in the SSLAL tournament. All 5<sup>th</sup>/6<sup>th</sup> grade boys make the team.

The 7<sup>th</sup>/8<sup>th</sup> grade team plays 10-15 regular season games and competes in the SSLAL "A" team tournament.

## **Girls' Basketball**

The girls in grades 5-8 have the opportunity to play basketball against other schools in our South Suburban Lutheran Athletic LLeague. The girls are divided into two teams: a 5<sup>th</sup>/6<sup>th</sup> grade "B" team and a 7<sup>th</sup>/8<sup>th</sup> grade "A" team. The 5<sup>th</sup>/6<sup>th</sup> grade team plays 8-12 regular season games and competes in the SSLAL Tournament. All 5<sup>th</sup> and 6<sup>th</sup> grade girls make the team. The 7<sup>th</sup>/8<sup>th</sup> grade team plays 8-12 regular season games and competes in the SSLAL Tournament.

## **5<sup>th</sup> and 6<sup>th</sup> Grade Cheerleading**

The 5<sup>th</sup>/6<sup>th</sup> grade girls will represent our school by cheering for Boys' "B" team basketball games.

## **7<sup>th</sup> and 8<sup>th</sup> Grade Cheerleading**

The 7<sup>th</sup>/8<sup>th</sup> grade girls are able to try out for the "A" team cheerleading squad. The coach selects the number of girls to represent our school. All girls selected will cheer for all Boys' "A" team basketball games.

## **Track**

All students in grades 4-8 have the opportunity to participate in track. Students are chosen by the coaches to compete in different running and field events based on what is needed for the team. The girls' and boys' track team participates in the South Suburban Lutheran Athletic LLeague track meet.

## **ELIGIBILITY AND TRAINING RULES**

1. Players and cheerleaders who are absent the day of the game due to illness or an unexcused absence will not be allowed to participate in that day's game. An absence is defined as missing one full class period (or One Hour) or more. Absences due to doctor appointments, dentist appointments, or special circumstances that would be considered an excused absence would not eliminate the student from participating in that day's game. Players and cheerleaders arriving late will be handled at the discretion of the Athletic Director.

2. Players and cheerleaders are to give a written or verbal excuse to their coach before a practice or game if they are unable to attend. Students who fail to comply may forfeit the privilege to play in the next scheduled game. Multiple unexcused absences may result in termination from the team.
3. Illinois Lutheran strongly suggests that players and cheerleaders go to bed no later than 9:30 p.m. the night before a game.
4. All students are eligible to participate in any co-curricular activities and privileges of ILS. A student forfeits these privileges by not maintaining good academic standing. In order to remain eligible, a student must maintain a 1.67 (C-) grade point average and have no failing grades.

Eligibility will be reviewed on a week-to-week basis. Students not meeting the eligibility requirements will be ruled ineligible to participate in co-curricular activities from Monday to Monday. An eligibility report will be submitted to faculty members every Monday morning. The Activities Director or Designee (Coaches/Directors/Coordinators) has the responsibility of notifying the ineligible students.

Ineligible students may practice, but not participate in games, activities or performances. Any student that is required to attend Academic Recovery must follow through on those responsibilities in order to participate in practice. (See Academic Recovery Below) When students are eligible and reinstated to co-curricular activities, the coach/coordinator determines the level of participation. ***A student that is ineligible at the end of a marking period will be ineligible for the first week of the next marking period.***

#### ***Academic Recovery (From the Student Handbook)***

Students at ILS are expected to have passing grades in classes. In order to help students, maintain passing status, the following procedure will be used.

- First, teachers will contact parents of any student who has an F in class. This notification will be made before Tuesday.
- Second, students maintaining a failing grade in a class for two consecutive weeks will be required to stay after school Tuesday through Thursday until the grade is raised to the passing level. Students will be notified in writing on Monday.
- Students may be transferred to Academic Intervention if the situation warrants the extra help available in AI. Students who are chronic offenders will be placed on a contract after a meeting with academic dean, student and parents. Students placed on a contract may find their continued enrollment at ILS in jeopardy.

5. Students participating in our athletic program are representing Illinois Lutheran Grade School and Junior High and our Savior, Jesus Christ. Christian sportsmanship will be displayed at our athletic events just as Jesus demonstrated his love to his disciples. Failure to exhibit sportsmanship may result in a player being removed from an athletic contest, being suspended, or being removed from his/her athletic team.

## **AWARDS**

Any student participating in athletics will receive a certificate stating what they have participated in that year. All awards will be distributed at the end of the school year:

## **TEAM MEETING**

There will be an informational meeting in advance of each athletic season. At least one parent and the student who will be participating in the sport are required to attend this meeting. This meeting will be conducted by the coach of the sport and will provide all relevant information.

## **RESPONSIBILITIES**

### **Parent Responsibilities**

1. To support and respect coaches, officials, and all players
2. To model Christian sportsmanship
3. To attend pre-season team meeting
4. To arrange for transportation to and from practices/games
5. To ensure player has their school-issued (clean) uniform at all games
6. To serve as a concession stand worker for home games - details will be shared in the pre-season meetings for each sport.

### **Player Responsibilities**

1. To respect coaches, officials, teammates, and opponents.
2. To model Christian sportsmanship
3. To attend pre-season team meeting

4. To be responsible for uniform and personal equipment
5. To arrive at practices and games on time
5. To take proper care of school issued uniform
6. To keep coaches informed regarding necessary missed practices/games
7. To help with (at the coach's direction) the gym/field set-up and take-down