



# **Athletic Program Handbook**

**Guidelines for Student-Athletes, Coaches,  
and Parents/Guardians**

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## **Mission Statement – Purpose – Objectives**

*The Bulls Athletic Program Handbook has been created to serve as a guideline for the student-athlete, the parent/guardian, and the coach. This should be read carefully and kept for future reference.*

**Mission Statement and Purpose:** Abiding Savior Lutheran School exists to educate children, nurture their Christian faith, and equip them to share the Gospel of Jesus Christ. Therefore, the Bulls Athletic Program (BAP) is a ministry of Abiding Savior Lutheran School and is designed to promote participation in interscholastic sports for both boys and girls in Grades 5-8. Abiding Savior participates in the Lutheran Orange County Athletic League (LOCAL). Abiding Savior Lutheran School believes and expects their student-athletes to emulate Jesus Christ in everything they do, including how they compete. Their sportsmanship and gamesmanship should flow from the basic principles of a Christian lifestyle. The student-athlete works to compete in the image of Jesus Christ. Abiding Savior Lutheran School believes that parents/guardians, coaches, and the athletic directors have the responsibility to develop this concept in the student-athlete.

### **Objectives:**

- To implement a successful athletic program which demonstrates a Christian and enthusiastic attitude.
- To encourage student-athletes to strive for excellence and to do their best regardless of the outcome of a contest.
- To assist the student-athlete in developing their basic skills and talents.
- To teach student athletes to participate as a team which cooperates, supports, and works together.
- To provide student-athletes an experience in which they can develop leadership skills, self-confidence and poise.
- To encourage and promote school spirit and good sportsmanship.

## **Interscholastic Sports Offered – Game Days/Practices/Times**

### **Fall (September - November)**

- 5-8 Boys Flag Football
- 5-8 Girls Volleyball

### **Winter I (November-December)**

- 5-6 Boys Basketball
- 5-6 Girls Basketball

### **Winter (December-February)**

- 7-8 Boys Basketball
- 7-8 Girls Basketball

### **Spring (March-May)**

- 7-8 Boys Volleyball
- 4-8 Boys and Girls Track
- 7-8 Girls Flag Football

*\*This is a guideline for scheduling. The Assistant Principal, Athletics, will set the master schedule for all teams.*

*\*Exceptions would include rescheduled contests, inclement weather and tournaments. If there is no game, practice may be scheduled.*

*\*Away games may require student-athletes to be dismissed early from school. This shall be noted on the game/practice schedules that are distributed.*

## **Game Days/Practices/Times**

The master schedule for practices will be set by the Athletic Directors with input from coaches. Typically, teams will practice four days per week. Practices are held 3:15 - 4:30 pm unless otherwise communicated by the coach.

LOCAL will set the game schedule for each of our teams. The Athletic Directors, will then post the game schedules along with the practice schedules to Google Calendars. Each coach should provide a schedule that is specific to his or her team.

- ***In addition, to the basic schedule are tournaments and “Playdays” that are stated on the season schedule. All respective team members are expected to attend those events.***

## **General Guidelines:**

1. Student-athletes, parents/guardians and coaches are encouraged to support their commitment to the team by attending practices, games, and tournaments.
2. Each coach shall inform student-athletes and parents/guardians of specific equipment, practice times, schedules, etc. in the form of a letter/email prior to the beginning of the season.
3. Student-athletes are responsible for purchasing equipment such as shoes, knee pads, gloves, etc.
4. Abiding Savior Lutheran School shall provide uniforms for games.
5. Student-athletes are responsible for the care and cleaning of their uniform. At the end of the season, all uniforms should be submitted to the athletic directors. Charges will be assessed for any uniforms not returned or damaged.
6. Prior to a practice or game a child will not attend, parents/guardians shall contact the coach by telephone or written (email is acceptable) note.
7. Parents/guardians shall be as prompt as possible in picking up their child(ren) after practices and games. Your child(ren) will be signed into Extended School Care (ESC) if they are not picked up promptly after practices or games.
8. The Physical Education uniform shall be the practice uniform.

## **Requirements for Student Participation in Athletics**

All fees and forms may be submitted to the School Office:

- The Athletic Fee (non-refundable or transferable)
  - 7-8 Grade Teams- \$75 per student-athlete for fall and winter sports
  - 5-6 Grade Teams - \$50 per student-athlete for fall and winter sports

***Student-athletes may not be allowed to participate with their respective teams until fees are paid.***

**Academic and Behavioral Eligibility:** A student-athlete displaying a lack of effort in his or her academic work may be suspended from participation in athletics. The athletic directors will review the academic progress of all student-athletes. Student-athletes earning a grade lower than a 70 % (C-), may be declared ineligible for one week. Student-athletes will be notified with a letter from the athletic directors stating their status. This letter must be signed by the parent/guardians and returned in order for reinstatement to be considered.

