

Northland Lutheran High School

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2017–2018 Athletic Handbook



Northland Lutheran High School

Athletic Handbook

TABLE OF CONTENTS

NLHS Mission/Vision/Values	4	
Section I – General Information	4	
Goals	4	
Priorities	4	
Section II – Athletic Policies & Procedures	5	
Curfew Guidelines	5	
Dress and Grooming	5	
Equipment and Uniforms	5	
Impressions	5	
Injuries	5	
Locker Rooms	6	
Media Policy	6	
Officials		6
Practice Attendance	6	
Academic Eligibility	6	
School Attendance	7	
Study Hall	7	
Team Cuts	7	
Team Unity and Support		7
Training Rules	7	
Transportation	7	
Use of Controlled Substances	8	
WIAA Membership	8	
Student Athlete Pledge	9	

NORTHLAND LUTHERAN HIGH SCHOOL

Mission

TOGETHER training leaders by following Christ.

Vision

Prepare all students for this life and eternity through premier Christ-centered education.

Values

God's Word, People, Families, Effectiveness, Excellence

SECTION I – GENERAL INFORMATION

GOALS

The NLHS athletic staff strives to train our youth so that Christian living becomes a way of life as described in Colossians 3:23. "Whatever you do, work at it with all your heart, as working for the Lord, not for men." Our students should display a Christian character so that ultimately, "Whatever you do, do it all to the glory of God" (1 Cor. 10:31b). The interscholastic athletic program is an integral part of our total school program as it provides learning opportunities difficult to duplicate in other school activities.

Interscholastic athletics has the following goals:

- † Provide opportunity for interscholastic competition.
- † Impart to athletes that when you have done your best with the talents that God has given you, then you are a winner.
- † Place the Lord, the school, and the team above personal glory.
- † Impress upon our athletes that school work comes first before athletics.
- † Provide opportunities to exemplify and observe good sportsmanship and thereby properly represent our Savior and our school.
- † Provide activities for learning self-discipline, loyalty, team play, personal satisfaction, pride in our school, respect for the rights of others, and the will to win.
- † Help students learn habits of health, safety, and discipline.
- † Help students realize that participation in interscholastic athletics is a privilege with accompanying responsibilities.
- † Take pride in faithfully keeping all training rules.

PRIORITIES

Placing God above all things, NLHS athletes make our commitment to God first. Games and practices will not be scheduled to conflict with Sunday, Advent, Lent, or other special church services.

Family commitments will also be given consideration when possible in scheduling games and practices.

Participation in athletics is a privilege and not a right for students. A student must be maintaining proper academic progress in order to practice and participate. An athlete will be expected to schedule work time, social activities, etc. in a way that will help them keep their commitment to their team.

SECTION II – ATHLETIC POLICIES & PROCEDURES

CURFEW GUIDELINES

Athletes must get proper rest to be able to perform at their best. It is encouraged to plan ahead for school, activities, and games. They must be willing to discipline themselves to get the rest they need to maintain peak performance.

The following guidelines are recommended for all athletes:

- † Be home by 10:00 p.m. and in bed by 10:30 p.m. on the night before a game.
- † Be home by 11:00 p.m. and in bed by 11:30 p.m. on other practice nights.

Parents play a key role in achieving these curfews. Please check with the coaches in advance if there are any questions or exceptions to be made to these guidelines.

DRESS AND GROOMING

NLHS teams (including managers) are always to dress up on game days, at school, and at the discretion of the coach, to and from the games.

A neat appearance promotes a positive image when representing our school. Haircuts may be styled, yet not to the point of singling the athlete out of the crowd. All team members will be neat and well groomed in appearance.

Managers and team members on the bench not suiting up will remain dressed up during the game. Coaches may make some exceptions as they pertain to long bus rides, overnights, etc.

EQUIPMENT AND UNIFORMS

Everyone is expected to assist the coaches in taking care of the equipment, especially uniforms that are issued. It is a responsibility that we must all share. Athletes will be held responsible for all lost items.

