

2023

Christ The King Athletic Handbook



CHRIST THE KING
LUTHERAN CHURCH & SCHOOL

Updated for the 2023-24 School Year

I. MISSION STATEMENT

The athletic program at Christ The King Lutheran School exists to help our students discover their athletic interests, develop their skills, promote lifelong health habits, and gain valuable experience in goal setting, perseverance, and teamwork.

II. FORWARD

The Apostle Paul says, "You know that in sports all the runners run the race, though only one wins the prize. Like them, run to win." (1st Corinthians 9:24). Naturally, we want the desire to win to be found in all those participating in athletics at Christ the King, but this sense of winning is different than found in other organizations.

Students will be winners when they strive to be the best they can be by doing the best they can do, due to the glory of God. We have positive expectations that those who participate in Christ The King athletic programs will find the enjoyment, growth, and success.

It is upon this foundation that our Athletic Handbook is written. It is a tool to help the student athlete remain faithful while growing in Jesus Christ and be a fitting participant in a worthwhile athletic program.

III. ATHLETIC DEPARTMENT PHILOSOPHY

The athletic program supports the mission and core commitments of Christ The King Lutheran School (CTK) by providing the positive athletic experiences for any student who wishes to take part in, in an environment where each child will have an opportunity to participate and excel. Each coach and assistant coach will support the school's philosophy and adhere to all policies as stated by the athletic director, administration, and principal advisory committee. Coaches and assistant coaches will make a commitment to place primary emphasis on each child's development and growth.

IV. CORE COMMITMENTS

1. To provide a strong Christian environment, based upon Biblical and Lutheran theology.
2. To support a high-quality academic experience that prepares students for future success.
3. To provide a holistic and exceptional co-curricular experience.
4. To promote a sense of community among students, parents, faculty, and staff.
5. To reinforce that the primary focus where Christian faith and values are shaped is the family.

V. OBJECTIVES

1. To provide the athletes/coaches an opportunity to grow into a closer relationship with their Lord and Savior, Jesus Christ.
2. To provide athletes/coaches an opportunity to witness for Christ by their actions.

3. To provide athletes/coaches an opportunity to accept decisions and responsibilities in a Christ-like manner.
4. To help athletes/coaches develop and promote a positive attitude and team/school spirit.
5. To help athletes develop physically, giving the satisfaction in accomplishment.
6. To help athletes develop emotionally- thus learning more about their strengths and weaknesses.

VI. ORGANIZATION

The coaching staff is directly accountable to the Athletic Director for conducting the athletic program. The Athletic Director is accountable to the principal for the total operation and conduct of the athletic program.

VII. NEXT PLAY MENTALITY

“Remember not the former things, nor the things of old.” (Isaiah 43:18). “Next Play Mentality” (NPM) is a concept which teaches athletes to look forward, rather than dwelling on events of the past. Athletes make mistakes. The NPM teaches athletes to look forward to the next play, moving on from the play that just happened. NPM teaches all involved in sports to care for opponents, officials, and other fans. These NPM concepts can be applied to both athletics and to life.

Christ The King Lutheran School Athletic Department emphasizes the importance of The Next Play Mentality to athletes, coaches, and parents. The coaches will teach this to their teams and do their best to make it part of the team culture.

VIII. ATHLETIC CODE OF ETHICS

It is the duty of all concerned with athletic activities:

1. To encourage and promote friendly relationships and good sportsmanship by always displaying courtesy and good behavior.
2. To encourage and promote positive relations, cross-cultural understanding, and human rights with respect to race, culture, ethnicity, gender, ability, lifestyle, diversity, and religion.
3. To insist upon implicit compliance with all rules and regulations.
4. To recognize good sportsmanship prevails, win or lose, by acknowledging good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by any team or athlete.
5. To take special care to treat visiting teams and officials as guests, extending every courtesy.
6. To be humble in victory and gracious in defeat.
7. To respect the judgment and integrity of referees, judges, and other officials, realizing their decisions are based upon game conditions as they observe them.

