

## RAISING CONCERNS WITH THE COACH

During the game a coach has many things on his or mind, especially if the game is an emotional close hard fought one. For this reason, **parents should never bring their concerns about coaching strategy during the game.** If there are questions about strategies the time to raise these concerns with coach is at a later day when the concern can be more objectively discussed. If the concern is over playing time it is highly encouraged that the player ask the coach what things need to be improved upon to increase their time. This too should never be done during or right after a game but at a practice when time is available to give an honest and objective response.

**Parents should never coach their children from the sideline or stands.** The athletes should be concentrating on the action on the court or field as well as listening to the coach. Parents should always give positive encouragement to the team during time of play. Always avoid criticism of referees, players and coaches in public, in front of students and on rides home from the game.

## Athletic Awards



At the end of the school year the Booster Club sponsors and Athletic Banquet for all of the sports teams and parents. Recognition of teams and players is a highlight of the evening.

At this banquet, Eighth Grade students will receive their letter with pins for each of the sports they participated in and completed the season as a member of the squad. Also, the Holy Cross Christian Athlete award is presented to one eighth grade boy and girl that most exhibited the characteristics of Christian sportsmanship and dedication. Any eighth grade student who participated in two or more sports is eligible to receive the award. The recipients of the award are selected by the coaches of all eighth grade teams.

## THE PURPOSE OF ATHLETICS AT HOLY CROSS LUTHERAN SCHOOL

The interscholastic athletic program at Holy Cross is an important part of the total educational program offered at Holy Cross. It gives students opportunities to learn and gain experiences that cannot be acquired except on the various playing fields and courts in competition with others. It is here and under those conditions that the athlete can especially put into practice the Christian values and ethics taught in the classrooms and church. It also an excellent time for parents to model those same values in the stands.

Young athletes on the playing field demonstrate the physical abilities that God has blessed them with and they use those talents to bring glory and honor to God. By practicing good Christian sportsmanship, an attitude of wanting to do their very best, cooperation and teamwork with fellow team members, self-discipline and dedication, has the opportunity to make a statement to everyone watching that they ultimately are on God's team, and they play to win praise for God.

## OBJECTIVES OF THE ATHLETIC PROGRAM

HCLS athletes will be encouraged to:

1. Recognize their talents as blessings from God and will develop and use them in God-pleasing ways
2. Learn the skills and strategies associated with each sport
3. Unselfishly recognize and respect the talents and abilities of others on the team and on competing teams
4. Display the values of Christian sportsmanship.
5. Develop the understanding that everyone is a winner when they have done their best and have competed fairly on the field of play
6. Accept the responsibility of hard work and commitment necessary for being a part of the team, putting the goals of the team ahead of any personal goals

## SPORTSMANSHIP

Sportsmanship is the essence of Christian athletics. As Christians we should strive to bring honor and glory to our Lord in everything we do, including athletics. It is a way to be a good witness to others about the love, goodness and care that God has for us.

The parents' and coaches' role in sportsmanship is an important one, because they are the ones who set the example for the student athletes.

### PARENTS

1. **Do not** yell at or criticize referees, players, coaches or other spectators
2. **Do not** criticize your own child from the sidelines
3. **Do not** be a poor loser by making excuses or finding fault
4. **Do** support the coaches by respecting their decisions
5. **Do** give positive encouragement to your child and their team during play
6. **Do** recognize the abilities and show respect for the opponents
7. **Do** be humble in victory and gracious in defeat

### COACHES

1. **Do not** argue with, criticize, or openly question officials or their calls
2. **Do not** criticize, belittle, or try to intimidate opposing players or coaches
3. **Do not** criticize, demean, or devalue your own players or team
4. **Do** respect the authority and decisions of the officials
5. **Do** respect and encourage your opposing players and coaches
6. **Do** show respect to and encourage your own players
7. **Do** correct your own players in a positive and constructive way
8. **Do** give credit and praise for good effort and hard work
9. **Do** be humble in victory and gracious in defeat

**Please let coaches know if your child will not be able to attend a practice or a game. Practices and games are planned with a certain number of players being in attendance. Practice time is very important and missed practice time could result in a loss of playing time. Being on time to a practice is also essential. If a player knows that they will be late they should tell their coach ahead of time if at all possible. Coaches may at their discretion have players who are late do extra work to make up that which was missed. A player who is absent due to illness and is not well enough to return for the second half of the day will not be allowed to participate in practice or a contest being held that day. If a student is absent for a reason other than an illness they may participate in practices or games as long as the school is informed of the appointment prior to the absence.**

#### THE CHOOSING OF COACHES

While it would be ideal for all coaches to be a part of the Holy Cross faculty or staff, the staff is not large enough to provide coaches for all the teams. We need to rely on parent or other volunteers to provide their services and expertise as coaches. The school is selective when choosing the coaching staff for a team, looking for those individuals who will demonstrate Christian character and ethics and understands and accepts the purposes and goals for the team.

