



# **Athletic Handbook**

*David's Star Lutheran School  
Jackson, WI*

*Revised 2019*

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## **Section I**

### **GOALS OF OUR ATHLETIC PROGRAMS**

The Word of God is also the Word of Life and a Christian philosophy of life should govern and encompass every aspect and dimension of our school programs which certainly includes the athletic activities of our school. As such, the goals of our athletic program are:

1. to help children to recognize and appreciate in themselves and others the gifts they have received from God.
2. to develop character traits such as self-discipline, self-esteem, responsibility, leadership, team-work and self control under pressure, defeat, and failure, as well as proper acceptance of success and victory.
3. to develop to a greater degree the fundamental skills and a knowledge of the rules appropriate to each grade level.
4. to help prepare our students for participation in advanced levels of athletics.
5. to provide a Christian witness to all our members and to our community and to demonstrate by example the fruits of Christian faith in athletic competition.

***“ . . . I chose you and appointed you to go and bear fruit - fruit that will last.”***

**– John 15:16**

## Section II

# PHILOSOPHY OF OUR ATHLETIC PROGRAMS

David's Star Lutheran School has an athletic program to allow students in grades 5-8 to use their God-given gifts to His glory. Interscholastic athletics, participation of the school in athletic competitions against other schools, are not a requirement of the curriculum like physical education. This is a student choice. However, it needs to be understood that this level requires discipline and dedication on the part of the student and parents. Dedication is displayed in a variety of ways such as: regular attendance at school; being prompt for class; maintaining proper conduct; being well prepared for class; and being on time for practices and games. Depending on the sport and level, you should expect to spend 3 hours a week or more at practices, matches, or games.

There are three general levels of teams at David's Star. Competitiveness at the various levels of interscholastic sports is different. The goal at **C team** level is to introduce the athletes to the basic skills and rules of the sport. Players, who faithfully attend practice, work hard and listen, will play in all games with nearly equal playing time.

At the **B team** level, the competition level is more intense. Players, who faithfully attend practices, work hard and listen, will play in all games, but the playing time may not be equal. This level will begin to play in competitive tournaments as well.

The **A team** level is the most competitive for our conference. David's Star strives to use our talents and be as competitive as possible with our A teams as well. The coaches will seek to play each player in opportunities where he or she can be successful, but in a closely contested game, that may not be possible. With that in mind, there is no guarantee every player will play in every game.

When it comes to what grade can play at what level, the conference rules govern some of those participation requirements. Traditionally, David's Star divides its teams in the following way:

- A teams: Grades 7 and 8
- B teams: Grades 5 and 6
- C teams: Grades 3 and 4

Special arrangements of teams may be made when there are unusual numbers at certain levels. At David's Star, we do not as a general rule "cut" players from the team although this may be necessary in a year with a large number of interested participants in a given class. Generally, anyone who is interested in the sport will be able to participate as long as they meet the handbook requirements. However, we want to keep our team sizes and a manageable level for both the coaches and the athletes to best instruct and participate. To that end, in a given year where team sizes are large, we would first try to divide into two teams to avoid having to cut players.

### **Section III**

## **ATHLETE GUIDELINES**

1. All necessary forms are signed and returned to the athletic director before the first practice. An athlete may not participate in a practice or game until this is accomplished.
2. The Board of Education includes athletic and uniforms fees along with registration. If an additional fee would need to be charged for a sport, an athlete may not participate in a practice or game until this is paid.
3. If athletes have practices starting after 3:45PM, they must leave the school grounds after the school day and return no sooner than fifteen minutes before practice or must report to Day Care and stay there until 15 minutes before practice. Players are to leave the school building

within 10 minutes of the conclusion of practice. If parents are unable to pick up their child in that time, the child should arrange to ride home with another student.

