

**Athletic Handbook
Trinity Lutheran School
Burr Ridge, IL**



2021-2022

**“Put on the Full Armor of
God”**



Trinity's Purpose

“The fear of the Lord is the beginning of wisdom.”
Proverbs 9:10

The purpose of Trinity Lutheran School is the total development of the child

- spiritually, emotionally, intellectually, physically -
as a Christian living out God's purposes for one's life in
today's world.

Trinity's Mission

Provide a high quality Christ-centered education.

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I Philosophy and Objectives

Athletics are an important part of Trinity's school program. It provides students an opportunity to develop emotionally, socially, mentally, and physically. Participation in athletics is encouraged to assist in developing positive Christian attitudes toward life. While success in athletics can be measured by wins and losses, it is better measured by the success of its participants to live as Christian citizens in future years. Trinity's athletic program helps to ensure the future success of its students by encouraging participation at various levels of athletic competition while maintaining a proper relationship to the overall educational program.

Athletics is not an end in itself, but a means by which to:

1. Promote high Christian, moral, and ethical standards.
2. Provide experiences and guidance that will lead to self-discipline and emotional maturity.
3. Develop positive mental attitudes toward life.
4. Provide the opportunity to experience the need for cooperation with others as a means to gain common objectives.
5. Provide for physical development and the opportunity to serve the needs of the team.
6. Promote Christian fellowship and wholesome competition between schools.
7. Enable each student to learn to be a part of a team.

II Game Behavioral Expectations

Please observe the following rules at athletic events:

1. Fans should be attentive to the sporting event attended. They should be encouraging to our players in appropriate ways. They should also be courteous to the opposing team and their fans; never engaging in fan competition or negative comments.
2. Please remember that the referees are human. They have a split second to make a decision and sometimes are at a different angle than you. Do not heckle or question the calls made.
3. Children fourth grade and under should be attended by a parent or designated adult at all sporting events. Children will not be allowed to run the halls and the like. Please take responsibility for your child during all sporting events, or you will be asked to leave.
4. Do not bring food or drink into the gym. Water only.

III No Cut Policy

Trinity Lutheran School has a no cut policy in all athletic activities to ensure that every student has the opportunity to participate at all levels of competition. This objective can be met in a couple ways. The coach can play all members in every contest. If there are an unusually large number of participants, then they could be divided into two separate teams. In all league games and all tournament games (i.e. local and state tournaments) the entire team will be in attendance. In a tournament situation, playing expectations change.

IV Eligibility Policy for Extracurricular Activities

First Corinthians 10:31 reads, "Whatever you do, do it all to the glory of God." For a student at Trinity Lutheran School, this means giving one's best at all times—spiritually, intellectually, socially, and physically. The following policy, then, emphasizes the primary focuses of the school: the building of Christian character and successful academic progress. With such a policy in place, Trinity will be able to maintain an emphasis on the spiritual and intellectual growth of the children while still allowing for the physical and social development that extracurricular activities can provide.

Policy

All students at Trinity are expected to uphold the **behavioral** standards of the school at all times:

Conduct: Good conduct is expected before, during, and after every activity. Students displaying poor conduct will have their eligibility revoked temporarily for a first offense and permanently for a subsequent offense.

Detentions: Students will serve all detentions on the day assigned regardless of the activity schedules.

Students at Trinity are expected to uphold the **academic** standards of the school at all time

Student grades will be reviewed at the start of the season/activity

No student will have an average grade in any subject below a C- or S-.

If a student's average grade in any subject falls below a C- or S, the student will be placed on a two-week probation. He or she may practice or play as usual with the understanding that he or she is working to improve. A letter of notification will be sent home to be signed and returned.

After the two-week probation the student will return to eligible status if all grades are acceptable. If not, the student's eligibility to participate is suspended until the grade is brought up to an acceptable level. A letter of notification will be sent home to be signed and returned.

After returning to eligibility, if the student's grades fall below C- or S-, it will result in termination of the activity.

V Expectations of Athletes

Represent Trinity well.

- A. Makes school activities a priority over outside athletic events.
- B. Bring home information.
- C. Maintain high academic standards.
- D. Come to games and practices prepared with proper equipment and mental attitude
- E. Participate in all practices and competitions.
- F. Be a Christian example to others.

VI Responsibilities of Parents

Represent Trinity well.

- A. Model and foster a Christian perspective and attitude of sportsmanship
- B. Assist the child in establishing proper priorities and balance with respect to church, family, peers, study, practice and play.

- C. Instill in their child good health habits towards sleep, food, exercise, and discourage the use of tobacco, alcohol, and drugs.
- D. Make a commitment to the athletes and the program by attending sports events, encouraging the athletes and coaches, and assisting with the other numerous duties. (scoreboard, clean-up, concessions, etc.)
- E. Assist with our annual tournament by volunteering to help in some way.
- F. Respect the role of coaches and officials.
- G Assist with transportation whenever possible to insure that our players may attend the away games and tournaments.

VII Responsibilities of Coaches

Represent Trinity well.

Coaches are the main influence on athletes, their attitude and their ability. Coaches are expected to:

- A. Emphasize the glory of God over the glory of self or school.
- B. Show concern for the athletes' academic progress and development.
- C. Show concern for the athletes' athletic progress and development.
- D. Set guidelines (training, practice, attendance, etc.) approved by the Athletic Director and make the students aware of them.
- E. Be available to students who wish to privately share team concerns.
- F. Serve as a Christian role model by maintaining self-control, setting an example of sportsmanship, and providing Christian witness at all times, both on and off the court.
- G. Respect the rules of the sport and show respect for the officials who enforce them.
- H. Be responsible for supervision of athletes on the team before, during, and after games and practices. This supervision must be maintained until responsibility has been passed to a parent or responsible adult.

