

ST. PAUL LUTHERAN SCHOOL

Athletic Handbook



Edition- Revised May 2017



St. Paul Lutheran School Athletic Philosophy

The coaching staff of St. Paul Lutheran has and will continue to dedicate itself to the development of the total student athlete. The spiritual, physical, and emotional growth of each person is conscientiously considered when planning and implementing our athletic program. We believe that sports are a gift from God and participation in sports is always to be to His glory. We acknowledge that participation in the SPLS sports program is totally voluntary, is a privilege, and is open to eligible students without discrimination on the basis of sex, color, race, religion, or national and ethnic origin.

Scripture will be the foundation for teaching commitment, trust, encouragement, love, humility, and forgiveness as important individual characteristics of who we are as redeemed children of our Heavenly Father. These characteristics are an important aspect of our team concept and important in the way we display our faith through athletics.

The SPLS athletic program has two distinguishable levels based on our participation in the Christian Schools Athletic Fellowship (CSAF) and also based on our philosophy. These levels are distinguished by different grades and in name. Our primary objective at the JV level is to give the student athlete an opportunity to develop as a player, improving specific sport skills, improving physical conditioning, and gaining valuable game experience. The SPLS varsity athletic program is committed to competing at the highest level. Junior Varsity grade levels are fifth and sixth grade. The SPLS varsity student athlete competes for playing time based on the athlete's attitude, skill level, athletic ability, and ability to compete and perform in game situations. Varsity grade levels are sixth through eighth grade. We believe that playing time is determined at the coach's discretion. We understand that these situations can sometimes become emotional issues. We also recognize that this is an opportunity for parents to model appropriate behavior for students in using the principles of Matthew chapter 18. Matthew 18:15-16 says, ¹⁵“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over.¹⁶ But if they will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses.”

We believe that student athletes are precious gifts of God. Playing time and selection for a team must never become an excuse for arrogance or taunting of other students, nor should lack of selection to a team or playing time become an occasion for blaming and resentment of others. We recognize that parents are ultimately responsible for loving and guiding their students through all experiences of success and failure. Parents have the opportunity to model how to appropriately handle both accomplishments and disappointments with a mature Christian attitude and perspective.



Our staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Team members will be given the opportunity through coaching, extensive training, and the use of excellent equipment and facilities to improve and develop toward their maximum athletic potential if they dedicate and commit themselves to our program.

The SPLS athletic program prepares student athletes for high school athletics. Just as the school itself prepares students for their next respective grade- the athletic program will appropriately develop and prepare student athletes for high school athletics. We strongly encourage that every student athlete participate in one sport per season (fall, winter, spring). This creates a more well-rounded experience at St. Paul.

Sports teams at SPLS will have JV teams composed of 5th and 6th grade student athletes. Sports teams at SPLS will have Varsity teams composed of 6th-8th grade student athletes. Criteria for 6th grade involvement in Varsity athletics is determined by the athletic director on total numbers of players participating in the sport and athletic abilities of the student athlete. No 5th grade student athlete will play a varsity sport unless a “hardship” application has been submitted by the athletic director which then must be accepted by the CSAF league. At any given season, sixth graders will have the opportunity to compete at the varsity level, but must continue to play at that level only for the remainder of the season. No player will be allowed to play below his or her age or grade level. If a player is playing up a level on a team he/she will fulfill his/her role on the team to completion of that season. No varsity athlete will be allowed to play down a level at any time in the season.

SPLS strives to assist young boys and girls to become successful citizens in our highly competitive society. The athletic program is one component of the process to achieve this outcome. Tryouts are a part of competition and a part of the process for forming some SPLS athletic teams. Through this process, some students may not be placed on their team of choice. Such decisions are a usual and normal part of the tryout procedure. There will be no cuts. Every student athlete will be placed on a team. We, as a coaching staff, will establish criteria for selection and will do everything possible to make the tryout process fair and accurate. We recognize that students may be very disappointed if they are not included on a team of their choosing after tryouts. We believe that the students and parents need to discuss this emotional risk in their family setting before students engage in tryouts. We also recognize that parents have the responsibility to prepare their children emotionally for the tryout process and to determine whether or not it is in the child’s best interest to tryout.



St. Paul Lutheran School Athletics Program Purpose Statements

Be Responsible to my witness as a Christian Athlete.