4. Transportation arrangements are the responsibility of parents/guardian and should be made prior to the event.
5. In the event that school is closed due to weather, all practices and/or games are canceled for that day.
6. There are no sports practices Wednesdays during Lent and Advent seasons and generally Sundays are avoided as well. No mandatory practices are scheduled over school vacations. However, **optional** open gym times may be scheduled.
7. To encourage responsibility, leadership, and teamwork, members of David's Star athletic teams must make it a priority of attending their school teams' athletic event, whether games or practices, before any athletic activity outside of school. A violation of this will be considered an unexcused absence.
8. Uniform care is the athlete's responsibility. Any uniform not returned, or returned in a damaged condition, will be replaced at the athlete's expense.
9. Any disrespect shown to coach(es), officials, fans, or players may result in a one game suspension. Repetitive inappropriate behavior will result in expulsion from the team. Examples of such behavior include but are not limited to: poor or uncooperative attitude; lack of respect; receiving a technical foul for unchristian behavior; or inappropriate behaviors such as fighting, stealing, vandalism, use of alcohol, drugs, or tobacco.
10. Students have the *privilege* to represent David's Star in extracurricular activities. Their behavior reflects directly on David's Star and our Savior Jesus Christ, whom we serve. A student may be declared ineligible based on attitude or any incident that harms the mission of David's Star Ev. Lutheran School.

***“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.”***

**– 1 Corinthians 9:24-25**

## **Section IV**

### **ELIGIBILITY GUIDELINES**

*As a student athlete, your first responsibility is to your academics. Therefore, the following guidelines will be used to determine a student's eligibility for sports and cheerleading.*

1. Academic performance will determine all students' eligibility in extra-curricular, non scholastic activities offered at David's Star Evangelical Lutheran School. This includes, but is not limited to, athletics, cheerleading, forensics, and the musical. These non-scholastic activities are to be considered a privilege for the students who are eligible, not a right.
2. Any student whose grade point average for any academic quarter is below 2.0 will be ineligible for all extra-curricular activities listed above from the time the report cards are distributed until the mid-term Progress Reports are distributed. If the grade point average is still below 2.0, the student will remain ineligible until the grade point average exceeds 2.0 on a quarterly Report Card.
3. Any student who receives a grade of "F" at the end of a quarter in any subject will be ineligible for all extra-curricular activities listed above from the time the report

cards are distributed until the mid-term Progress Reports are distributed.

4. Students may also be declared ineligible because of conduct at school, on the bus, or any school related activity. Persistent disrespect, lack of cooperation, continual meetings with the principal, habitual truancy or tardiness will lead to a student being declared ineligible.
5. Parents of children who have been declared ineligible will be notified prior to ineligibility being enforced.
6. **Exceptions to these policies may be made on an individual basis for certain students. All exceptions should be brought to the principal and cleared by the faculty.**
7. A student who has displayed the symptoms of a possible concussion will be ineligible to participate in any athletic activities until they have received written clearance from a health care provider.

## Section V

### UNEXCUSED ABSENCES

As an athlete you are responsible to a team. A team cannot improve as a unit unless all athletes are present and on time for every practice and game. If you are unable to attend practice or will be tardy, the athlete must notify the coach at least one day before the absence (illness the exception). Excused absences would include dentist and doctor appointments, family vacation, etc. **Please communicate with the coaches.** If a student misses games and/or practices without an appropriate or pre-approved excuse, the following penalties will be applied:

- First offense: The player will be unable to play in the following game.
- Multiple offenses: Player may be removed from the team.

## Section VI

### COACHING GUIDELINES

1. Coaches are representatives of David's Star Ev. Lutheran School and Christ. They are approved by the Board of Education and the pastors. They are informed of the goals and expectations at a preseason coaches' meetings held with the athletic director. There is a high expectation for modeling Christian living placed upon our coaches.
2. Coaches...
  - a. will submit information for a background check.
  - b. will have knowledge of this handbook and the School Handbook, and be in agreement with it.
  - c. should have a general knowledge of the sport they are coaching.
  - d. will encourage all athletes at all levels.
  - e. will demonstrate organization and responsibility for his/her team at all practices and games.
  - f. will encourage prayer before all athletic events.
  - g. will be regular in church attendance and the Lord's Supper.
  - h. will be informed about the handling of health and safety issues, including concussions.

