

# **APOSTLES EAGLES ATHLETIC HANDBOOK**



**Apostles Lutheran School  
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## **Philosophy of the Apostles Athletic Program**

### **Mission:**

Apostles Lutheran School exists to teach the truths of Scripture to its students and the world. Athletic endeavors give Apostles students an opportunity to share their faith and use their God-given talents to show their love for their Savior, Jesus.

*Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name Hebrews 13:15*

### **Motivation:**

God has blessed each Apostles student and expects him to use the gifts he/she has been given in a faithful manner.

*Now it is required that those who have been given a trust must prove faithful.  
1 Corinthians 4:2*

Using these gifts to their fullest potential gives glory to God and not the individual.

*So whether you eat or drink or whatever you do, do it all for the glory of God.  
1 Corinthians 10:31*

### **Goal:**

Athletics is a vital part of the whole curriculum. It is the goal of Apostles Lutheran School to grow students' self-esteem and sense of leadership and responsibility. We seek to provide such opportunities in safe, positive environments supervised by adult, Christian leaders and coaches.

It is also our goal that the athletic program will serve as bridge to strengthen the relationship among home, school and congregation.

*Thanks be to God! He gives us the victory through our Lord Jesus Christ.  
1 Cor. 15:57*

## **Components of the Athletic Program**

The athletic program is contains the following components:

- Recess:  
Students are given opportunities at least twice a day to develop their social and athletic skills through play in an informal, supervised environment.
  
- PE Classroom Curriculum:  
Physical Education classes are offered at least twice per week to give students life skills for healthy living.
  
- Intramural Sports:  
Team and individual games are offered to give students training in popular sports and games.
  
- Interscholastic Sports:  
Apostles offers competitive, interscholastic opportunities for boys and girls in the fall, winter and spring.

## **Christian Athletic Objectives**

### **Recess – Focus on fun:**

- To develop social cues and athletic skills in an informal and fun environment.

### **Physical Education (PE) Classes – Focus on Instruction, Learning and Fitness:**

- To teach Apostles students their bodies are temples of the Holy Spirit and should be cared for in a God pleasing manner.
- To instill a willingness to learn and develop students' skills and bodies.
- To develop physical fitness, coordination, and skills through programs of exercise and activities.
- To teach students the rules, objectives and necessary skills of major sports and popular games.
- To develop a wholesome spirit of competition with their fellow Christian students.
- To develop confidence in physical abilities which are blessings from God.

### **Intramural Sports – Focus on Participation:**

- To develop the principles of Christian sportsmanship, conduct and teamwork.
- To provide low pressures situations so students may learn to enjoy participating in competitive activities.

### **Interscholastic Sports:**

- To offer a highly competitive atmosphere for children desiring to use their God-given abilities to excel in athletics.
- To represent Apostles in teams that exemplify Christian conduct and sportsmanship.
- To help students identify their athletic gifts and how to improve them.

### Interscholastic Athletic Fee

Apostles charges an athletic fee for participation in interscholastic sports – flag football, volleyball, and basketball. The fee is \$25 per athlete per sport to help offset some of the costs of the program. Specifically this helps provide equipment, tournament fees, and officiating fees.

Families with children using the athletic program will be billed in the same manner as other incidentals with a 15 day pay period upon invoice. Late payments will be assessed a \$15 fee. Unpaid fees may result in forfeiture of their child(ren)'s participation in the program. Refunds of the athletic fee will not be awarded for any reason if a child has to leave his/her season early.

### Interscholastic Teams

ALS offers the following interscholastic opportunities for boys and girls in the fall, winter and spring.

#### Boys Sports

Fall - Flag Football

Winter - Basketball

Spring - Track

#### Girls Sports

Fall – Volleyball

Winter – Basketball

Spring – Track

Interscholastic teams for basketball, flag football and volleyball are usually grouped in the following way.

**A Teams** - The most competitive team whose focus is competition. These teams are usually composed of 8<sup>th</sup> graders. Players from 7<sup>th</sup> or 6<sup>th</sup> grade may be used depending on enrollment and/or skill as deemed by the coach. The focus at this level is skill development and competition. Playing time will be determined upon a player's skill and attitude.

**B Teams** - Typically composed of 7<sup>th</sup> graders. No 8<sup>th</sup> graders may participate at this level (unless this is the only team offered). Players from 6<sup>th</sup> and 5<sup>th</sup> grade may be used based on enrollment and/or skill as deemed by the coach. The focus at this level is the further develop of fundamental skill and participation.

**C Teams** – These teams are composed of 5<sup>th</sup> and 6<sup>th</sup> graders whose focus is on participation and learning Christian competition principles. Coaches are to give each player an opportunity to learn fundamental skills.

**D Teams** – These teams are composed of 5<sup>th</sup> graders (and 4<sup>th</sup> graders if necessary based on enrollment). The focus of this team is to learn the rules of the game as well as fundamental skills. Each player should receive opportunities in practice and games to learn the facets of the game.