- SPLS coaches/student athletes compete with total effort. Eagle athletics defines effort as the joyful giving of yourself for a worthy cause, that which separates you from others. We strive to follow Christ's example in Hebrews 12:1-3.

Believe In, Defend, and Improve our Team.

- SPLS coaches/student athletes are loyal and trustworthy to their teammates, coaches, and school. Eagle athletics defines loyalty as putting the team first; being ready to defend, make investments and sacrifices for the team. Eagle athletics defines trust as being dependable; the most important ability is dependability.

Have the Right Attitude for every Situation, RMA (Right Mental Attitude).

- SPLS coaches/student athletes are persistent, never quit and finish everything strong. Eagle athletics defines attitude as how you think about things. Eagle student athletes are taught to always have the right mental attitude.

Create Team Unity, Player to Player, Coach to Coach, Coach to Player, Player to Coach.

Unity is the Secret!

- SPLS coaches/student athletes Believe In, Defend, and Improve their Team. Unity is the product of this belief. Eagle athletics defines unity as a bond of brothers/sisters which builds, respects, and loves one another as family members.

Be Happy, Enthusiastic and Eager for Work.

- SPLS coaches/student athletes work with discipline, consistency, and enthusiasm. Eagle athletics defines work as the things you have to do in order to reach your goals. Eagle athletics defines consistency as doing things right every time. Eagle athletics defines discipline as doing what you are told to do and doing it with enthusiasm. Eagle athletics defines enthusiasm as excitement from the heart; God in us.

Respond to Leadership and Coaching.

- SPLS coaches/student athletes respond to leadership and coaching with the right mental attitude. Eagle athletics defines a leader as one whose actions and decisions are in direct alignment to achieving the goals of the team.

Be More Committed to the Program. Those who stay will be Champions!

- SPLS coaches/student athletes are committed to the program. It is a goal of SPLS athletics to prepare student athletes for high school. Eagle athletics defines investment as spending time and energy in an intelligent manner in order to receive a reward. Eagle athletics defines reward as what you receive in due proportion to what you invest. Eagle athletics defines a sacrifice as what you don't get because you failed to invest with effort. The SPLS athletic program teaches student athletes about commitment.

Persist, Finish Everything Strong.

- SPLS coaches/student athletes persist and finish everything strong. Because student athletes strive to give Christ-like effort in all they do, desire will be seen. Eagle athletics defines desire as motivation from within, brought on by competition, enhanced by striving for success. Eagle athletics defines success as happiness that comes from getting better. SPLS athletic teams will play with integrity. Eagle athletics defines integrity as the things you do under pressure; what you do when nobody is watching and what you do when being watched.

Always Encourage Each Other.

- SPLS coaches/student athletes always encourage each other. Just as Christ commanded to build one another up in love. Eagle athletics defines love as respect and holding another in high regard. Negativity will not have a place in the SPLS athletics program.

Take Great Pride in Who We Are, Where We are From, and What We Represent.

- SPLS coaches/student athletes have pride in themselves, their team, and their school. Student athletes are responsible for their witness as Christian athletes. SPLS athletics is more than just playing sports, it is ministry. Coaches are responsible for their witness as Christian coaches. SPLS parents are responsible to their witness as Christian parents. Eagle athletics defines responsible as knowing what you have to do, to do the job right and doing it. Eagle athletics is a powerful tool in God's hand and we pray for the gift of courage to pour ourselves out and establish Christ's love on all, to make a difference in kids' lives, our school and the community.



St. Paul Lutheran Athletic Eligibility

EXTRA CURRICULAR ELIGIBILITY POLICY from the St. Paul Lutheran School manual.

Students must maintain a 70% or better grade average in each and every subject (E,S, or N in non-percentage classes) in order to participate in any extra-curricular activity. When a child is ineligible, he or she may practice, but may not play in games/meets/performances.

The term of eligibility begins and/or ends the day grade reports are printed and distributed from the school office. Students remain ineligible for a two week period following the printing of the grades.

Eligibility may be lost as a result of a grade report generated 6 weeks after the beginning of a quarter.

Eligibility may be lost as a result of the end-of-quarter grade report.

Eligibility may be regained as a result of a report generated two weeks after losing eligibility, a mid-term report, or an end-of quarter report.

Note: Incompletes may lead to ineligibility. Eligibility is not carried over from one year to the next.