***“so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement...”***

**- Romans 12:5-7**

## **Section VII**

### **PARENT SECTION**

1. It will be the responsibility of the parents to watch, care for, and discipline their children before and after all home and away games. If the child's own parent is not able to attend the athletic contest, the parent will be responsible for finding a "caregiver" when the child is not under the direct control of the coach.
2. Parents are also responsible for any additional child they bring to sporting events. Do not just drop off your children or allow them to play outside of your supervision.
3. Parents/Guardians together with the athlete are responsible for transportation of the athlete to and from all games and practices.
4. Due Process. It is hoped that healthy relationships are maintained by all those involved in our sports programs. Communication is the key. Any problems which do arise should be worked out in a God-pleasing way. Parents are asked to resolve conflicts using the following order.
  - a. Discuss the matter in private with the coach.  
(Matthew 18:15)
  - b. Contact/meet with the athletic director along with the coach.
  - c. The athletic director along with the coach(es) will involve the school administrator.
  - d. Meet with the Board of Education.
5. Volunteering is needed to truly make the athletic program work. It requires parents to help out in many various ways. These ways will be made known throughout the school year but include scorebook, scoreboard, line judging, crowd supervision and working in the concession stand. More information is included with each season later in handbook.

## ***Section VIII***

# **KETTLE MORAINE LUTHERAN GRADE SCHOOL ATHLETIC LEAGUE**

The Kettle Moraine Lutheran Grade School Athletic League consists of 13 schools. They are divided into three divisions based on school enrollment during the basketball season.

<b>Large Schools</b>	<b>Middle Schools</b>	<b>Small Schools</b>
Bethlehem	Christ Alone	Crown of Life
Good Shepherd	David's Star	Our Savior
Peace	Morning Star	St. John's Lannon
Salem	Trinity	St. John's Newburg
		St. Lucas Kewaskum

*David's Star also plays regularly against non-conference schools such as First Immanuel, Cedarburg; St. John, West Bend, St. Paul, Grafton, St. Francis Borgia, Cedarburg, and Trinity, Kewaskum. Maps may be given to any of the schools if requested. Otherwise any phone MAP App will give directions to any of these schools.*

## ***Section IX***

# **INTERSCHOLASTIC ATHLETIC ACTIVITIES**

## **Fall Sports**

Practice and game schedules for all of the fall sports will be posted on the athletic calendar on David's Star's website. The schedule may change due to various factors, so please check frequently. If there is a cancellation, you will be informed via Fast Direct as well as it being posted on the calendar. Results and other information will be posted on the Athletic Bulletin Board across from the gym and for grades 5-8 in Mr. Beyersdorf's Weekly Newsletter. There will be an informational meeting before the season. At least one parent must attend. At this meeting, a parent(s) of a student

athlete in soccer and volleyball is required to sign up to help at home games and, for volleyball players, at the KML volleyball tournament for a duty which may include but not limited to: scoreboard, scorebook, hall monitor/crowd control, line judging(volleyball and soccer), and concessions. This would be for each student athlete. The number of duties required will depend upon the number of athletes and how many in each family, so will vary from year to year.

### **A. Girls' Volleyball**

1. Volleyball is offered to girls in grades 5-8.
2. Season is from the beginning of the school year to approximately the middle of October.
3. Girls may participate in cross country and volleyball at the same time, but not soccer.
4. Games are mostly played on Mondays and Wednesdays.

### **B. Cross Country**

1. Offered to girls and boys in grades 5-8.
2. Students may participate in both cross country and either soccer or volleyball. Scheduling conflicts are avoided when possible.
3. Season is from the beginning of the school year to approximately the middle of October.
4. Practices will be outside. All participants should be ready to go outside.

### **C. Soccer**

1. Offered to girls and boys in grades 5-8. (Students in 5<sup>th</sup> grade may be forced to wait a year in the case of large numbers. We may also need to bring up 4th graders some years if necessary.)
2. Students must provide cleats, shin guards and long socks.
3. Girls may not participate in both soccer and volleyball, but boys and girls may also participate cross country in addition to soccer.

4. Season is from the beginning of the school year to approximately the middle of October (1<sup>st</sup> practice may be before the start of school).
5. Games are mostly played on Mondays and Wednesdays.

## **Winter Sports**

Practice and game schedules for all of the fall sports will be posted on the athletic calendar on David's Star's website. The schedule may change due to various factors, so please check frequently. If there is a cancellation, you will be informed via Fast Direct as well as it being posted on the calendar. Results and other information will be posted on the Athletic Bulletin Board across from the gym and for grades 5-8 in Mr. Beyersdorf's Weekly Newsletter.