IX. ATHLETICS

Our athletic program is separate from the physical education program at our school and was established to encourage Christian fair play, sportsmanship, physical fitness, and self confidence.

Sports offered throughout the year are as follows:

Girls Cross Country grades 4-8	Boys Cross Country grades 4-8
Girls Soccer grades 5-8	Boys Soccer grades 5-8
Girls Volleyball grades 5-8	Boys Basketball grades 5-8
Girls Basketball grades 5-8	Boys Track and Field grades 4-8
Girls Cheerleading grades 5-8	
Girls Track and Field grades 4-8	

Final say on participation is based on roster needs. Grade level may be amended to ensure adequate rosters (4th graders may be asked to participate in a sport, if numbers are needed to field a team). The administration makes the final decision on grade level participation.

X. ATHLETE RESPONSIBILITIES

a. *Extracurricular Eligibility*

Participation in extracurricular activities at CTK is a “privilege” each student enjoys, rather than a “right”. In order for students to realize their full potential, they must commit to a lifestyle that promotes a Christian attitude toward others, along with physical and mental fitness. Therefore, the following **Eligibility Policy** has been established to guide students who represent CTK in co-curricular activities, clubs, and organizations.

Students in 5th, 6th, 7th, and 8th are subject to this policy. Students in 4th grade may be subject to the policy, or an alternative program/policy, at the discretion of the principal.

Eligibility grade forms will be sent out to the athletes’ teachers before the start of the season and every 3 weeks during the season. Grades must be a C- or better in all classes to remain eligible to participate. If any subject has a grade lower than a C-, the athlete will be placed on probation and will have three weeks to raise that grade to at least a C-. All other grades must remain at C- or better. The athlete may continue to practice and play in games during the probation period. If, after the three-week probation, all grades are at a C- or better, the athlete returns to full eligibility. If, however, the low grade has not been raised or another grade has been dropped below the C- level, the athlete will be suspended from the team for a three-week period, unable to participate in any practices or games. Depending on the length of the season, this might end the student’s participation.

The Athletic Director reserves the right to make modifications to the eligibility policy for student athletes with special needs.

b. Attendance

Being part of a team is commitment to your school, your coaches, and your teammates. The student athlete is responsible to attend all meetings, practices, and games. Attendance must be a priority for all athletes.

The **School Attendance Policy** impacting athletics is as follows:

1. The student must be in school at least a half day to be eligible to play in the game that day, if a game(s) falls on Saturday or Sunday, the student must be in school at least a half day on Friday to be eligible to play in the game(s). If there is no school on Friday (due to weather or planned day off), it will be up to the coach and athletic director to determine eligibility of play.

The **Practice Attendance Policy** for each team is developed by the athletic director and coach. The coach outlines the attendance policy to the players during the first week of practices. If a student athlete will be absent from a scheduled team activity (e.g. meeting, practice, or game), the parent/guardian must provide the coach with a written explanation prior to the absence, as to why the absence will occur (a phone call or text would be expected in the case of short notice but must be followed up by written documentation).

Excused vs. Unexcused Practice Absence

1. Failure to notify the coach of an absence will result in the absence automatically being classified as unexcused.
2. Absences due to conflicting school sponsored activities will automatically be classified as excused and written documentation is not required from the athlete's parent/guardian. (Please be sure that the coach is aware of the schedule conflicts in advance). Students who miss a practice before a game or have unexcused absences:
 - Will not start in the next game
 - Have the possibility of not playing (depending on the coach's discretion).

c. Game Day Attire

It is a privilege to be a student athlete, and Christ The King Lutheran School expects each student athlete to represent him or herself in a way honoring the school and our Lord. Dressing up on game days shows awareness for the sport, dedication to the team, and honor to the school.

The game day attire will be determined by the individual head coach of each sport and monitored by the Athletic Director.