Student athletes must be in school by 11:45 A.M. (on a school day) to participate in a practice or a game unless **excused in writing** for attending a doctor's appointment, funeral, etc. This must be communicated with the coach first and then athletic director.



St. Paul Lutheran School Athletic Policies

1. Medical Athletic Participation Form - Every athlete must have both sides of the pre-participation form (including the physical exam) completed, signed and on file with the athletic director before he/she may participate in any practice session, scrimmage or game.
2. All athletes and the parents of the athlete must sign the Athletic Christian Pledge Form and the Student Athletic Contract before they are allowed to play for any team.
3. All coaching candidates must fill out and turn in an application, interview with the athletic director, pass a background check, and pass video training before seasons start. Each coach will have end of season interviews with the Athletic Director. Returning coaches when asked by the Athletic director must retake the training and pass the background check every two years.
4. Uniforms are handed out at the beginning of each season. Each athlete is responsible for laundering his or her own uniform during the season and turning it in at the end of the season. If the uniform is lost during the season, the participant will pay the replacement cost. If another uniform is available it will be issued. If the original uniform is then found, the replacement fee will be refunded with \$10.00 being kept as a processing fee. If at the end of the season, a uniform is deemed by the Athletic director or the Uniform Representative to be abused and needing repair or replacement, the athlete will be charged the repair or replacement cost. Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach or athletic director within 7 days of the last game/meet. A student will be charged for the replacement cost of uniforms and grades/schedules will not be released until all obligations are met.
5. All athletes must be picked up within 15 minutes after practice. The coach will take them to extended day care if they have not been picked up within 15 minutes. The school office will bill for time in extended care. Students in extended day care will be released only to a coach or parent of an athlete 10 minutes prior to a starting practice time or designated departure times for away games so that they can change clothes and get ready for the game or practice. Any student having practice beginning at 5:00 p.m. or later will need to check-in to day care after school or leave campus until the practice. Students found loitering around campus prior to their practice will be checked in to day care. Extended Care closes at 6:00pm. Please make arrangements with After School Care for your child if needed.
6. Practices and games are mandatory. Every practice scheduled has purpose and is designed for the team to utilize effectively. If you must leave school early because of illness, dentist appointments, or doctor appointments, tell your coach and send an email to the coach and Athletic director on departure and return to school. This will be considered an excused absence. Student athletes who are not at practice and games will be subject to playing time cuts. Athletics is an extension of the classroom. This is natural cause and effect in athletics. The return will be in due proportion to the



investment. Any circumstance other than family emergencies and illness will account as unexcused absences with consequence of playing time decreasing and other disciplinary actions.

7. If a student athlete leaves (quits) or is dismissed from a team prior to the completion of a season they may not participate in any other sport for the remainder of the school year and eligibility will remain at the discretion of the athletic director. For each sport, the student athlete has until the first game/meet that they can participate in to decide if they want to continue playing that sport for that season. Once they suit up for that first game they are then committed to complete the season. In addition, the SPLS athletic department will hold tryouts for only some teams. For these particular teams, tryout attendance is required in order to be placed on a team. For teams that do not require a tryout, all student athletes must be at the very first scheduled practice for their sport in order to be on the team. Information is given in a timely manner via email and school websites. Teams must be formed and established preseason not in short time before the first game or after. It is understood that on occasion extenuating circumstances may arise and those situations will be considered by the athletic director and coaching staff on a case by case basis.

8. Competing in athletics at St. Paul Lutheran School is a privilege.

9. All parents with a child in a sport will assist with transportation to away meets/games/tournaments, concession stand, admission, official's table, or scoreboard operations. Parents will receive a volunteer form prior to the season. It is to be filled out and turned back in to their coach or the athletic director.

10. For contests at a location other than at SPLS. Before the contest the parent notifies the coach, either written or verbally, that the child is leaving with the parent after the contest. The student may leave the contest with another family only if the parent notifies the coach verbally, giving permission to transport their child.

11. Electronic devices are not allowed at or before practices after school. Student Athletes after school are to link up with coach and move to field or gym with purpose to change clothes and begin practice. SPLS will take no responsibility for electronic devices damaged, stolen, or lost. Student athletes may use personal cell phones once practice has concluded.

12. Coaches work with the athletic director on setting practice times based on individual availability as well as facility availabilities. Coaches have the authority to close a practice to spectators. If parents are watching a practice, siblings should not be allowed to play or wander in the gym or other areas near practice facility. Coaches may cancel practice with consent from the athletic director.

