

**ILLINOIS LUTHERAN  
JUNIOR HIGH &  
ELEMENTARY**

**2022-2023**

**CO-CURRICULAR HANDBOOK**

Revised July, 2022



***CHARGERS***

## Purpose

The purpose of this handbook is to explain and clarify the co-curricular activities that are offered to your children 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 outside of the Christian academic curriculum that contributes to the basic educational objective of developing the whole person: spiritually, mentally, socially, and physically. Illinois Lutheran believes that the Lord has blessed each student with a level of athletic skill and ability. Our athletics' program is designed to train Christian athletes to recognize and understand the science of human movement, development, and wellness; to aid Christian athletes in learning the skills and sportsmanship necessary to compete with other young people, to recognize the abilities God has given to each athlete, and to learn how to develop an individual's potential for the good of the athlete that the athlete do *"All things to the Glory of God"* (1 Corinthians 10:31).

Our athletic program is designed to be developmental at the 5<sup>th</sup> and 6<sup>th</sup> grade level and competitive at the 7<sup>th</sup> and 8<sup>th</sup> grade level. Every effort will be made to have each student participate in competition, but playing time is not guaranteed and neither is being selected to an athletic team at the "A" team level. Only those willing to sacrifice their time and effort and willing to cooperate, learn, and abide by the guidelines will receive the privilege to represent our school.

It is our sincere desire that the benefits the students reap from our athletic programs will prove favorable to their futures as active, faithful, evangelical Christian young people growing up in a rapidly changing and competitive world. May our loving Lord continue to bless us with willing people to serve our athletic program and anxious children who are willing to participate in athletics.

## **FALL ATHLETICS**

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

All students in grades 5-8 have the opportunity to play softball. The students are divided into two to four teams by the coaching staff. The teams compete in our Chicago Area Lutheran League softball tournament held in Palos Heights.

### **5-8 Boy's Soccer**

The boys in grades 5-8 have the opportunity to play soccer against other schools in our South Suburban Lutheran Athletic League. The soccer team plays 10-15 regular season games. The boys are expected to attend all practices and games. Cuts may be made at the discretion of the coaching staff.

### **Girl's Volleyball**

The girls in grades 5-8 are given the opportunity to play volleyball against other schools in our South Suburban Lutheran Athletic League. The girls are divided into two teams: a 5<sup>th</sup> and 6<sup>th</sup> grade "B" team and a 7<sup>th</sup> and 8<sup>th</sup> grade "A" team.

The 5<sup>th</sup> and 6<sup>th</sup> grade team plays 10-15 regular season games. All 5<sup>th</sup> and 6<sup>th</sup> grade girls make the team. The 7<sup>th</sup> and 8<sup>th</sup> grade team plays 10-15 regular season games and competes in the S.S.L.A.L. "A" team tournament. Cuts may be made at the discretion of the coaching staff at the "A" level. The girls are expected to attend all practices and games.

## WINTER AND SPRING ATHLETICS

### **Boy's Basketball**

The boys in grades 5-8 have the opportunity to play basketball against other schools in our **S**outh **S**uburban **L**utheran **A**thletic **L**League. The boys are divided into three teams (if possible): a 5<sup>th</sup> grade team "C" team, a 6<sup>th</sup> grade "B" team and a 7<sup>th</sup> and 8<sup>th</sup> grade "A" team.

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

The 7<sup>th</sup> and 8<sup>th</sup> grade team plays 10-15 regular season games and competes in the S.S.L.A.L. "A" team tournament and the ILHS tournament. Cuts may be made at the discretion of the coaching staff at the "A" level.

### **Girl's Basketball**

The girls in grades 5-8 have the opportunity to play basketball against other schools in our **S**outh **S**uburban **L**utheran **A**thletic **L**League. The girls are divided into two teams: a 5<sup>th</sup> and 6<sup>th</sup> grade "B" team and a 7<sup>th</sup> and 8<sup>th</sup> grade "A" team.

The 5<sup>th</sup> and 6<sup>th</sup> grade team plays 8-12 regular season games and competes in the S.S.L.A.L. "B" tournament. All 5<sup>th</sup> and 6<sup>th</sup> grade girls make the team.

The 7<sup>th</sup> and 8<sup>th</sup> grade team plays 8-12 regular season games and competes in the S.S.L.A.L. "A" tournament. Cuts may be made at the discretion of the coaching staff at the "A" level. The girls are expected to attend all practices and games.