If for any reason an athlete discontinues participation on any team, uniforms must be turned in immediately or a fine of \$1 per item per day may be charged. At the end of the season a reasonable date for turning in uniforms will be given. Late uniforms will be charged as above. At no time will students outside of game situations wear school-issued uniforms.

IMPRESSIONS

As athletes, fans, and coaches, we must always be mindful of the fact that we are representing our Savior and NLHS at athletic contests. As ambassadors who publicly represent NLHS, we will be identified by the “Light” we let shine. Many times the only contact that other schools and communities have with NLHS is through athletic contests. Our appearance, conduct, sportsmanship, and play will leave an impression with them. We encourage all involved to ensure that is a God-pleasing impression.

INJURIES

All athletes should report injuries to their coach immediately. There must be communication between doctors, parents, athletes, and coaches. Injury forms will be filled out by coaches and kept on file.

LOCKER ROOMS

Locker rooms, dugouts, team benches, and changing areas will always be left in better condition than how originally found.

MEDIA POLICY

Students at Northland are encouraged to partake in various activities offered at school.

Northland will assume that parents with students that participate in school activities, and/or students 18 years or older who participate in school activities, are aware that these activities may be covered by various forms of media. Northland will further assume that you have no objection to photos or video taken and used by media that may cover activities. Examples of these various activities include: sporting events, concerts, field trips, and other offered extracurricular activities.

The term "media" in this case, is defined as a plural term used to reach people on a widespread basis. This media would include: newspapers, magazines, brochures, internet, radio, and television. Northland's website and other printed publications may feature pictures of students involved in the above named activities.

OFFICIALS

Officials' rulings never will be changed by argument. Our athletes should not question their judgments or decisions. Officials should be viewed as an extension of the classroom. Any communication with the officials will be carried on through the coach. Captains may ask an official for the clarification of a rule or call.

PRACTICE ATTENDANCE

It should be the goal of every member of a team to be at all practices. Practice is a commitment and missed practices hurt team continuity. Improvement within a team comes from everyone being at each practice and working hard.

If for a valid reason an athlete has to miss a practice then he or she should excuse in person in advance. Unexcused misses should never happen. If they do happen, playing time could be affected which is done out of consideration for practice planning. We encourage all athletes – injured or otherwise – to strive for 100% practice attendance. However, athletes may be required to miss practice if they fall behind in their schoolwork.

ACADEMIC ELIGIBILITY

Academic standards must be maintained to participate in NLHS extracurricular activities. Each student is eligible for all extracurricular activities unless he/she:

- † Is earning less than a 'C-' cumulative average at the end of the day Thursday of the respective school week. Both the parents and students will be notified on Friday of the potential future ineligibility.*

† Is earning an 'F' or 'I' (Incomplete) for any course at the end of the day Thursday of the respective school week. Both the parents and students will be notified on Friday of the potential future ineligibility.*

*Please note these eligibility requirements begin two weeks into the semester unless the student is still ineligible from the previous semester.

Eligibility may be regained by a student who has received an incomplete once the incomplete work is submitted and analyzed unless other academic eligibility requirements are still not met

Students who receive an 'F' or whose average is below a 'C-' (1.5 or below) cannot regain eligibility until after the following school week (see next paragraph). Grade averages at the end of that next week will determine the student's future eligibility.

During the ineligibility period, the student may not actively participate in any extracurricular activities. He/she also loses the privilege of going on a non-class school-sponsored event, etc. The ineligibility period begins at 7:45 a.m. the Tuesday after the ineligibility. The Guidance Counselor will notify the parents of ineligible students.

SCHOOL ATTENDANCE

It is required of our students that they are in school at least one-half of the day of a game in order to play. Exceptions will be made for scheduled appointments or school related absences. Any scheduled appointments should be avoided if at all possible. Should appointments be necessary, communication with the coach in advance is imperative for the athlete to be able to participate.

