



**Northdale Lutheran School**  
**Athletic Handbook**  
**2019-2020**

# Table of Contents

Mission Statement	3
Philosophy	3
Goals	3
Policies	4
Absences	4
Attendance	4
Academics	4
Fees	5
Transportation	5
After-school Care	5
Practices and Competitions	5
Eligibility	6
Sports Offered	6
Roles and Responsibilities	7
Student Athletes	7
Parents	8
Coaches	8
Athletic Director	9
Student Athlete Contract	10

## **Mission Statement**

The Northdale Lutheran School (NLS) athletic program is an extension of its educational mission. NLS athletics is set up to serve the students of the school by providing participation in sports at a competitive level in a safe and Christian environment.

## **Philosophy**

It is our belief at NLS to develop the whole child emotionally, academically, and spiritually. This is also true of physical development and participation in an organized sports program.

While it is good to want your team to win, the NLS philosophy keeps this goal of winning in perspective. The primary focus is on learning and developing skills in a safe and positive environment through sportsmanship, teamwork, and fair play.

## **Goals**

- Develop an atmosphere where children learn and enjoy sports;
- Give every student K-8<sup>th</sup> grade an opportunity to participate in at least one activity;
- Teach the skills necessary to participate in and appreciate sports;
- Instill in the student a sense of responsibility by demanding consistently high standards of behavior and making the student aware and respectful of the needs of others;
- Nurture unselfishness in the student by requiring his/her actions on the playing field be consistent with the goals of the team as a whole and not be directed toward individual honors;
- To, at all times, have respect for teammates, referees, opposing players, coaches, and parents;

Through all this we hope every student, coach, and parent will use every opportunity to educate team members to model Christ on and off the field/court. Each competition and practice should be a learning experience for everyone involved.

# Policies

## Absences

If a student athlete is absent from school, he/she is not eligible to participate in any game or practice that may take place after school or evening of that day.

## Attendance

Attendance at all practices and games is of great importance for the individual athlete and the team. For this reason, the student should meet all attendance requirements.

The student athlete is required to participate in all practices, games, and tournaments. If there is an illness or emergency, it is the responsibility of the parent to notify the coach or Athletic Director so the student athlete may be excused.

- First unexcused absence: the student athlete will not start the following game.
- Second unexcused absence: the student athlete loses up to 50% of his/her playing time.
- Third unexcused absence: student athlete and parents must meet with the Athletic Director to determine status on the team.

## Academics

The athletic program does not take precedence over the academic program; therefore, each student athlete is expected to maintain the following minimum academic standards:

- Student athletes must maintain at least a “C” average in academic subjects.
- Student athletes must maintain at least an “S” in conduct, effort, and homework.
- Student athletes are required to have all assignments finished on time. The student will sit out any practices or games until work is completed.

Individual teachers reserve the right to waive any athletic suspension for any student judged to be working at an ability level but not maintaining a “C” or better average.

## Fees

Fees help to cover the costs of rentals, referees, replacing and acquiring needed equipment to operate an athletic program. The costs are different depending on what is needed for each sport. Below are the costs for one player for each of the sports offered here at Northdale.

- Flag football \$12
- Basketball \$20
- Track \$15
- Pee Wee Soccer \$12
- Soccer \$15

## Transportation

It is the parent/guardian's responsibility to get their child to all competitions. If you are not able to drive then it is your responsibility to find carpooling for your child.

Coaches and staff may be available for transportation but will require a 2-day notification prior to the competition.

## After-school care

Any student athlete still at school 10 minutes after a practice is finished will be admitted into the after-school program at NLS.

Please see the parent/student handbook for the cost associated with the after-school care.

## Practices and Competitions

The NLS athletic program is an extension of its educational and spiritual missions. We understand the need to limit the hours of practice and competition so that students can perform their best in the classroom. It is our goal to limit practices and competitions as such:

- The first practice will take place no sooner than four weeks before the first scheduled competition.
- Practices will be no longer than 75 minutes.
- It is our goal to limit total practices and competitions to two days a week.
- Coaches may schedule an extra practice, with permission from the athletic director, on weeks when competitions are on weekends

# Eligibility

## Student-Athlete

The NLS eligibility requirements for all sports:

- A student must be enrolled in, attending, and in good standing at NLS.
- Each student athlete participating in NLS's athletic program is expected to maintain the minimum academic standards outlined on page three.
- Failure to abide by the policies set on page three may result in suspension from practice or a game, and possible removal from the team at the discretion of the Athletic Director and Principal.
- Read and agree to the student contract. The contract must be signed and turned in before the student can participate.

## Sports Offered

### Flag Football

Flag football is a coed sport that takes place in the fall. Students are eligible to participate if they are in 5<sup>th</sup>-8<sup>th</sup> grade and meet all other requirements stated above. The SALSA flag football season consists of a flag football day that will take place during the school day in October. More games may be scheduled with other local private schools.

### Soccer

Soccer is a coed sport that takes place in the spring. Students are eligible to participate if they are in 5<sup>th</sup>-8<sup>th</sup> grade and meet all other requirements stated above. More games may be scheduled with other local private schools.

There will be a soccer day in which students 3<sup>rd</sup>-8<sup>th</sup> grade may participate in.

Required equipment: Shin guards, socks that cover the shin guard, (soccer shoes are optional)

### Basketball

Basketball is a coed sport that takes place during the winter. Students are eligible to participate if they are in 5<sup>th</sup>-8<sup>th</sup> grade and meet all other requirements. The basketball season consists of two tournaments, one invitational tournament in Beverly Hills, FL, the other is the SALSA Tournament. The SALSA Tournament is a two-day event in Doral, FL that will be held on the last weekend of January. More games may be scheduled with other local private schools.