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

The 5<sup>th</sup> and 6<sup>th</sup> grade girls will represent our school by cheering for "B" team basketball games. A meeting explaining the requirements of the girls will be held before cheerleading practices begin. Cheerleaders are required to attend all practices and games. Cheerleaders are required to buy their cheerleading accessories.

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

The 7<sup>th</sup> and 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 "A" team basketball games. A meeting explaining the requirements of the girls will be held before cheerleading practices begin. Cheerleaders are expected to attend all practices and games. Cheerleaders are required to buy their cheerleading accessories.

### **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. Students may not be selected to an event in certain years due to large numbers. The girl's and boy's track team participates in the **S**outh **S**uburban **L**utheran **A**thletic **L**League 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 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 coaches.

2. All students participating in an interscholastic sport must have a sports physical completed and on file before participating in any practice or game.
3. 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.
4. The Illinois Lutheran coaches strongly suggest that players and cheerleaders go to bed no later than 9:30 p.m. the two nights before a game. This applies to all games and tournaments.
5. Eligibility for Grades 6 & Under:  
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 not practice or participate in games, activities or performances. Junior High students will be expected to be in Academic Intervention during their period of ineligibility. When students are eligible and reinstated to co-curricular activities, the coach/director/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.***

Eligibility for Grades 7 & 8:

All students are eligible to participate in any co-curricular activities and privileges of ILHS. 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 beginning with the first Monday after the eight day schedule has cycled through in a marking period. The activities director or designee (coaches/directors/coordinators) has the responsibility of notifying the ineligible students.

Any athlete or performer who is ineligible will not be allowed to participate in practices, rehearsals, games, or performances until the next grade check. Appeals for extenuating circumstances regarding eligibility must be made in writing to the activities director who will then present to the faculty for consideration. When students are eligible and reinstated to co-curricular activities, the coach/director/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.

6. 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.

## **CO-CURRICULAR AWARDS SYSTEM**

Any student participating in a co-curricular activity will receive a certificate stating what they have participated in that year. Extra awards may be distributed at the coach's discretion.

Any student participating in the forensics meet, track, spelling bee, Battle of the Books, Math Meet, geography bee or softball will receive a certificate of participation plus any added awards linked to these activities. Any student participating in band for four years or more will receive a letter or pin.

All awards will be distributed at the closing service on the last day of school.

## **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 needs to attend this meeting. The athletic program rules, requirements, and coaching philosophy will be explained at the meeting.

## **RESPONSIBILITIES**

### **Parent Responsibilities**

1. To support coaches and players in their work.
2. To model Christian sportsmanship.
3. To attend informative pre-season team meeting if available
4. To provide transportation to and from practices/games.
6. To supervise your children at all athletic events.
7. To serve as a concession stand worker for home games. Our Concessions Manager will have the team schedule and sign-up sheet for each sports home game online prior to the start of the season. Parents are asked to serve a minimum of two or three home games. Parents who do not sign up for a date will be assigned. If a parent is unable to serve their assigned or selected date, the parent must find a replacement or switch with another parent.
8. To have your child at the game at the required time.

### **Coaching Responsibilities**

1. To support and respect parents/players/officials in their work.
2. To model Christian sportsmanship.
3. To inform parents and athletes of their responsibilities.
4. To inform parents and athletes of the coach's philosophy and expectations.
5. To set-up the gymnasium for home games of their athletic events.

6. To arrive at athletic events 45 minutes before the scheduled time to supervise.

### **Player Responsibilities**

1. To respect coaches, parents, and fellow players.
2. To model Christian sportsmanship.
3. To attend informative pre-season team meeting.
4. To be responsible for uniforms and personal equipment.
5. To arrive at athletic events at the required time.
6. To help set up before and clean up after athletic events.

The school allows student athletes to modify their athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of their religion, cultural values or modesty preferences.

### **Soccer Equipment**

Athletic bag  
Water bottle  
Soccer cleats  
Shin guards  
Navy Blue socks (they must cover shin guards)  
White or Navy Blue turtleneck (cold weather)  
Navy Blue sweatpants (cold weather)  
All clothing must be worn underneath the soccer uniform.

### **Basketball Equipment**

Athletic bag  
Water bottle  
Athletic shoes (gym use only)  
Athletic supporter (boys)  
Sports bra (girls)  
Towel  
Navy Blue/White wristbands (optional)

### **Cheerleading Equipment**

To Be Determined

### **Volleyball Equipment**

Athletic bag  
Water bottle  
Athletic shoes (gym use only)  
Sports bra  
Knee pads

### **Track Equipment**

Running shoes are preferred  
Water bottle  
Sun block  
Dress for weather in School Colors  
Money for concessions(if desired)