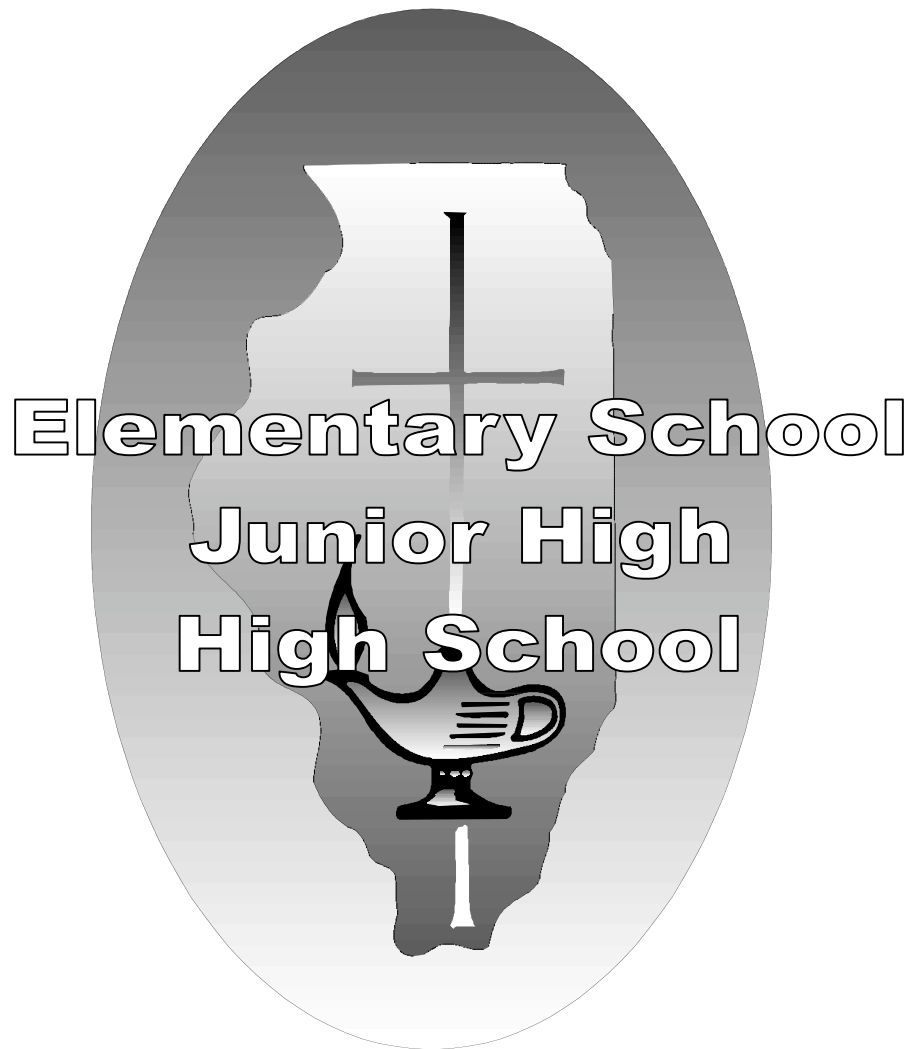


Illinois Lutheran



Junior High/Elementary School
Co-Curricular Handbook
2009-2010

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 5th and 6th grade level and competitive at the 7th and 8th 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 8-10 regular season game. The boys are expected to attend all practices and games. Cuts may be made at the discretion of the coaching staff. When there are enough players to field two teams, we will have an 'A' (7th and 8th Grade) and 'B' (5th and 6th Grade) Team.

Girl's Basketball

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

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

The 7th and 8th 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.

WINTER AND SPRING ATHLETICS

Boy's Basketball

The boys in grades 5-8 have the opportunity to play basketball against other schools in our South Suburban Lutheran Athletic League. The boys are divided into three teams (if possible): a 5th grade team "C" team, a 6th grade "B" team and a 7th and 8th grade "A" team.

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

The 7th and 8th 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. The boys are expected

to attend all practices and games.

5th and 6th Grade Cheerleading

The 5th and 6th 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.

7th and 8th Grade Cheerleading

The 7th and 8th 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.

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 L league. The girls are divided into two teams: a 5th and 6th grade "B" team and a 7th and 8th grade "A" team.

The 5th and 6th grade team plays 5-10 regular season games. All 5th and 6th grade girls make the team.

The 7th and 8th grade team plays 6-10 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.

Track

All students in grades 3-8 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 South Suburban Lutheran Athletic 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. 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. 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. 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 at tournament time.
4. A student must maintain not less than a C- grade average to core subjects in order to be eligible to participate in athletic events. A student will be declared ineligible if a grade of an F is received in any subject. If a student is declared ineligible, he/she will not be able to participate in practice or games. Eligibility is checked every Monday starting after the first full cycle of class days in each quarter. If a student is declared ineligible at the end of a quarter, then they will be ineligible for the first full week of the new quarter.
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.

CO-CURRICULAR AWARDS SYSTEM

Any student participating in a "C" or "B" team 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 at the "A" level in a co-curricular activity (soccer, basketball, volleyball, cheerleading) will receive a letter/pin based on the coaches criteria for lettering.

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

All awards will be distributed at the May awards banquet.

ATHLETIC MEETING

There will be an informational meeting in advance of each athletic year. 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 and games at the scheduled times.
6. To supervise your children at all athletic events.
7. To serve as a concession stand worker for home games. Our Booster Club will have the team schedule and sign-up sheet for each sports home game at the pre-season team meeting. Parents are asked to serve a minimum of 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 parents, players, and 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.

Softball Equipment

Softball glove

Softball bat (optional)

Hat & Sunglasses (optional)

Sun block

Water bottle

Students should dress for the weather and in school colors (PE uniform).

Student might want to bring money to softball tournament for concessions.

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 (pull-up top)

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 (pull-up top)

Athletic shoes (gym use only)

Sports bra

Knee pads

Track Equipment

Running shoes are preferred.

Students should dress for the weather in School Colors

Water bottle

Sun block

Student might want to bring money to track meet for concessions.