*Any student-athlete who is ineligible for a combination of any three (3) weeks during a season may be declared ineligible for the remainder of that respective season. The athletic directors may exercise the right to reinstate eligibility at any given time.*

\*A student-athlete displaying a lack of cooperation with the classroom teacher, aides, etc. may be suspended from participation in athletics.

**Student-athletes, parents/guardians and coaches are to model Christ-like attitudes, serve as Christian examples of fair play and good sportsmanship, and emphasize the glory of God over the glory of self and school.**

**Sportsmanship:** Respect of sportsmanship for student-athletes, parents and coaches includes:

- Respect for yourself, your coach, your team, the officials and the opponents.
- Positive behavior when we win and positive behavior when we lose.
  - *Win with dignity, lose with grace!*
- Appreciation of teammates, coaches, spectators and others that support the BAP.

**To be eligible to compete in interscholastic sports, the following requirements must be met:**

1. The student-athlete must display good citizenship at all times.
2. A student-athlete who does not dress for Physical Education class is ineligible to participate in after-school sports that day. Student-athletes will still be required to attend that day's practice or game.
3. A student-athlete who is absent from school is ineligible to participate in after-school sports for that day. (Must be in attendance prior to lunch)

## **Transportation – Safety and Supervision of Student-Athletes**

**Transportation:** Student-athletes will be transported to and from all athletic events by private transportation. When an event occurs during or right after school, the student-athlete will be taken to and from the event. Transportation to events that occur on the weekends, days when there is no school, or evenings, is the responsibility of the student-athlete and his/her parent/guardian.

**Safety and Supervision of Student-Athletes:** The safety of our student-athletes is a great concern. To provide for their safety and supervision the following guidelines have been established:

**Home Games:**

- Student-athletes who are on teams that have a home game are to report to their coaches immediately following dismissal at a location designated by the respective coach.
- Student-athletes are not to leave the school property without adult supervision or written permission from parents/guardians.

**Away Games:**

- Student-athletes are under the supervision of their coach and the parents/guardians who are transporting them to an away game.
- Student-athletes may be released to the supervision of their parents/guardians or to another adult who has been designated by the parent/guardian. Please remain with the student-athletes until all are accounted for.

**Practices:**

- Student-athletes are to report to their respective coach at a designated location for practice. The student-athlete is responsible for being on time.
- If the coach is not yet available, the student-athlete should sit and wait for directions from his/her coach or his/her designee.

**Extended School Care (ESC):**

- Student-athletes should be picked up immediately after practices or games. If they are not picked up within 10 minutes after a practice or game has ended, they may be sent to Extended School Care **at the parent's/guardian's expense.**

**Safety Guidelines:**

- All student-athletes should remain hydrated (drinking water) throughout the day.
- All players should warm up and stretch before every game and practice.
- Players are not allowed to wear any jewelry or watches during games or practices.
- Players on the bench during games or off to the side during practices are expected to pay attention at all times.
- Coaches will have first aid kits available at all games and practices.
- Any player with a bleeding injury cannot return to the game or practice until the bleeding has been stopped and the wound properly covered.
- Players should be instructed in safe playing techniques and procedures.

## **Expectations of Coaches – Coaching Objectives**

**Expectations of Coaches:** The coaching staff of the Bull’s Athletic Program is under the direct supervision of the Athletic Directors. As per the school policy, each team must have a coach who is a staff member or a staff member must be the official “faculty representative” for that team and will be present at all games. The following set of guidelines should be followed by all coaches:

1. Conduct yourself in a Christian manner as a representative of Abiding Savior on the court/field, off the court/field, and in the community.
2. Have the student-athlete’s best interest in mind at all times.
3. Strive to have all student-athletes play in various situations.
4. 5-6 sports are to teach the athletes the basic fundamentals of the sport. 7-8 sports are more competitive while building on the fundamentals.
5. Unexcused practices or inappropriate behavior while at practices will result in limited playing time. If the situation is sustained over a period of time, the coach should inform the student-athlete, his/her parents/guardians, and the athletic directors as soon as possible.
6. Teach skills to all participants equally and give fair consideration to all players.
7. Encourage players at every opportunity.
8. Even though there is a winner and loser in the scorebook, stress that the important thing in life is not the triumph, but the struggle and to have fought well. You can learn even in losing.
9. Work with other coaches who are coaching the same sport. This builds support for the other teams and provides for a well-established program.
10. Coaches will attend a coaches’ clinic prior to each season in order to know the rules of the sport they are coaching and be able to interpret them correctly.
11. Teach players to play by the rules and respect the officials’ decisions.
12. Keep competition in perspective. Realize when your team is over-matched and stress to the players to still try their best the way they have been taught. Make sure student-athletes also do everything in their power not to embarrass other teams by running up the score.
13. Arrive on time and do not leave until all student-athletes have been picked up by their parents/guardians or through other arrangements that have been made.