## **Athletic Expectations**

The following are the basic expectations for all players, parents, and coaches of Apostles Lutheran School:

- In all things, and at all times, players, parents and coaches will conduct themselves in a God-pleasing manner.
- Success will be properly attributed to God's blessing and good team play.
- Opponents will be recognized as fellow children of God and treated in such fashion.
- Players, parents, and coaches will be gracious in losing and take responsibility for shortcomings and mistakes.
- Parents, players, and coaches will be at scheduled events on time, and be faithful to their commitment to the team.
- Parents, players and coaches will give thanks to God for all the opportunities afforded through athletic fellowship.
- Parents, players, and coaches will recognize that their behavior represents their faith, family and school.

*"If anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules." 2Tim 2:5*

## **Away Games**

Parents are responsible for securing transportation for their child(ren) to and from away games. A team roster will be supplied to the parents by the coach. Contact information for all families can be found in the school directory which is distributed in the fall of each year.

## **Attendance**

Players are expected to attend all games and practices.

Parents are expected to excuse their child from a game or practice prior to the absence. The notice should be made by written note, email, or phone call.

If a player is absent from school, he/she may not participate in that day's practices or games.

If a player misses a practice during a week, his/her playing time for an upcoming game or tournament may be diminished.

## **Eligibility**

The following are the necessary eligibility expectations for Apostles student-athletes:

The Apostles student athlete will:

- Maintain a “C” average.
- Maintain a passing grade in all classes.
- Conduct him/herself in a Christian manner on and off the field of play.
- Receive fewer than 6 incompletes during the season of play.
- Honor his/her commitment to the team in regards to attitude, conduct, attendance and classroom performance.

The coach along with the Apostles Athletic Director will declare a player ineligible. Failure to meet one of the above criteria may result in ineligible status.

## **Ineligibility**

The Apostles Athletic Director, in conjunction with the administration of Apostles, reserves the right to handle each eligibility case individually. Ineligibility means the complete removal of the athlete from the team for the predetermined amount of time. The following may lead to an ineligible status:

- Poor behavior at or away from school.
- Special learning needs that require continued academic attention.
- Unexcused absences from practices and games.
- Poor sportsmanship during practice and games.

The Apostles administration recognizes that it might be in a student’s best interest to continue to compete in an extra-curricular activity while being academically ineligible. The Apostles administration will always strive to help the student-athlete.

The Apostles athletic department recognizes that certain factors may make a situation unique. The athletic department, in conjunction with the Apostles administration, reserves the right to handle each eligibility case individually.

## **Incompletes During the Athletic Season**

The Apostles athletic department will honor the Apostles incomplete policy. A player may receive up to 5 incompletes during an athletic season before being declared ineligible. The sixth incomplete will make the player ineligible. A player may receive no more than 8 incompletes during a season.

The following consequences will follow incompletes 6-10.

- Incomplete #6 - Player is ineligible for next calendar game [including tournaments] and any practices in between.
- Incomplete #7 – Player is ineligible for next two calendar games [including tournaments] and any practices in between.
- Incomplete #8 - Player is ineligible for next three calendar games [including tournaments], all post-season play, and all practices in between.
- Incomplete #9 – Player is excused from the team.

If a player wishes to compete in successive athletic seasons, and he/she is ineligible, that player will enter the season on a probationary status. The probationary period will last the first three weeks of the season. During that time a player may compete in practices and games.

Any incomplete during the three week probationary period will be treated with the same consequences as a 6<sup>th</sup> incomplete.

If a player gains zero incompletes during the probationary period, the player shall be considered fully eligible and his/her incomplete count will stand at zero.

The Apostles athletic department recognizes that certain factors may make a situation unique. The athletic department, in conjunction with the Apostles administration, reserves the right to handle each eligibility case individually.

### **Absences from Practices & Games**

An Apostles student-athlete is expected to attend their team's practices and games in order to honor their commitment to the team. Coaches and directors understand that this is not always going to be possible. We do ask that certain protocol be followed if a student is not able to make a game or practice due to circumstances outside of their control.

All absences should be excused to the coach by written note, phone call, or email prior to the absence. If circumstances do not allow, the coach must receive the excuse the following day.

- The first unexcused absence will result in a one game suspension.
- A second unexcused absence will result in a two game suspension.
- The third unexcused absence will excuse the player from the team.

If a player is not honoring the commitment to the team, the coach will meet with the parent(s). If further encouragement is necessary, the Athletic Director will become involved. All final decisions will be met with the approval of Apostles administration.

## **Chain of Command**

At times, there may be a question or concern about athletics at Apostles. It is important to establish and follow an orderly way to address these items.

Parents may contact a coach about the following concerns:

- Child behavior
- Physical and mental treatment of the child.
- Ways to improve

The following topics are inappropriate for a parent to discuss with a coach:

- Playing time
- Team strategy and play calling
- Other student-athletes
- Officiating

Please bring your questions and concerns to the proper person so that it may be addressed promptly and properly.