There will be an informational meeting before the season. At least one parent must attend. At this meeting, a parent(s) of a student athlete is required to sign up to help at home games and home tournaments for a duty which may include but not limited to: scoreboard, scorebook, hall monitor/crowd control, and concessions. This would be for each student athlete. The number of duties required will depend upon the number of athletes and how many in each family, so will vary from year to year. C-team parents are not required, but by all means may still sign up to help if they would like.

### **A. Basketball**

1. Offered to girls and boys in grades 3-8 divided into A, B and C levels.
2. Season begins roughly the first week of November and concludes by mid-February.
  - a. A teams will be allowed to participate in a maximum 17 games plus the KMLHS tournament per season.
  - b. B level teams in basketball may participate in a maximum 17 games per season.
  - c. C level basketball teams may participate in up to six games per season.

3. C team basketball players will purchase a uniform T-shirt that they will be allowed to keep and will provide their own shorts (Uniforms provided for A and B levels).

## **B. Cheerleading**

1. Offered to girls in grades 5-8.
2. Girls can be in both cheerleading and basketball during the same season. However, this commitment is very demanding of time and energy. Multiple practices sometimes occur on the same night.
3. They will cheer at all home games.
4. They will not cheer at away basketball games EXCEPT the KML tournament in February.
5. Participate in one competition at KML.

## **C. Dance**

1. Sometimes offered to girls in grades 5-8.
2. Policies match Cheerleading above.
3. Dance is only offered in years with high student interest and when a capable coach is available.

## **D. Boys' Volleyball**

1. Volleyball is offered to boys in grades 7-8 (plus 6<sup>th</sup> if needed).
2. Projected start time is the beginning of March and ending the third weekend in March.
3. This is two or three week season with one tournament offered.

## **Spring Sports**

While there is not as much need for help in the spring sports for regular games and meets, there is a need for help at the final softball tournament and the track meet at KML. To get our softball tournament location at no cost to the league, we need to work the concession stand. At the KML meet, our school is assigned one or two of the events at the meet. We would only be

looking for a few people to help, so hopefully we won't need to make it a requirement in the spring season.

### **A. Track**

1. Offered to boys and girls in grades 5-8.
2. Practices will start around the middle to end of April and go until the second weekend in May.
3. Boys and girls may participate in track and softball at the same time.
4. The gym may be used for early season practice and outside practice will begin as soon as weather permits.
5. Several practices are held at KML to make use of the proper equipment.
6. If weather conditions are poor (below 40 degrees Fahrenheit, rain, or 30+ MPH sustained winds), there will be no practice unless the gym is available and the coaches move practice to the gym. All participants should be ready to be outside at all times.

### **B. Softball**

1. Offered to boys and girls in grades 7-8. (Occasionally includes 6<sup>th</sup> graders if numbers are needed)
2. Season usually runs from late April to the middle of May.
3. One conference tournament is held annually.
4. A few practice games may be scheduled as well.
5. Jackson Town Hall Park is used for practices and home games.

***“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”***

**– Colossians 3:17**

*Section X*

**EXTRACURRICULAR SUMMARY PAGE**

<b>Fall</b>	<b>Levels</b>	<b>Gender</b>	<b>Schedule</b>
Volleyball	A,B	Girls	Late August to Mid-October
Soccer	A only (5-8) 4?	Co-ed	Late August to Mid-October
Cross Country	(5-8) 4?	Co-ed	Late August to Mid-October
<b>Winter</b>			
<b>Winter</b>	<b>Levels</b>	<b>Gender</b>	<b>Schedule</b>
Basketball	A, B, C	Both	November to February
Cheerleading	A, B	Girls	November to February
Dance	A	Girls	<b>Not offered in 2014-15</b>
Boys Volleyball	A	Boys	March
Forensics	5-8	Both	February to April
Math Club	5-8	Both	March to April
<b>Spring</b>			
<b>Spring</b>	<b>Levels</b>	<b>Gender</b>	<b>Schedule</b>
Track	5-8	Both	April to Mid-May
Softball	A only (7-8) 6?	Co-ed	May
Musical	5-8	Both	March-May (Even years only)



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