Due to the size of our teams we may not be able to accommodate all the players at the SALSA tournament.

## **Kickball Day**

Kickball day is a coed event that takes place during the school day on a select Friday in September. All students in 3<sup>rd</sup> -8<sup>th</sup> grade are eligible to participate. Students from SALSA schools will be divided up to make fair teams. Each team will play at least 3 games during the course of the school day.

## **Track**

The annual track is held on the first Saturday of March. Students are eligible to participate if they are in the 3<sup>rd</sup>-8<sup>th</sup> grades and meet all other requirements.

## **Pee Wee Soccer**

SALSA holds an annual pee wee tournament in the spring. This is a coed team made up of students in Kindergarten-3<sup>rd</sup> grade.

## **LPS Basketball Tournament**

Luther Preparatory School hosts a coed basketball tournament to go along with their recruitment weekend. This tournament takes place on the second weekend of March. NLS has the tradition to attend this tournament on even years. Eligibility for the team will begin with the 7<sup>th</sup> and 8<sup>th</sup> grades and, as needed, will drop down one grade until a full team has been assembled.

# **Roles and Responsibilities**

## **Student Athletes**

- Attend and actively participate in practice to be eligible to play in games.
- Act in a Christian way exhibiting good sportsmanship both on and off the field/court. Respect opponents, officials, coaches, teammates, and spectators at all times.
- Remember athletic participation is a privilege, not a right. Remember it is an opportunity to learn and have fun, not just to please parents and coaches.
- Accept both victory and loss with pride and honor; never be boastful or bitter.
- Maintain grades (classwork, homework, projects, and tests) and effort in schoolwork. Always work to use the gifts God has given you.
- Maintain good behavior in school and at school events.
- No foul or abusive language will be used on the fields or courts.
- Listen and learn from the coach. Work hard to improve skills and help the team.
- Follow all the rules and regulations set by the school, coach and sport.
- Attend all practices and competitions. If unable to attend, notify the coach or Athletic Director in advance.
- Attend the full school day of a practice or competition. Student athletes who are absent or miss any part of the day due to illness may not participate in events taking place after school.
- Wear clothing suited to practice in. There will be no jewelry worn.

- Any player suspended from school is not allowed to practice or participate in any game until reinstated in school.
- Return all school property, including uniforms, to the coach in a timely manner. If the uniform is not returned or lost, the school may assess a fee to replace it.

## Parents

- Be prompt when dropping off and picking up your child.
- Be responsible for providing or finding transportation to all games and tournaments for your child.
- Encourage good sportsmanship, effort, and teamwork from student athletes, coaches, and spectators.
- Model Christian behavior for all students, spectators and coaches.
- Respect the judgements of the officials and efforts and strategies of the coaches.
- Remember the athletic experiences are learning opportunities for the players. It is supposed to be fun for the student. Encourage, but don't pressure participation in sports.
- Keep winning in perspective; help your child do the same.
- Help your child meet the responsibilities to the team and coach.
- Place academics as a first priority; schoolwork is still the primary task of elementary students.
- Let the coach guide and instruct your child during competitions and practices.
- Cheer for your team. Acknowledge the efforts and successes of the opponents.

## Coaches

- Coaches must be a member of a family registered at NLS or is a member of the Northdale Lutheran Church congregation.
- Coaches will notify the team's parents and Athletic Director if a practice is cancelled or times change.
- Shall give game and practice schedules to all team members.
- Will play all players who meet game eligibility.
- Will teach and give time to practice fundamental skills need to play each sport.
- The head coach must be at least 21 years of age and approved by the Principal and Athletic Director.
- Persons who graduated from NLS and are in high school may assist the head coach but cannot act as the head coach in their absence.
- No foul or abusive language will be used on the fields or courts.
- Coaches are responsible for the conduct of their players and spectators.
- ~~Coaches of all sports will successfully complete a First Aid/CPR course.~~
- Coaches must fulfill all school volunteer requirements.



## Athletic Director

- Model the school's philosophy concerning after school athletics at all times.
- Maintain open and consistent lines of communication with NLS families, school administration, coaches, and student athletes.
- Organize and publish practice and game schedules in a timely manner. An online calendar will be maintained on the Northdale Lutheran School website: [NorthdaleLutheran.org/school](http://NorthdaleLutheran.org/school).
- Keep accurate records of attendance, participation, and successes.
- Provide and organize all the necessary paperwork for the smooth and efficient running of the athletic program.
- Maintain an accurate athletic inventory and budget.



## Student Athlete Contract Sample

I, \_\_\_\_\_, while a participant on the NLS \_\_\_\_\_ team promise to:

1. Attend all practices and meetings faithfully.
2. Contact a coach or athletic director personally before the practice or meeting if I must miss it.
3. Faithfully attend all competitions and practices in uniform or practice gear.
4. Contact a coach or athletic director if I am unable to attend a competition.
5. Be a student at Northdale Lutheran School.
6. Maintain my eligibility and academic standing.
7. Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article.
8. Turn in before the first practice all necessary forms issued to me by the coach or athletic director.
9. Report any personal injury or teammate's injury to a coach or athletic director immediately.
10. Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest, and competitions.
11. Pay any fees outlined in the athletic handbook through the family's TADS account.

Athlete's Signature

\_\_\_\_\_ Date

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_ Date