- Speak with the teacher (physical education and intramurals) or coach (interscholastic teams).
- If the question or concern is not satisfactorily addressed, the teacher/coach and parent should bring the issue to the athletic director.
- If the question or concern is not satisfactorily addressed, the teacher/coach, parent and athletic director should bring the issue to the principal.
- If the question or concern is not satisfactorily addressed, the teacher/coach, parent, athletic director and principal should bring the issue to the attention of the school board chairman.
- If the question or concern is not satisfactorily addressed, the school board chairman will include the item on the agenda of the next available school board meeting

## **Uniforms**

Uniforms will be issued for flag-football, volleyball and basketball. Players are expected to bring and wear uniforms for all matches and games.

Uniforms should be washed in cold water with like colors. They should be turned inside out during the wash cycle and air dried.

The parents are responsible for cleaning and returning the uniform at the close of the season. Any lost or damaged uniform item will need to be replaced by the parents.

Extra uniforms are not taken to matches. Failure to bring a uniform may prevent a player from participating.

### **Expected Parent Responsibilities**

1. Parents will support the school, its coaches and its programs.
2. Parents will not speak poorly about another child or the opponent.
3. Parents will conduct themselves at all sporting events in a God-pleasing manner. All cheering should be done in a positive light.
  - Cheering against the other team is inappropriate.
  - Yelling at the referees is inappropriate.
  - Arguing with spectators from the opposing side is inappropriate.
4. Parents will transport their child to away games or find transportation for them
5. Parents will be responsible for uniform care and return.
6. Parents will encourage their child and promote team play.

### **Expected Coaching Responsibilities**

1. Coaches will conduct themselves at all times and in all things in a God pleasing manner. Coaches will realize that they are Christian role-models for their players.
2. Coaches will emphasize to their players that athletics is a way to represent their school, family and faith.
3. Coaches will encourage their players to use their God given abilities to their fullest potential. Coaches will also encourage their players by focusing on the positive and avoid discussing the negative.
4. Coaches will be on-time for all practices and games.
5. Coaches will provide parents with directions to all away games (when necessary).
6. Coaches will communicate with the parents of their players the rules and guidelines for the sport.
7. Coaches will teach their players the fundamental skills and strategies of the sport.
8. Coaches will treat each player, coach, parent, and administrator from Apostles and the opposing team with dignity and respect.
9. Coaches will treat every official with respect.

10. Coaches will make sure that the Apostles and opposing facilities are treated with care and respect. Coaches will make sure that the bench areas are cleaned before leaving
11. Coaches will check on the academic progress of their players.
12. Just as teachers supply written yearly and weekly block plans in the classroom, coaches will provide written practice plans to the athletic director by the end of the school day for each athletic practice.

### **Expected Player Responsibilities**

1. Players will conduct themselves in a Christian manner both on and off the playing field.
2. Players will respect and follow the directions of the coach.
3. Players will accept all calls of the officials without question.
4. Players will play to win in a sportsmanlike manner as part of a team, and not for self-glorification.
5. Players will give glory to God in winning and losing.
6. Players will be respectful of equipment both in our school and in our opponents' schools.
7. Players will faithfully care for any issued uniforms.
8. Players will attend all practices and games. If you are unable to attend a practice or a game, the coach should be notified as far in advance as possible
9. Use your God-given talents to the best of your abilities at all times, during both practices and games.
10. Maintain an academic level in keeping with your God-given abilities. Athletics is never to be used as an excuse for poor or incomplete work in school.

### **Inclement Weather**

Due to our facilities and outdoor practice space, practices and games are heavily dependent on pleasant weather. As winter approaches, weather often turns wetter, causing outdoor games and practices to come into question. Strong discretion will be used in determining if games/practices will be held. Apostles will follow these procedures in canceling practices and games.

1. If there is standing water (puddles) on the blacktop at 12:00, any HOME game or practice will be canceled for that afternoon. (AWAY games are at the discretion of the host school.)

2. If blacktop is wet but no standing water (puddles) is visible, the athletic director will use best judgment to make a decision by 12:00 concerning the afternoon games/practices.
3. If an upcoming event is canceled during the school day, the athletic director will send an email to all parents in the grades affected through Power School. This will be accompanied by a text message as well. Players will also have the opportunity to call home if necessary.
4. If at any time during a practice or game a lightning strike is seen or thunder is heard, the activity must stop immediately. Players, coaches, and spectators should take cover immediately in a responsible manner. Play cannot continue until 30 minutes after the last strike is seen or thunder is heard. The adult responsible (coach, official, athletic director) will be the one to make that call.
5. If a game or practice must be canceled mid-event the players are to stay with the coach for the remainder of the previously determined allotted time. If the coach determines this unnecessary, players will be checked into homeroom. Homeroom fees will not be charged.
6. Other weather patterns that can affect extracurricular activities will be dealt with on a case by case basis.

The athletic director and coaches will do their best to handle canceled events in an efficient manner. We ask school families to be patient with us as we relay that information.

### **Student Athlete/Parent Commitment Contract**

Student athletes participating in interscholastic sports, along with their parents, will sign a “Commitment Contract” stating that they have read and understand the Athletic Handbook. By signing this contract, all parties agree to follow the principles and guidelines as stated in the handbook to the best of their abilities. Also by signing, they agree to pay the \$25 athletic fee to be charged per athlete per sport.