STUDY HALL

When not in practice, the athletes are expected to report to study hall just as other students do. On game nights, we encourage our athletes to go to a supervised area in the time between school and the game. On most game days, athletes will report to their coach for study hall rather than 9th hour study hall.

TEAM CUTS

When numbers out for a team exceed the fair amount of playing time, Northland will try to add lower level programs if budget and space will allow. However, some sports may still have an excessive number of athletes out so cuts may become necessary. Freshmen and sophomore athletes will not be cut from non-varsity teams. Juniors cut from a varsity team may have the opportunity to play on the JV level.

TEAM UNITY AND SUPPORT

Varsity players are expected to sit together as a team during the Junior Varsity games and support them. Junior Varsity players are to participate likewise during the Varsity games.

TRAINING RULES

"Do you not know your body is a temple of the Holy Spirit, who is in you, whom you received from God? You are not your own; you were bought at a price. Therefore honor God with your body." (1 Cor. 6:19-20)

When an athlete is coming out for a sport at NLHS, it will be understood that they are promising to

faithfully keep the training rules. With respect to the Student Athlete Pledge (found at the end of this handbook), the school regards the signatures of both the students, and the parents, as commitments to the school, coaches, and teammates. Any violation of these rules will be considered a breach of confidence established when a student participates in athletics.

TRANSPORTATION

Team members will ride to and from the games on the team bus. Some exceptions will be made for allowing parents to transport athletes to games, but at no time will students be their own source of transportation to or from games. Coaches have the discretion to assign seats on the bus. Use of personal headsets, radios, and other musical equipment is up to the coach and/or bus driver.

If the athlete is riding home with parents, permission is required. If an athlete is riding home with someone else's parent, we require this permission to be in written form and given to the coach before the activity. If it cannot be in written form, a permission form must be faxed to the school. Forms are available online at the NLHS website in advance, or a small number is kept at the event in the medical kit.

USE OF CONTROLLED SUBSTANCES

NLHS recognizes the use of controlled substances (alcohol, tobacco, or other dangerous and illegal drugs) to be a growing problem in our society. We urge our athletes to stick together as a TEAM and be ready to "Just Say No" with the help of the Lord, ahead of time. If you are in a situation where you need to contact parents or coaches, please do so.

Parents also play an important role by providing firm and proper supervision of social gatherings they host as well as sharing information on parties that their children will attend.

All who are involved in keeping the training rules base a large part of our athletic program upon commitment. We all need to cooperate in training our youth to help make athletics a positive experience.

Please see the following items as they relate to training rules:

- † Training rules will be enforced over a 12-month period, but penalties for violating training rules may be different for in-season rather than out-of-season violations.
- † Athletes suspended from school for any reason, (in school or out) will be suspended for a like number of game contests.
- † Athletes under game suspensions may be expected to attend and participate in practices at their coach's discretion.
- † The athletic department and administration will handle each violation of the training rules individually. Consideration will be given to severity of the offense, cooperation of the athlete(s) involved, and time violation occurred.
- † Other criminal or offensive behavior will result in similar and appropriate consequences to those involved.
- † Per WIAA rules, a transfer student under discipline from another school, will be required to serve those game suspensions at NLHS before being cleared to compete.

WIAA MEMBERSHIP

As a member of the Wisconsin Interscholastic Athletic Association, we as athletes, teams, fans, and

coaches will comply with all WIAA rules and regulations not listed in this code.

The Student Athlete Pledge is found on the following page.

After reading the Athletic Handbook in its entirety,
student athletes and a parent/guardian are asked to sign the pledge
and return it to the school office.

Northland Lutheran High School 2016–2017 Student Athlete Pledge

I, _____, have read, know, appreciate, understand,
and

Student Athlete's Name – please print

acknowledge my commitment to the guidelines stated in the Northland Lutheran High School Athletic
Handbook.

Together with the coaching staff, I further dedicate my efforts as a Christian ambassador through
athletics for the glory of God.

Signature of Student Athlete: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____