# St. Michael Lutheran School

# Athletics Handbook

**Athletic Director:** Lisa Lam
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**Principal:** Greg Johnson
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## Code of Conduct for Student Athletes

Each athlete should conduct himself/herself according to the standards and principles set forth in God's Word. This includes upholding the Student Responsibilities listed in our Parent/Student Handbook. Failure to uphold these responsibilities could affect participation in athletic activities. It is also expected that athletes will conduct themselves at, during, or after practices and competitions in ways that glorify the Lord.

All athletes will adhere to the following code of conduct. Violations may result in suspension or expulsion from an athletic team.

**Athletes will:**

1. Act at all times in ways that are pleasing to God (Colossians 1:10)
2. Show respect and obedience for those in authority over you - coaches, referees, judges, assistants, etc. (2 Peter 2:13-15)
3. Accept the decisions of officials without question (2 Peter 2:13-15)
4. Show respect for your teammates, your school, the fans, etc. (Leviticus 19:18)
5. Applaud good sportsmanship from opponents as well as teammates (1 Thessalonians 5:11)
6. Strive for victory through fair play according to the rules of the game (2 Timothy 2:5)
7. Take appropriate care of the property, supplies, and equipment of SMLS, as well as personal items (1 Peter 4:10, Matthew 7:12)
8. Handle conflict appropriately, refrain from gossip or slander, and forgive when someone wrongs you (Matthew 18:15-17, Leviticus 19:16, Colossians 3:13)
9. Win without boasting, and lose without excuses (James 4:16)

**Athletes will refrain from:**

1. Tardiness to practices or competitions
2. Careless and/or reckless behavior
3. Profanity and vulgar or offensive speech and/or gestures
4. Dishonesty in any form, including lying, theft, or cheating
5. Disrespect and disobedience
6. Using their cellphones or other smart devices during practices, meetings, and competitions

The Athletic Director, coaches, and principal shall enforce all rules and regulations as described in the Athletic Participation Expectations for athletes.

## Academic Eligibility for Athletes

In order to participate in athletics at SMLS athletes must:

- Maintain a C- (70%) or CR average in all classes
- Have no more than 2 missing assignments in a week

### Determining Eligibility

Eligibility will be determined every Friday by the athlete's teachers. If a student does not meet eligibility requirements, the teacher(s) will notify the Athletic Director. The Athletic Director will send a Notice of Ineligibility via email to the athlete, their parents, and the coach(es).

### Length of Ineligibility

The athlete will be ineligible to participate in athletics for the following week (Saturday-Friday). The following Friday teachers will update the Athletic Director about the athlete's eligibility. If they meet the Academic Eligibility guidelines at that point, then the Athletic Director will notify the relevant parties via email of the athlete's eligible status.

### Attendance During Ineligibility Period

Attendance requirements will be determined by the coach and athletic director on a case-by-case basis. This includes all practices, meetings, and competitions during their period of ineligibility. Ineligible athletes are still expected to follow all guidelines in the code of conduct.

## Cancellations

It is necessary at times to cancel games and practices at the last minute due to inclement weather or other unavoidable reasons. Cancellations and/or changes to any scheduled athletic event will be communicated as soon as the information becomes available via email and the school's Facebook page.

**Home events** - the Athletic Director will make the cancellation call by 2:30pm.

**Away events** - The opponent school's Athletic Director makes the cancellation call. As soon as we receive that call our Athletic Director will email parents and the school's Facebook page will be updated.

## Attendance Expectations for Student-Athletes

Consistent attendance at both practices and school is the foundation of individual and team success. Athletes develop skills, build endurance, and refine strategy through repetition and teamwork. Missing practice not only affects personal growth but also disrupts team dynamics, communication, and game preparedness.

Beyond skill development, practices foster accountability, commitment, and discipline - qualities that extend far beyond the playing field. Coaches design practices to ensure every athlete understands their role, builds trust with teammates, and enhances their ability to perform under pressure. Therefore, attendance is an expectation for all athletics at SMLS.

