

Hephatha Lutheran *School*

Athletic Handbook *2009-2010*

Expectations for student-athletes, parents and coaches

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Mission Statement and Purpose

Hephatha's mission statement is, by the grace of God, to build-up the family of Christ, to grow in faith, to assist families in "discipling" their children in a Christian community, and to provide an educational experience wherein all will find identity, and power for their lived in Christ by living in grace and in the knowledge of Him as their personal Lord and Savior.

The athletic program is designated to promote healthy participation in sports for boys and girls in Grades 5 through 8. Hephatha is part of the Lutheran Orange County Athletic League (LOCAL), which is made up of the following schools: Salem- Orange, St. John's- Orange, Zion- Anaheim, St. Paul's- Orange, Christ Costa Mesa- Costa Mesa, Abiding Savior- Lake Forest, St. Paul's- Garden Grove, Prince of Peace- Anaheim, Christ- Brea. Student-athletes are expected to credit Jesus Christ in everything they do, including all competitions. Sportsmanship is expected from all involved, and should always reflect a Christian lifestyle. Hephatha believes that all parents, coaches, and teachers have the responsibility to develop these characteristics in each and every student-athlete.

The following are objectives of Hephatha's Athletic Program:

- ✚ To develop an extra-curricular program that implements Christian lifestyles and attitudes.*
- ✚ To encourage excellence and effort regardless of outcome.*
- ✚ To provide assistance in developing basic skills and talents.*
- ✚ To emphasize the purpose of a team.*
- ✚ To develop leadership skills, confidence, dedication.*
- ✚ To promote school spirit, good sportsmanship, and a reflection of Christ.*

Sports Offered

Fall (September-November)

- ✚ Boys' Flag Football (5th-8th)
- ✚ Girls' Basketball (5th-8th)

Winter (November-March)

- ✚ Boys' Basketball (5th-8th)
- ✚ Girls' Volleyball (5th-8th)

Spring (March-May)

- ✚ Boys' and Girls' Track and Field (4th-8th)
- ✚ Boys' Volleyball (Tentative)

Game Days

- ✚ 5th and 6th grade teams have games on Wednesdays.*
- ✚ 7th and 8th grade girls have games on Tuesdays, Thursday and some Fridays.*
- ✚ 7th and 8th grade boys have games on Tuesdays, Thursdays, and some Fridays.*

**Exceptions would include rescheduled games, uncooperative weather, and weekend tournaments. Away games may require student-athletes to be dismissed from school early. When this happens, it will be noted on the schedule and in the Hephatha Happenings.*

Student-Athlete Expectations

Your #1 responsibility is to God. Everything you do should be God pleasing. If at any time you question whether something is God pleasing or not, it probably ***should not be done.***

Your #2 responsibility is to be respectful. It is clearly stated in the 4th commandment. You are to obey your parents. You are also to obey those in authority (coaches and officials).

Your #3 responsibility is to your team. You are to love your neighbor as Christ loved you. You are also expected to provide positive leadership for the team.

Participation Requirements







- + You will be able to play and practice only when a “Permission to Travel/Medical Release Form” is on file with the athletic director. These forms are available in the school office.
- + A sports fee is collected for each sport. This covers the cost of hired officials, uniforms, and equipment.
- + Academic eligibility: a lack of effort in school work will result in suspension of participation. Student-athletes earning below a C on any weekly grade report will be ineligible for that week.
- + Behavioral eligibility:
 - 2 lunch detentions (per week) will result in 1 week Suspension from participation in practice and games.
 - 3 after-school detentions (per trimester) will result in suspension for the remainder of season.

Attendance Expectations

Practices are an important key to make a season successful. Therefore, it is expected that a student-athlete attends all practices. Excused absences are for sickness and doctors appointments only. Anything else will be left up to the discretion of the coach or AD.