Our coaches are important supporters of our athletic program, and willing volunteer their time and talent. Please support them and let them know you appreciate their effort. Time spent at practices and games is a small percentage of the time it takes to coach.

#### THE ATHLETIC PROGRAM BUDGET

In an effort to not have the athletic program be an additional cost to the school's budget, Holy Cross maintains a separate athletic program budget. The Booster Club subsidizes the cost of the athletic program. Without this support, the athlete would have to be assessed extra fees to pay for uniforms, league fees, and equipment. For this reason, it is hoped that every family with a child participating in a school sport will join the Booster Club, and also be involved in the club's fundraiser. It is also expected that each family will volunteer to serve at least four hours working in the concession stand the Booster Club has for home contests. The financial support and involvement of the members of the Booster Club is essential to success of our athletic program.

#### ELIGIBILITY FOR SCHOOL ATHLETICS

Although Holy cross is primarily an academic institution, the school endeavors to provide any interested student the opportunity to join a sports team. Unless special exemption is made by the principal and athletic director after consultation with teachers, students may go out for all teams if they, 1. Have passed at least six classes the previous semester; 2. Maintain a "C" average in all subjects; 3. Do not have a failing grade in any subject area; 4. Display proper behavior and conduct in school and at all school activities. A grade check will be made every three weeks to see if a student is in compliance with the above criteria. If a student is not in

good academic standing they will have one week to raise their grades to meet the standards. If it is not corrected the student will be suspended from participation for at least one week. If the grades are improved the student may resume participation, if not an additional one week suspension will occur. If after the second week the student has not corrected the problem, the student will be removed from the team. A one week suspension can also be imposed for improper behavior of a student at any Holy Cross function.

### PHYSICAL EXAMINATION

All students participating in a school sponsored sport must have a sports physical for the current school year, and a copy of the completed physical form must on file in the school athletic office. A student without a physical will not be allowed to participate.

### PARTICIPATION IN GAMES

Except for soccer, cheerleading and track there are three levels and purposes for each sport.

#### **Sixth Grade**

This is the entry level, the learning stage, for the sport. The main purpose for this level is to learn the fundamentals and skills of the game. At this level some may play more than others due to game situations, but all will play as equally as possible. Although winning the game is a goal, participation and experience is the main goal. This is a great level for students to try a sport to see if they like it and will want to continue on playing in future years/

#### **Seventh Grade**

This is the intermediate level for students who continue to learn or have experience in learning fundamentals and skills of the sport. At this level all students will get a chance to play, but that playing time may not and should not be expected to be equal. Experience and participation as well as maximum effort to win the contest are equal goals.

#### **Eighth Grade—Varsity**

The eighth grade is the varsity team for the sport. Teams are to apply all of their experience and ability to winning the game. The game is played with the intention of bringing home an honorable victory. Playing time in each contest is not guaranteed.

#### **Combined Grade Teams and Post-Season Tournaments**

There may be times when grade levels may need to be combined in order for there to be sufficient numbers to field a team. The grade level at which the team is competing will set the level as to which guidelines will be followed. That level is set by league by-laws. Coaches and players should know that those students from the lower level are those who make having a team possible and such should be considered by coaches in amounts of playing time given. Post-Season tournaments are also a time in which playing time may not be as equal as during the regular season.

## CHEERLEADING



Cheerleading is open to all seventh and eighth girls. The cheerleading squad supports the eighth grade boys basketball team and builds school spirit at pep assemblies and other school activities at which they perform. The Booster Club does help support the cheer squad, members may be called on to help with other fundraising activities to help with cost of individualized items they use.

## PRACTICES AND GAMES

A schedule of all games is sent home as soon as the school receives it. Sometimes this may not be very long before the games begin. Parents are asked to please be patient. The game schedule is not determined by Holy Cross and so we have no control over when it will be released.

If possible practices will be scheduled for after school and early evenings in the school gym or fields. Practice usually last 1½ to 2 hours. Because we have only one gym and that some of our coaches are volunteers and times may not always be ideal for everyone's schedule. Coaches may have voluntary practices during school breaks but not on an actual holiday. No practices are allowed on Sundays.

## **PLAYERS**

1. **Do not** question calls by the officials or argue with them.
2. **Do not** react to harsh comments or treatment from other players or spectators
3. **Do not** try to intimidate or belittle opposing players
4. **Do** show respect to your coaches and follow their instructions
5. **Do** have a good attitude on and off the court and show respect for your opponent.
6. **Do** encourage your teammates both while on the court or sideline
7. **Do** be humble in victory and gracious in defeat