**Coaching Objectives:** In keeping with the Christian athletic philosophy of providing an environment that provides the opportunity for all student-athletes to develop their God given abilities with the help of Christian coaches in a Christian setting, the following objectives form the foundation for athletic activities at Abiding Savior Lutheran School:

1. To help each student-athlete know God and grow in his/her relationship with Jesus Christ so that maintaining a Christian attitude is a priority for the athletic program.
2. To teach that every individual is a unique member of God’s creation with distinct talents and abilities.
3. To develop positive attitudes and athletic talents to glorify God rather than self.
4. To teach fundamental skills as well as more advanced techniques while encouraging the growth of each individual child.
5. To teach the child to show respect and consideration for teammates, coaches, opponents, officials, and parents/guardians with an emphasis on good sportsmanship.
6. To teach Christian competition by asking that all participants give 100% at all times while encouraging others and playing fairly.

7. To conduct a player and parent/guardian pre-season meeting to communicate expectations and goals of the players, coach, and parents/guardians. This will provide a time for parents/guardians to ask specific questions of the coach and his/her personal coaching philosophy.

## **Communication**

The BAP will strive to keep student-athletes, parents/guardians and all stakeholders informed of the athletic events throughout the year through the following methods:

**Website:** The BAP has a presence on the Abiding Savior Lutheran website. Game schedules, practice schedules and maps can be found on this site. Go to [www.abidingsavior.com](http://www.abidingsavior.com) and click on “School”, then click on the school calendar on the right side of the page.

**Schedules:** Practice and game schedules will be distributed to the student-athletes at the beginning of the season. Updates will be distributed as necessary. Tournament information will be distributed to all student-athletes when it is available. This information will also be available on the website and through Google Calendars.

**“Bull Horn”:** Important announcements will be communicated through this publication.

**24 Hour Rule:** When upset by something that occurs in a game situation, a parent/guardian should refrain from approaching the coach or the Athletic Directors for at least 24 hours. An appointment should be set to sit down and discuss/resolve the issue.

### **Communication Procedure – Chain of Command:**

When a conflict occurs the following process should be followed in seeking to resolve the issue as quickly as possible and to move forward in a positive manner:

1. Initial Communication: The student-athlete, parent/guardian, or coach with a concern should first try to resolve the matter directly or informally with the individual(s) involved. This may be done either verbally or in writing to the individual(s) involved.
2. Review: If the conflict cannot be resolved at the initial level, the complainant should contact the Athletic Directors and express the concern, either verbally or in writing. After reviewing the steps taken by the complainant, to solve the problem, the Athletic Directors should investigate the facts and meet with the individual(s) involved to seek to resolution of the problem for all parties involved. This step may or may not involve a meeting of all parties. The solution arrived at shall be communicated back to all parties, either verbally or in writing.
3. If the complainant feels that the solution arrived at is not an acceptable one, the complainant should submit a written statement describing his or her concerns in a precise and detailed manner and submit it to the Principal. The Principal shall further investigate the facts and meet with the complainant and the individual(s) named in the written statement to facilitate a mutually acceptable resolution to the problem. The decision of the Principal shall be communicated in writing to all parties with a copy going to all parties involved.

## General Calendar

Listed below are events that are ***tentatively*** scheduled at this time. Detailed schedules will be available at the beginning of each season.

August:	LOCAL Athletic Director's Meeting Fall Practices Begin
September:	League Games Begin St. John's Play Day (5 <sup>th</sup> and 6 <sup>th</sup> Volleyball)
October:	Christ, Costa Mesa, Girl's Volleyball Tournament (7 <sup>th</sup> -8 <sup>th</sup> )
November:	5-6 Basketball Begins (Boys and Girls) LOCAL Athletic Director's Meeting
December:	St. John's Play Day (5 <sup>th</sup> and 6 <sup>th</sup> Basketball) Winter Practices Begin (7 <sup>th</sup> -8 <sup>th</sup> Girls and Boys Basketball)
January:	7-8 League Games Begin (Boys and Girls) Salem Lutheran Girls Basketball Tournament
February:	Abiding Savior Girls Basketball Tournament
February-March:	St. John's Invitational Boy's Basketball Tournament
March:	LOCAL Athletic Directors Meeting Girls Flag Football Tournament (7 <sup>th</sup> -8 <sup>th</sup> ) Boy's Volleyball (7 <sup>th</sup> -8 <sup>th</sup> )
March/April:	Track Begins (Boys and Girls—Grades 4-8)
May:	LOCAL Track Meet @ Crean Lutheran High School, Irvine SOCAL Track Meet @ Crean Lutheran High School, Irvine LOCAL Athletic Directors Meeting