**Student-athletes will:**

1. Be present for every practice and competition.
2. Contact the coach directly if they must miss a practice or game. Do not rely on other athletes or teachers to relay the information for you.
3. Provide the coach with written proof for excused absences (note/text/email from parent or a doctor's note). Absences are only excused for sickness or medical/dental appointments. Anything else will be left up to the discretion of the coach.
4. Provide the coach with written notification of any planned absences before they occur (note/text/email from parent is sufficient).

**Attendance Policy**

1. Athletes will be ineligible to participate in practices or competitions until all their required paperwork has been submitted. They are still required to be present at all practices, meetings, and competitions even if they are ineligible.
2. Three unexcused absences may result in the athlete being removed from the team.
3. Athletes who are absent from school the day of a competition are ineligible to participate in that competition, except at discretion of the Athletic Director for extenuating circumstances (ie: funeral).
4. Athletes who miss the practice before a competition, whether excused or unexcused, will be ineligible to start in that competition.

## Participation in Multiple Sports and Extracurriculars

At SMLS, we believe that students benefit from participating in both athletics and extracurricular activities. Engaging in multiple interests fosters personal growth, teamwork, and leadership.

The Athletic Director, coaches, and club leaders work together to ensure that students can take part in programs whose schedules overlap, but due to scheduling challenges, there will be times when one group must take precedence over the other. The Athletic Director, coaches, and club leaders will coordinate in these instances and will clearly communicate with athletes and parents, letting them know which activity the athlete should participate in for that given day.

Our goal is to support student success in all areas while maintaining a culture of teamwork, accountability, and mutual respect.

## Schedules

Practice and game schedules will be distributed at the pre-season parent meeting for each sport.

## Parent Pre-Season Meetings

All parents of athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting will be held at the end of the first practice. Parents will be informed of all rules for their sport and given the season schedule at that meeting.

## Parent Participation in Our Athletic Programs

Parent volunteers are the backbone of our athletic program, turning game days into organized, welcoming events through tasks like concessions, set-up and teardown, and scorekeeping. Their hands-on support not only enhances each athlete's experience but also models teamwork and community spirit for our students. To that end, it is imperative that each family sign-up for at least one area to help out. This can include parents, older siblings who have the skills to volunteer in a particular area, grandparents, etc.

At your parent meeting the coach will have sign-up lists available. Examples of ways to serve include, but are not limited to:

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| pregame set up | organizing concessions | line judges (volleyball) |
| postgame tear down | working concessions | timekeeping (cross country) |
| team photo orders | jersey distribution and collection | coordinate carpools |
| scoreboard operation | locker name tags for athletes | outreach to new families |

## The Role of Parents at Sporting Events

School sporting events are an opportunity for parents to be positive role models, demonstrating encouragement, respect, and sportsmanship. Parents should cheer on all athletes, trust the coaches' decisions, and refrain from coaching from the stands, allowing players to focus on teamwork and growth. By following the code of conduct themselves—treating officials, coaches, and players with respect—parents help create a supportive atmosphere that fosters both athletic development and character-building.

## Participation Fees

$75 per athlete per sport. This essential fee is used to cover costs for athletic equipment, referees, jerseys, entry fees for events, etc. This should be paid via cash or check made out to SMLS. Please submit payment to the school office.

## Statement of Understanding of the Athletic Participation Expectations

***Please tear off and return this page to the school office with your registration materials****

I have read and discussed the Athletic Participation Expectations with my athlete. As a representative of a Christian school and an ambassador of Jesus Christ, I will encourage my child to exhibit behavior fitting of one called by the Lord.

I understand that the current SMLS Athletic Participation Expectations set forth the expectations, policies, and code of conduct that govern my student's participation in all school-sponsored sports.

By signing below, I affirm that I will honor and I will support my student in honoring these guidelines and acknowledge that violations may result in disciplinary action up to, and including, suspension or removal from the team or activity.

Parent / Guardian Name (print): _____

Parent / Guardian Signature: _____ Date: _____

Student Name (print): _____

Student Signature: _____ Date: _____

## Registration Materials Checklist

***Please submit everything to the **school office*****

- ☐ page 7 of the Athletic Participation Expectations (this page) - one per school year
- ☐ MHSAA Medical History form - one per school year
- ☐ $75 registration fee (per sport) - cash or check payable to SMLS
- ☐ Off-campus run permission slip (Cross Country only) - one per season