13. Parents wishing to discuss something with the coach should make an appointment. Immediately prior to, during, or after a game is NOT the appropriate time. As parents have agreed to in the St. Paul Parent-Student Handbook, please follow the Matthew 18 principle in any area of conflict. In the event of a player's family being unhappy with playing time or a particular coach's decision or behavior, the next day rule applies to discuss and process complaints or find solutions to



accommodate. The Matthew 18 principle will guide our conflict resolution process. If a parent emails a coach, the coach will either meet with them face to face or call them back on the phone. Email should not be used as a form of effective communication. If unsolicited or uninvited encounters occur on court, on field, in halftime, pre-game, post-game, practice etc. the coaching staff, athletic director, and principal will review options for viewing privileges at games home/away. Please understand in the moment when emotions and intensities run high if any actions are less than honorable. We reserve the right to restrict your access to view any SPLS sporting event. If something is very important to you and would like to voice it to the team or coach, it must be done with the coach's permission.

14. At SPLS individual team fundraising is not permitted. If there is a team need please contact the athletic director. Any team store needed or wanted will go through the athletic director's set up. Any team T-shirt must be brought to the athletic director to give consent and funding. Parents wanting to donate or gift any contributions to athletics or individual teams should contact the athletic director.

15. The SPLS Athletic program chain of command is to be followed to help coaches and parents using Matthew 18: 15-16 in resolving conflicts.

<p>School Board Principal Scott Browning Athletic Director Josh Christian Head Coach Assistant Coach Players/Parents</p>
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St. Paul Lutheran School Athletics Expectations of Conduct

The way athletes act is a reflection of **who** they are and **“Whose”** they are. St. Paul athletes will glorify God with their athletic ability and witness His love with their actions. Competitiveness is a gift from Him; self-control is also a gift. The opposing teams, coaches, and officials will be respected and athletes will learn to handle adversity in a Godly manner.

Students not showing proper conduct may be disciplined using any of the following measures:

1. Reasonable physical exercise.
2. Sitting out a portion of a game.
3. Sitting out an entire game.
4. Expulsion from the team. (This step may be taken only with school administration approval and after all other efforts have failed.)

Parents are representing St. Paul Lutheran Church & School and present an image just as much as if they were wearing uniforms. Parents are expected to maintain high standards of behavior just as the players are. The actions of a parent on or off the court/field may have an effect on their child’s playing time and/or privilege of remaining on the team.

Ejections - Any Athlete ejected from a game must serve a minimum one game suspension. If ejection occurs during a non-district game, suspension must be served the next scheduled game. If ejection occurs during a district game, the suspension must be served the next district game. A written appeal can be made to the Division Director and will be decided within one week. If a player is ejected from a game for a second time, in one season, said player will be ineligible for the remainder of that season and removed from the team.

The coach along with the athletic director is responsible to see that:

1. *Parents, fans, & supporters of the school athletic program do not use abusive language.*
2. *Parents, fans, & supporters of the school athletic team treat all officials with respect and refrain from criticizing officials and coaches before, during, and after games.*
3. *Parents and fans are reminded that their actions reflect the reputation and good name of the sponsoring school.*
4. *The actions of parents and fans promote good sportsmanship among everyone present.*
5. *Parents, coaches, and student athletes are responsible to their witness as Christians.*



St. Paul Lutheran School Athletics Team Guidelines

St. Paul Lutheran School is a member of the Christian School's Athletic Fellowship (CSAF). For fall, winter, and spring sports, there is a junior high and elementary division. SPLS gives the varsity name to all junior high teams. Junior varsity is the name given to all elementary division teams fielded. When considering team formation, St. Paul's highest priority is to place a team in each league division starting at the Varsity level and send a representative to a Lutheran State competition. Other factors involved in team formation include number of players wanting to participate in the sport, coach availability, and CSAF acceptance. The numbers of participants per sport listed are guidelines only. Final decisions on team formation and players selected for a team will be with the approval of the athletic director.

CROSS COUNTRY

Varsity Team = Gr. 6-8, no minimum or maximum

JV Team = Gr. 5-6, no minimum or maximum

*Pending on the meet JV and Varsity teams will compete together as one Varsity team.

VOLLEYBALL

Varsity Blue = Gr. 6-8, minimum of 6 players and maximum of 12 players on team.

Varsity Gold = Gr. 6-8, minimum of 6 players and maximum of 12 players on team.

JV Team = Gr. 5-6, minimum of 6 players and maximum of 14 players on team.

*Varsity Gold teams will be created only if needed

6- MAN FOOTBALL

Varsity Team = Gr. 6-8, minimum of 6 players and maximum of 20 players on team.

BASKETBALL

Varsity Boys Blue = Gr. 6-8, minimum of 5 players and maximum of 12 players on team.

Varsity Boys Gold = Gr. 6-8, minimum of 5 players and maximum of 12 players on team.

JV Boys = Gr. 5-6, minimum of 5 players and maximum of 12 players on team.

*Varsity Gold teams will be created only if needed

Varsity Girls Blue = Gr. 6-8, minimum of 5 players and maximum of 12 players on team.

Varsity Girls Gold = Gr. 6-8, minimum of 5 players and maximum of 12 players on team.

JV Girls = Gr. 5-6, minimum of 5 players and maximum of 12 players on team.

*Varsity Gold teams will be created only if needed

TRACK

Varsity Team = Gr. 6-8, no minimum or maximum

JV Team = Gr. 5-6, no minimum or maximum

*Pending on the meet JV and Varsity teams will compete together as one Varsity team.

GOLF

Varsity Team = Gr. 6-8, no minimum or maximum

JV Team = Gr. 5-6, no minimum or maximum

BASEBALL

Varsity Team = Gr. 6-8, minimum of 9 players and maximum of 16 players on team.



Coaches/Volunteer Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. A SPLS coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character. A St. Paul Lutheran Coach must always be responsible to their witness as a Christian coach. A St. Paul Lutheran Coach must be an active church member with faithful attendance at their home church.

Any coach/volunteer will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Coaches/ volunteers are expected to teach fair play, good sportsmanship, the rules of the game, and fundamental techniques of that sport.

The Code of Ethics is as follows:

1. In all personal contact with student-athletes, officials, athletic directors, school administrators, league officers and the public, the coach/volunteer shall strive to set an example of the highest ethical and moral conduct.
2. Abuse of anyone by a coach or volunteer is forbidden. Abuse includes Physical abuse; Verbal abuse; Sexual abuse; and Mental abuse
3. Using, possessing, or being under the influence of alcohol or illegal drugs is forbidden.
4. Smoking or the use of tobacco products on the field/court is prohibited and the coach shall take an active role within his or her sphere of influence in the prevention of drug, alcohol and tobacco abuse.
5. Coaches/Volunteers shall NOT use profanity in the presence of children, parents, or game officials.
6. Coaches/Volunteers shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with parents, supporters and administrators.
7. A coach shall respect the decisions of administrators and league officers and shall not exert pressure to give student-athletes special consideration either academically or disciplinarily.

The Coach's responsibilities are as follows:

1. Spiritually lead all student athletes through prayer and applying the Christian faith to everyday encounters in sports.
2. Follow the SPLS Coaches Manual
3. No sports activities are to be scheduled on Sunday
4. Lead effective, efficient, and productive practices that teach the values of work, effort, discipline and achieving goals.
5. Follow the chain of command using the principles of Matthew 18:15-16 in resolving conflict:
CSAF Director
Principal
Athletic Director
Head Coach
Assistant Coach
Players / Parents
6. Loyalty, application and adherence to the SPLS Athletics Program Purpose Statements



St. Paul Lutheran School Athletics Program Purpose Statements

- ***Be Responsible to my witness as a Christian Athlete.***
 - ***Believe In, Defend, and Improve our Team.***
- ***Have the Right Attitude for every Situation, RMA (Right Mental Attitude).***
 - ***Create Team Unity, Player to Player, Coach to Coach, Coach to Player, Player to Coach. Unity is the Secret!***
 - ***Be Happy, Enthusiastic and Eager for Work.***
 - ***Respond to Leadership and Coaching.***
- ***Be More Committed to the Program. Those who stay will be Champions!***
 - ***Persist, Finish Everything Strong.***
 - ***Always Encourage Each Other.***
- ***Take Great Pride in Who We Are, Where We are From, and What We Represent.***

I have read and understand this Code of Ethics. I understand it is my duty to be responsible to my witness as a Christian coach. I understand that it is my responsibility as a SPLS Coach/Volunteer to adhere to this code, and I further understand that I may be reprimanded or suspended should I deviate from this code.