- + *If there are three unexcused absences, the student-athlete is off the team.*
- + *If you are going to be gone from a practice or a game, you need to discuss that with your coach one practice prior. Lack of doing so may result in suspension from the team.*
- + *You are to talk to the coach or athletic director yourself. **Do not** ask others to relay messages for you.*
- + *If you are absent from school on the day of a game you will not be allowed to play. If you miss the practice before a game, whether excused or unexcused, you will not be able to start.*

Conduct Expectations for Athletes and Spectators

-  *Consider all opponents as peers, and treat them with courtesy.*
-  *Accept the decisions of the officials without question.*
-  *Never use abrasive remarks or sounds.*
-  *Strive for victory through fair play, according to the rules.*
-  *Encourage enthusiasm for the game, and respect for all.*
-  *Win with dignity and lose with grace!*

Safety and Supervision

The following are guidelines to ensure the safety of all athletes:

Home Games

- 1. Athletes must report to their coaches following school dismissal at a location designated by their coach.*
- 2. Athletes are not to leave the school property without adult supervision.*

Away Games

- 1. Athletes are under the supervision of their coach and the parents who are transporting them to and from the competition.*
- 2. Athletes may be released to the supervision of their parents or another adult designated by the parent/guardian.*

**Athletes are not allowed to leave any sporting event (Home or Away games) without notifying their coach.*

Safety and Supervision Continued

- ✚ All players should properly warm-up and stretch before each practice or game.
- ✚ Athletes are not allowed to wear any jewelry (watches included) during practices and games.
- ✚ First aid kits will be available for each team. If supplies are low, coaches will inform the Athletic Director.
- ✚ Any athlete with a bleeding injury cannot return to the game until the bleeding has stopped and the injury has been properly covered.
- ✚ All athletes will abide by safe playing techniques and rules. If any athlete is noted as playing excessively rough, they will be pulled from the competition and have to speak with the Athletic Director before resuming participation.


Practices

Athletes need to report to their coach at the designated location for practice. Athletes are to be on time. Athletes should be picked up immediately after practices or games. If they are not picked up within 15 minutes, they may be sent to School Age Care at the parents' expense.

Communication

- ✚ Sport schedules will be given out at the beginning of each season. They will also be listed weekly in the Hephatha Happenings. All practices and competitions will be noted with the given times and locations. Additional schedules will be available on the school's website: www.hephatha.net
- ✚ All away game directions are available through the school office.
- ✚ If a practice or game is cancelled, athletes will be allowed to call

and inform their parents of the change. Please do not call the office in regards to cancelled practices/games, wait to hear from your child.


 *Parents, if you are upset or have any concerns about your child's coach, please contact Miss Caitlyn Williams via email or after school.*

Awards

The following honors will be awarded to student-athletes based on their achievements:

 *Christian Athlete Award:*

“to a student athlete that displays encouragement, good sportsmanship, respects all authority, and is a positive role model on the team.”

 *Athlete of the Year (8th grade)*

“to an 8th grade student athlete that excels in multiple sports, reflects a Christian attitude on the field/court, and is a positive role model on the team.”

 *Most Improved Award*

Please keep this handbook as a reference for the upcoming athletic season. Please keep Hephatha and all of our athletes, coaches, and parents in your prayers as we work hard to reflect Christ in all of our efforts.

Revised June 2009

Hephatha Lutheran School

~ATHLETIC WAIVER OF LIABILITY~

Student _____ Grade _____

Sport: Fall _____ Winter _____ Spring _____

Hephatha Lutheran Church & School Extra-Curricular Activities Registration

This form must be completed by the student and his/her parents and approved by Hephatha Lutheran School before a student is allowed to participate in any extra-curricular activity sponsored by Hephatha Lutheran School.

Parents' or Guardians' Permission & Waiver of Liability & Authorization for Emergency Care

I hereby give my consent for the above named student to participate in team sports or extra-curricular activities for this school year. I also agree to reimburse Hephatha Lutheran School for equipment issued to my child should it become lost. I understand that Hephatha Lutheran School cannot accept responsibility for personal items or school uniforms lost or stolen.

I authorize the Athletic Director, School Principal, Coach in attendance at any Hephatha Lutheran School activity to select and secure medical attention as may be necessary for my child as a result of injuries or other events requiring emergency care while I/we are not in attendance at such event.

Photo Release

I hereby give my permission to use photographs in connection with publicity for Hephatha Lutheran Church & School.

I hereby release said school official from any and all liability on account of such selection or authorization for any and all damages which occur on account thereof.

Parent/Guardian Signature _____ Cell phone _____

Family Physician _____ Office No. _____

Dentist Name _____ Office No. _____

Medical Insurance _____ Dental Insurance _____

Group or ID# _____ Group or ID# _____

Allergies _____ Medications _____

Notes: