

**St. Peter Lutheran School  
Macomb, Michigan**

**ATHLETIC HANDBOOK**

**PHILOSOPHY**

The Philosophy of the St. Peter Patriot Athletic Program is to instill in the hearts of our athletes a greater love for Jesus, others, and sport. Through inter-scholastic competition, it is our goal to further develop our athlete's spiritual, mental, emotional, physical, and social character. Students will be taught loyalty to Christ, school, and team over self.

**GOALS**

1. To give glory to Jesus Christ in all we say and do on and off the field of play.
2. To help the athletes in their ability to make good decisions.
3. To develop in each athlete character traits such as responsibility, leadership, sportsmanship, teamwork, and self-control.
4. The students will learn to deal with success, as well as frustrations and failure, understanding team work, and maintaining a proper Christian attitude in sports and in daily life.
5. To develop technically correct physical skills, physical conditioning, commitment to team concepts, self-discipline, priority-setting, the encouragement of others, perseverance, and the earning of playing and a position on the team.
6. To prepare athletes to play high school sports.

**PARENTS**

1. Assist your child to establish proper priorities, with respect to God, family, team, study, and peers.
2. Instill in your child good health habits toward sleep, food, and exercise.
3. Don't compete with the coach. The coach has been given his role as the authority.
4. Children tend to exaggerate, both, when praised or when criticized. Temper your reaction, and investigate before over-reacting.
5. If a parent has a concern, wait 24 hours so that you can speak calmly, then, speak with the coach. If not resolved then bring it to the Athletic Director.
6. It is the parent's role to make sure their child is at practice, and at games. Very few exceptions should be allowed in regards to this rule. If an absence is unavoidable the coach should be called.

**ATHLETES**

1. Understand the roles of the players on a team. There are starters and there are supportive players. All are important to the team.
2. Respect the coach, listen attentively, ask questions inquisitively, act accordingly to the coaches plans.
3. In order to be eligible to participate, an athlete must maintain an overall average of 2.00 (C) and not receive any failing (F) grades. The athlete will also demonstrate Christian conduct and behavior in all classroom and school activities. Students will be monitored at midterm and at quarter end. Those who fall below a 2.00 or receive a failing grade will be put on a two week probation period. During this time, the athlete may attend all practices and competitions. However, the athlete will not participate in any competitions or

tournaments during this period. At the end of the probation period, if the athlete does not meet eligibility requirements, he/she will be removed from the team roster.

## St. Peter Patriot Culture of Christian Sportsmanship

As a Lutheran school, we are committed to honoring God in all we do – including sports. We teach, encourage, and expect our athletes, coaches, and fans to practice Christian conduct and sportsmanship. To help achieve this goal, we have developed the following definitions and guidelines. Accepting a position on or participating with any St. Peter sponsored team means representing our school, church and, ultimately, our Lord. Therefore, any St. Peter coach or athlete, as well as the athlete's family members, must commit to uphold a culture of Christian Sportsmanship.

**Good sportsmanship** can be defined as: Competing according to the established rules of the contest, respecting the officials who enforce those rules, losing without complaint, winning without gloating, and cheering in a positive way without taunt, ridicule, or intimidation toward anyone. **Christian Sportsmanship** is the practice of good sportsmanship as an expression of the Christian faith and an opportunity to bring glory to God's name. *“Whether you eat or drink, or whatever you do, do it all to the Glory of God.”* – 1 Corinthians 10: 31

### What does this mean?

#### 1. Competing according to the established rules

- Honor God and find success by playing to the best of your ability (win or lose). Do not look for ways to cheat or circumvent the rules.
  - ✚ Proverbs 12: 20 - Deceit is in the hearts of those who plot evil, but those who promote peace have joy.
  - ✚ Psalm 101: 7 - No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence.
  - ✚ Matthew 5: 16 - In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

#### 2. Respecting the officials

- Do not “boo” or make verbal, personal attacks on officials and their calls.
- You can be unhappy about certain calls, but do not resort to loud, excessive complaints and reactions to unfavorable calls.
  - ✚ Romans 13: 1-2 - Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. <sup>2</sup> Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves.
- Respect the integrity, judgment, and training of the officials. Understand they are helping promote the game and student-athletes. Admire their willingness to participate in full view of the public.
  - ✚ Titus 3: 1-2 - Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, <sup>2</sup> to slander no one, to be peaceable and considerate, and always to be gentle towards everyone.
- Recognize that some calls will be missed as no one is perfect. Do not assume officials are “home-town refs” or against your team. Assess your own knowledge of the rules, your perspective from the bleachers/sidelines which may not be the best, and your natural bias to the situation.
  - ✚ Proverbs 3: 7 - Do not be wise in your own eyes; fear the LORD, and turn away from evil.
  - ✚ Proverbs 17: 27-28 - The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered. Even fools are thought wise if they keep silent, and discerning if they hold their tongues.
- Own your mistakes and/or accept the calls that are made. Excessive complaints and railing against the officials will not result in a positive outcome.
  - ✚ 1 John 1: 8-9 - If we claim to be without sin, we deceive ourselves and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
  - ✚ Colossians 3: 13 - Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

### 3. Losing without complaint

- Shake competitors' hands at the end of the contest and congratulate them on their win.
- Do not blame officials, coaches, or teammates for a defeat. Accept and respect their decisions that are made in the moment. Identify possible areas for growth.
  - ✦ 1 Peter 2: 17 - Show proper respect to everyone, love the family of believers, fear God.
  - ✦ 1 Peter 5: 5-6 - All of you, clothe yourselves with humility towards one another, because, 'God opposes the proud but shows favor to the humble.' 6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
- Do not use profane or abusive language.
  - ✦ Colossians 3: 8 - But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

### 4. Winning without gloating

- Thank God for your abilities and give glory to Him for any success.
- Let your (the team's) abilities and success speak for themselves. Do not brag or let your happiness of winning lead to a celebration of your opponent's defeat.
- Respect the efforts of your opponent. Do no humiliate or belittle your opponent or their abilities.
  - ✦ Proverbs 18: 12 - Before a downfall the heart is haughty, but humility comes before honor.
  - ✦ Proverbs 24: 17 - Do not gloat when your enemy falls; when they stumble, do not let your heart rejoice.
  - ✦ Romans 12:10 - Be devoted to one another in love. Honor one another above yourselves.

### 5. Cheering in a positive way

- Cheer for your team not against the other team.
- Provide encouragement for the athletes that represent your school and community. Refrain from taunting, ridiculing or intimidating anyone.
- Remember that attending a school athletic event is a privilege to observe the contest not a license to openly contest calls, verbally assault others, or be generally obnoxious.
  - ✦ Ephesians 4: 29 - Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.
- Treat others as you want to be treated. Be a role model of good sportsmanship and represent your team/school/community in an exemplary manner - even if you are not treated with good sportsmanship.
  - ✦ 1 Peter 2: 12 - Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.
  - ✦ 1 Peter 3: 9 - Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.
- Acknowledge good play regardless of which team performed it. Do not "boo" the success of other players, or yell at the other team's fans.
  - ✦ Philippians 4: 8 - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.

### Violations

Failure to uphold this culture and violations against it by a coach, athlete or fan may first result in a warning. Should a second violation take place during the season, the individual(s) can be suspended/banned from the next scheduled game. A third violation during the season will most likely result in removal from the team (coach/athlete) or being banned for the rest of the season (parent/fan).

The emphasis on Christian sportsmanship and the preservation of this culture is not intended to take the joy and excitement from competition. In fact, the intent is just the opposite. Young men and women participate in sports for the fun and excitement. The practice of good

sportsmanship helps to promote that outcome and teach tremendous life lessons (*respect authority; accept responsibility for actions; work together for a common goal; compete with power and aggression while showing respect; humility in success; grace in difficult challenges and disappointments; allow faith to guide and govern actions and emotions; etc.*). More importantly, positive Christian conduct allows sports to be an avenue for honoring God and ministering to others. The desire to win must not override our core beliefs and values. Thank you for your help in preserving the joy of the game and bringing Glory to our Lord and Savior.

### **PATRIOT TEAM COMMITMENT**

If a player wants to participate on one of our athletic teams, he/she must commit themselves to our practices, games, or meets.

If a player has an unexcused practice or game, he/she will not be permitted to start in the next game.

The second unexcused practice or game the player will not be permitted to play in the next game. The player must still dress for the game.

If a player misses any or all games in a tournament it will count as one unexcused game.

The third unexcused absence from a combination of games or practices will result in the player being removed from the team.

Excused absences would be (e.g. doctor's appointment, family funeral, illness, or a curriculum related activity) these are to be approved by the athletic director.

In Track or Cross Country you will be removed from the team if you reach a combination of 3 missed practices or meets.

### **5<sup>TH</sup> & 6<sup>TH</sup> GRADE TEAM SELECTION PROCESS**

All 5<sup>th</sup> & 6<sup>th</sup> grade participants will make one of our teams. The emphasis at this level is learning the sport and developing each player's skills. Although competition and the desire to win will be a goal of each 5/6<sup>th</sup> grade team, our main priority is to strengthen our athletic program by providing our players with the best fundamental training possible. Each player will not be guaranteed equal playing time at this level, but will be given the opportunity to play in all league games. Tournament games will be left up to the coach's discretion.