VIII Description of Sports and Activities Offered

(Tournaments subject to change and are not limited to those listed.)

FALL SPORTS

Volleyball: Currently the league is a Co-Ed league. Where possible, we will split into boys and girls teams for increased playing experience.

Level: 5th-8th grade

Season: Practice begins the first week of school. Matches run through mid to the end of October with most being after school.

Equipment: Team members will need to purchase their own knee pads.

Tournaments: Walther Christian Academy Upper School (girls only); Trinity Burr Ridge Tournament (boys and girls teams)

Cross Country

Level: 5th – 8th grade girls and boys teams

Season: Practice and meets are in September, early October

WINTER SPORTS

Junior Varsity Basketball: Currently the league is Co-Ed.

Level: 5th and 6th grade. If not enough players from 5th and 6th grade, then the 4th graders may be allowed on the team.

Season: Practice begins in mid October. Games run from October through Thanksgiving break in November with most being after school.

Varsity Boys Basketball Currently the league is Co-Ed.

Level: 7th and 8th grade. If there are not enough players from 7th and 8th grade, then the lower graders may be allowed on the team..

Season: Practice begins after Thanksgiving in November. Games run from early December through late February with most being after school.

Tournaments: Walther Christian Academy, St. John's LaGrange Tournament,

Cheerleading

Level: 5th - 8th grade girls

Season: **Home games only** for both JV and Varsity seasons.

Tournaments: St. John's LaGrange Tournament, Walther Christian Academy

SPRING SPORTS

Track

Level: 5th through 8th grade girls and boys

Season: Practice begins in April with meets usually in May

Meets: River Forest Track Meet, St. John Lombard Track Meet, State Track Meet (if a person or relay qualifies), any others we can schedule

IX Practice Information

A. The Athletic Director will provide parents with a practice schedule at the beginning of each sports season. Coaches will also remind parents of practice times and inform them of any schedule changes through notes from school. A practice schedule will be posted on the bulletin board outside the gymnasium. Games and practices will also be listed in the calendar section of the newsletter and the fastdirect website.

B. Practices shall not exceed two hours in length. There may be some exceptions when a team may be preparing for a state tournament.

C. No team will have practices or games on more than four school afternoons or evenings in a given Sunday through Thursday period.

X Fees

The cost of maintaining an athletic program is high. Since the students who choose to be a part of the program benefit the most, they are being charged a fee to help defray the cost of the program. The fees will be determined at the beginning of each school year. Please pay your activity fee for the year as soon as possible. In any case, a child will not participate in any practice or game until fees are paid, or arrangements have been made with the athletic director for an extension. All checks for activity fees should be made payable to: Trinity Lutheran School.

Reminder: participation in the Magazine Drive in September can be used to credit future participation. 40% of your child's total in sales can be put towards your pay to play next year.

The fees as of 2021 are as follows: (Prices are reviewed annually.)

Volleyball: \$35 for first year includes team shirt. \$20 if no new shirt is needed

Cross Country: \$ 20 which also includes team shirt

JV Basketball: \$45

Varsity Basketball: \$65

Track: 2 levels: one meet at Concordia: \$5. Track team: \$20

XI Awards

We have a Sports Awards evening in May. All participants are recognized for their athletic participation.

1. Year 1 participation receives a "T" and a sports pin for each sport.
2. Year 2 and following: pins and stars for each extra year participating.
3. Special team awards: The varsity basketball and volleyball teams also recognize special individuals with a Most Valuable Player, Most Improved Player and Christian Sportsmanship award. These are given at the discretion of the coaches.
4. Ernie Pahr Award. This individual award is given to a student athlete for "athletics, academics and Christian living." The individual is nominated by the coaching staff and voted on by the Trinity faculty.

XI I DIRECTIONS TO SCHOOLS also linked in fastdirect.

Concordia University

7400 Augusta, River Forest 60305 (708) 771-8300

Walther Christian Academy

900 Chicago Ave. (708) 344-0404

Immanuel - Elmhurst 1

48 E. Third St. (630) 832-9302

Zion-Concord - Bensenville

865 S. Church Road (630) 766-0228

Immanuel - Hillside

2329 S. Wolf Rd. (708) 562-5580

St. Johns, La Grange

505 S. Park (708) 354-1690

St. Luke - Itasca

410 S. Rush St. (630) 773-0396

St. Paul - Brookfield

9035 Grant Ave. (708) 485-0650

Trinity - Lombard

1008 E. Roosevelt Rd. (630) 627-5601

Trinity Lutheran School

Concussion Policy

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious.

You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to appear fully. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headache
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- Does not “feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
(forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed or stunned
- Vacant facial expression
- Confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily or is uncoordinated
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsionsAny change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Students with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young student especially vulnerable to greater injury.

There is an increased risk of significant damage from a concussion for a period after that concussion occurs, particularly if the student suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.

It is well known that adolescent or teenage students will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student student's safety.

If you think your child has suffered a concussion

Any student even suspected of suffering a concussion should be removed from the game, practice, or classroom activity immediately.

A student may return to academics or extra-curricular activities with medical clearance.

IESA Policy and state law require students to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion, or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest.

You should also inform your child's coach and/or teacher if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. And when in doubt, the student sits out.

Insist that safety comes first.

For current and up-to-date information on concussions, you can go to:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.iesa.org/activities/concussion.asp>

Please sign and return

I have read and understand the Trinity Athletic Handbook and Concussion protocol. I agree to support the policies included.

Student signature

Parent signature

date