XI. PARENT RESPONSIBILITIES

a. Pre-Season Meetings

Prior to the beginning of each athletic season a meeting will be held by the Athletic Director. The meeting consists of the administration outlining procedures and rules of

the athletic department. The meeting will be concluded with team meetings with individual coaches in which coaches will outline their philosophies and expectations for the upcoming season.

- Attendance is mandatory.
- If a parent/guardian is unable to meet with the coach and athletic director, an alternate time will be set by both coach and parent/guardian.

b. Athletic Expectations and Permission Slip

The parent and the athlete must read and sign the Athletic Expectations and Permission Slip in order for the athlete to participate. The permission slip will detail sport related information.

c. Volunteering

Throughout the sports season, parents are needed to volunteer their time to assist with the scoreboard, scorebook, concessions, and admission for regular season games and tournaments. Parents/Guardians are expected to assist with these activities throughout the season.

- The Athletic Director will provide means for volunteers to sign up for our volunteer positions. Parents/guardians will be asked to sign up for different positions throughout the season. The Athletic Director will request a certain number of “signups” depending on the number of athletes participating on each team.
- If a parent/guardian of an athlete does NOT sign up, the Athletic Director will assign family slots where needed.
- Individuals under the age of 18 are not permitted to help in the volunteer areas unless under direct supervision of their parent.
- A volunteer fee of \$50 will be charged to any family if a parent/guardian has not volunteered during the sport’s season.
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d. Game Day Travel

It is the parent/guardian’s responsibility to transport athletes to and from games, including tournaments. The school is not responsible for providing transportation.

e. Fees

A \$15 fee will be applied to each sport throughout the year.

f. Sports Physicals and Forms

Sport physical are REQUIRED prior to participation in games. A sport physical or waiver is required prior to participation in practices.

XII. COACH’S RESPONSIBILITIES (Western Lutheran Athletic League (WLAL) Bylaws)

The coaches for all member schools of the WLAL will be held to the following code of conduct:

1. Teach and display a Christian attitude at all times
2. Teach the skills necessary for every student to improve.

3. Treat players, opposition, referees, and parents with respect.
4. Set a positive example for the students to model.
5. Be prepared for practices, games, and tournaments in order to model responsibility.
6. Display a healthy lifestyle for the students to model.
7. Understand that all students are different and desire different wants and needs

XIII. PLAYER'S RESPONSIBILITIES (WLAL BYLAWS)

Any player who becomes 15 years of age by January 1 will not be eligible for any sport during that school year and thereafter. Age exceptions will be handled on an individual basis by the unanimous approval of the athletic directors.

All players shall act in a sportsmanlike manner while on or near the playing area before, during, between and after games. Failure to do so may result in ejection from the game. Student athletes will be held to the following code of conduct:

1. Demonstrate a Christian attitude at all times, both on and off the playing field, at home and school, regardless of winning or losing.
2. Treat coaches, opponents, teammates, and officials with respect.
3. Be an encourager. Never tear down; always build up.
4. Take care of your body spiritually, physically, and mentally. Remember your body is the temple of the Holy Spirit and should be treated as such.
5. Strive for excellence in all you do. Realize the importance of giving 100% effort at all times-in practice as well as games.
6. Take care of all other schools' equipment. Respect the other schools' property as if it were your own.
7. Be a team player. Athletics is a great expression of unity. There is no "I" in TEAM.

Examples of POOR sportsmanship are:

- Disconcerting actions or words
- Derogatory remarks to officials or to opponents
- Questioning or trying to influence officials' decisions
- Showing disgust with officials' decisions
- Using insulting language, gestures, or goading actions which induce ill will.
- Making any contact with an opponent which is deemed unnecessary, and which incites rough play.
- Using any part of a teammate's body or any object to gain an advantage.

XIV. INDIVIDUAL SPORTS RULES

Christ The King and the WLAL follow The National Federation of State High School Associations rulebooks except for the variations and particulars referred to in the WLAL Bylaws and rule book. NFS rule books can be purchased from the Michigan High School Athletic Association.

XV. MAPS TO GAMES

Refer to the CTK Website or get directions from the office for all away games and tournaments.