Signed: _____ Date: _____



Student Athletic Contract

As a participant on a St. Paul Eagles athletic team, I commit to:

Be respectful of my coach and fellow players

- Be responsible with the duties the coach may give me
- Play Hard No Matter What
- Always Encourage Others
- Approach the coach directly when I have a concern
- Be a member of the team and be committed to it
- Understand there is no place on a team for a selfish player

Demonstrate sportsmanlike conduct towards the opponent and referee at contests

- Follow the rules of the game
- Respect the referees
- Be respectful to the opponent and their coach

Adhere to, apply, and follow the SPLS Athletics Program Purpose Statements

- *Be Responsible to my witness as a Christian Athlete.*
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I understand that failure to attend practice, except in the case of illness, emergency, or other special circumstances which have been previously communicated to the coach will adversely affect my playing time in games. I also understand that failure to adhere to the standards above will result in suspension and/or dismissal for the team.

Signed _____

Date _____



Parent's Christian Sports Pledge

I/We, the undersigned, am/are registering my/our son/daughter in a Christian athletic program, which will emphasize Christian values during practices & games. Although my/our son's/daughter's team will practice hard and play their games to the best of their ability, a living faith in Jesus Christ – not just winning – will be the goal of the season. SPLS Athletics is a platform to spread the love of Christ to all who may see or hear.

I/We realize that my/our son/daughter will be expected to be responsible to their witness as a Christian athlete throughout the season, and that family and friends who come to his/her games will also be expected to act in a manner appropriate for a program dedicated to living the faith we profess. I/We also realize that my/our son/daughter will be expected to be faithful in worship attendance.

I/We realize that inappropriate behavior on the part of my/our son/daughter, or family members, may result in my/our son's/daughter's suspension from playing.

I/We pledge to do my/our part to witness to Christian values at home and on the field, to support the coaches in their attempt to develop the team into a faith community, and to take seriously the faith dimension of the team's efforts. I/We pledge to be responsible to our witness as Christian parents.

I/We realize that a commitment is made when participating in a sports program. I/We pledge to do my/our part by attending all scheduled practices and games and providing a written excuse when unable to do so. I/We also understand the guidelines governing eligibility. I/We understand the importance of our involvement in sporting events for SPLS athletics- to contribute and help make sporting events happen.

Signed _____

Date _____

Signed _____

Date _____



Ten Principles for Parenting an Athlete

- Be positive with your student-athlete. Let them know they are accomplishing something simply by being a part of the team.
- Avoid offering excuses for the student-athlete if they are not playing or seeing only limited action. Encourage them to work hard, reach their potential, and contribute to the team's efforts.
- Open criticism of the coaches is unnecessary. By openly criticizing the coaches, your student athlete becomes trapped between the coach's authority and the parent's criticism. This situation merely erodes the athlete's effectiveness and affects their contributions to the team effort.
- Encourage and support your student-athlete's efforts to follow the team's rules and athletic code. Remember that you sign a parent athletic pledge stating your support of the athletic code, its enforcement and penalties. This is a year-round responsibility and not limited to the athletic season.
- Emphasize the importance of academics and understand the academic requirements necessary for participation in interscholastic athletic activities. With few exceptions, most student-athletes do not receive athletic scholarships. Their future as an active, contributing citizen is determined by their academic abilities, not their middle school/high school athletic abilities.
- Criticizing or showing envy in relation to the failures or successes of other student-athletes is inappropriate behavior. Most are trying their hardest on any given day and they deserve respect for their efforts. Living your life vicariously through your student-athlete puts undo pressure on all concerned. Remember, a sport is a game and it is supposed to be fun.
- The coaches work with the athletes on a regular basis and they have had the opportunity to evaluate the athletes' strengths and weaknesses objectively. Focus your energy toward being a supporter of the team and do not waste it tearing the team down. Remember, every team is composed of three groups: athletes, coaches, and parents. Be a positive part of the team.
- Emphasize good sportsmanship with your student-athlete. Win or lose, they must show respect for opponents and demonstrate the maturity necessary to show class. In addition, encourage your student athlete to respect the authority of the officials. Self-respect begins with self-control.
- Emphasize that "team" must take precedence over the individual. Recognition of individual's contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual's contribution to the team's success. Remember, there is no "I" in the word team.
- The lessons learned through athletic competition are lessons for life. The skills learned are for leisure in the future. Keep sports in perspective.