We will select a team of 12 basketball players, or 12 volleyball players for our A Teams. The athletic director and coaches will adjust team numbers if needed. The remainder of the 5<sup>th</sup> & 6<sup>th</sup> grade players will make up our B Teams. All B Team players will be given game time experience either as one team or divided up for certain games during the season. This dividing up of games and players will be a decision made jointly with the athletic director and coach. After the selection process is completed, the coaches will communicate the team rosters on the Fast Direct School Communication Website or call the players directly.

### **7<sup>TH</sup> & 8<sup>TH</sup> GRADE TEAM SELECTION PROCESS**

Tryouts will normally be conducted for the 7<sup>th</sup> & 8<sup>th</sup> grade programs, unless the numbers don't warrant tryouts. Our objective is to provide the best teams possible to represent our school. We

will field an A & B squad, depending on numbers. The players will not be guaranteed playing time, this you earn.

The following general criteria should be referenced for player selection:

1. Athletic skills and demonstrated ability for the specific sport.
2. Knowledge of the sport.
3. Coach-ability (i.e., attitude as a team player).
4. Commitment

Note: Other criteria such as previous performance, physical size, scheduling conflicts, etc., may be considered after the primary factors listed above have been evaluated.

After the selection process is completed, the coaches will communicate the team rosters on the Fast Direct School Communication Website or call the players directly.

Team limits are as follows:	Soccer	18
	Volleyball	12
	Basketball	12
	Cheerleading	10
	Cross Country	unlimited
	Track	unlimited

Note: Limits may be exceeded at the athletic director's discretion.

Our 7/8 grade Basketball Teams will compete in the State and National Tournaments if accepted.

## **PHYSICAL EXAMINATIONS**

Any student that wishes to participate in any sport must have a physical examination from a licensed physician or physician's assistant. The school cannot be held responsible for accidents which may happen because the athlete cannot withstand the routine training that is necessary for such activities. **ALL STUDENTS MUST HAVE A CURRENT (Dated after May 1<sup>st</sup>) PHYSICAL EXAMINATION FORM ON FILE BEFORE THEY CAN PLAY.**

## **UNIFORMS**

St. Peter does provide uniforms for each sport. They are to be kept clean and neat, wash in warm water and hang to dry. If any damage is done to the uniform, payment will be required on the part of the athlete. All uniforms must be turned in at the end of the season. Athletes will be required to pay \$75.00 for any uniform not returned.

## **INTER-SCHOLASTIC SPORTS ARE AVAILABLE TO STUDENTS IN GRADES 5-8**

Fall sports: Volleyball, Soccer, Cross Country (gr 4-8)

Winter sports: Boys & Girls Basketball, Cheerleading,

Spring sport: Track

You may not participate on both the Soccer team and Volleyball team. You may participate in Volleyball and Cross Country or Soccer and Cross Country. However, Soccer or Volleyball practices take precedence over Cross Country practices.

## **TROPHIES & GIFTS**

In keeping with the spirit of humility and down playing boastful pride, trophies will be limited to league and tournaments only. Therefore, it is inappropriate for coaches, players, teams, and/or parents to purchase trophies or awards of any kind. Popsicle's are nice!!

It has often been the practice, however, not required, of the families at the end of a season to have a party for the team. Monies are often collected for these parties and many times collected for a team gift for the coach. This kind gesture should be conservative and donations toward a coach's gift should be optional.

## **LEAGUE ASSOCIATION**

The North Suburban Lutheran Athletic Association. **N.S.L.A.A.**

Our Shepherd, Birmingham	St. Peter, Macomb	St. Luke, Clinton Township
St. John, Rochester	Trinity, Clinton Township	Trinity, Utica
St. Peter, Eastpointe	Peace, Shelby Township	Peace Warren
Immanuel, Macomb	St. John, Fraser	

## **LIMITING GAMES, PRACTICES, AND DAYS OFF**

Coaches should plan their season schedule in a way that if there is a Full Day-Off of school that the team would not practice or play a game. The exception to this rule would involve an extended vacation in the middle of their season. In which case the coach may call for a practice, however, these practices would be optional.

In a normal week, during a season, they may play three games per week, or two games and two 1 1/2 hour practices in a week. They may also practice four, 1 1/2 hour practices in a week. This does not involve tournaments and or practices on the weekends

## **PATRIOT BOOSTER CLUB**

The Patriot Booster Club was established to support the athletic program in the effort to facilitate sports activities, to provide funding for equipment, uniforms, and supplies. To aid in the development of programs which will improve the overall athletic gifts of our students as they grow and mature as God's children.

Every family, with a student participating in a sports season at St. Peter, is required to assist by working 2 duty slots during their child's season. This could be at the concession stand, score table, clock, set-up, clean-up, tournaments hosted by St. Peter, etc.... We also would ask, especially families involved in track or cross country to donate items for our concessions.