



**EMMAUS  
LUTHERAN  
76ERS**

**SPORTS HANDBOOK**



SUCCESS: Peace of mind that comes from doing your best with the talents that God has given you.

## **PREFACE**

God has given numerous blessings to Emmaus Lutheran School; one of them is its sports program. As with all facets at Emmaus Lutheran, our sports program has and will continue to be a way for Emmaus to give glory to our Lord God Almighty. Our children, parents, and coaches reflect the love for their Savior in their spirit of Christian competition and the Christ-centered attitudes they all bring to each practice and game. We give thanks to God for the gifts and abilities that will be on display through our sports program.

## **PHILOSOPHY**

At the grade school level, sports are intended to:

- give opportunities to use the gifts and abilities the Lord has given to glorify his holy name.
- enjoy the exhilaration of athletic competition.
- teach skills to play the game and opportunity to practice those skills.
- learn teamwork and sportsmanship.
- learn how to win and lose graciously as a team.
- teach that exercise is a life-long process.
- give participants enjoyment.

## **GAME GOALS**

All of our teams walk on to the court or field with the intent to win the game. Our coaches will do their best to prepare the players and put them in a position to win the game. However, our teams will not try to win at all costs. The athletic department and coaching staff believe that winning is not the only way to show success; teaching sportsmanship, teamwork, positive attitude, and individual team or game goals are also important.

## **TEAMS**

As a general rule, B team is made up of fifth and sixth graders and A team is made up of seventh and eighth graders. Depending on the school year and the number of students in each grade, third and/or fourth graders may be asked to play on the B team and fifth and sixth graders may be asked to play on the A team. Individual players will not be asked to play on a team; either the entire grade or none of the grade will be asked. In the middle of the season, extenuating circumstances (e.g. illness, ineligibility, and assistance for tournaments) may occur that a player or two will be pulled up to the A team. The athletic director and the B and A coaches will make this decision.

## **ACADEMIC ELIGIBILITY**

Participation in athletic and extra-curricular activities is a privilege. Misuse of this privilege will result in ineligibility. A student will become ineligible from all school sponsored athletics and extra-curricular activities when a current grade drops to a D. They will remain ineligible for one week (five school days). The student will become eligible again as-long-as the classroom grade has been raised above a D and parents, teacher, coach, and the athletic director believe the student is ready to demonstrate his/her fullest use of their God-given talents in the classroom. Consequences for multiple weeks of ineligibility will be decided by the parents, teacher, and coach of the student. Receiving a detention due to not turning in homework on time will result in consequences in sports also. If the detention falls on a practice day, the student will serve the detention and go to practice after the detention has been served. If the detention falls on a game day, the student will not have to miss the game, but the detention will have to be served the next school day. Natural consequences can occur when assignments are not turned in on time. For example, if a player misses practice he/she might not have as much playing time in the game because plays were worked on in practice that will be implemented in the game.

## **PLAYING TIME**

We as a school staff, athletic department, and coaching staff recognize that God has given abilities in different amounts and in different areas. We acknowledge the fact that not everyone who plays on

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the team will be at the same skill level. Skill levels are not completely equal, but the coaches recognize that God has given each player abilities and will strive to give each player a fair amount of playing time based on work ethic, attitude, ability, and school work.

### **PRACTICE**

Practices are very important. They give coaches time to teach the skills necessary for players to succeed in a game situation. Practice also gives opportunity for players to show their coaches that they are working hard and want more playing time. The coaches realize that sports are an extra-curricular activity; that our players are student-athletes (in that order). For this reason, the number of practices each week are taken into careful consideration to allow time for players to spend the necessary amount of time on their homework and leave enough time for our families to spend time together. If a player misses a practice due to illness or an appointment, please communicate with your coach and let them know that you will not be at practice. Parents please pick up your child or arrange to have them picked up promptly at the end of practice; the coaches often have other obligations following practice. Players that are not picked up by 10 minutes after the end of practice will be checked into extended care. Please understand that there is a payment obligation for extended care.

### **AWAY GAMES**

Parents will be asked to help drive for away games. To sign up to drive, please fill out the driver form on the sports page of the website or email the coach. If you are not able to attend the game, your child will ride with the coach or another parent to and from the game. Please plan to pick up your child at Emmaus after the game. On the way home from the game your child will call you to let you know the estimated time their car will arrive back at Emmaus.

### **PRACTICE AND GAME ATTIRE**

In order to play a sport well, proper attire is necessary. Good shoes and athletic shorts (no jeans or skirts) are to be worn to practice. For games, players are to wear the uniform that is provided for them or asked to purchase. Each coach may have specific sport expectations that will be told to the players at the beginning of the season.

### **EXPECTATIONS OF PLAYERS**

1. Display and demonstrate a willing attitude and receive instruction well.
2. Give 100% no matter what position you are playing. That means being in the game and cheering your teammates even if you are not playing at the time; pay attention so you are ready to go in at any position at a moment's notice. You are giving 100% even if you think you should be at another position. The coaches are in charge and will determine where and when you play for the benefit of the team. Please give them your respect.
3. Be on time and attend practices and games unless there is an unusual circumstance keeping you from doing so. If that is the case, please notify the coach as soon as you know.
4. Keep your grades up and have your schoolwork finished on a regular basis. If this becomes an issue, you will not be able to play for Emmaus for a time to be determined by your teacher and parents. Schoolwork comes before extracurriculars.
5. As God's child show love and respect to:
  - a. your teammates by being an encourager and helper.
  - b. your coach(es) by listening and trying your hardest to do what you are asked to do.
  - c. your parents by thanking them for allowing you to play and transporting you to practices and games.
  - d. the players on the other team who are our fellow citizens in God's kingdom.
  - e. the referees/umpires who are the authority on the court/field by not complaining about calls or arguing with them.

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### **EXPECTATIONS OF COACHES**

1. Have a spiritual, Christian focus toward the individual player and the team as a whole.
2. Teach each player the value of hard work and teamwork.
3. Teach and reinforce fundamentals to prepare players for the next level they will play at.
4. Strive to give each player an amount of playing time that reflects work ethic, attitude, ability, and schoolwork.
5. Encourage players with positive speech; never belittling them with words or actions.
6. Set a good example for players with words and actions on and off the court.
7. Strive to make the sport an enjoyable experience.

### **EXPECTATIONS OF PARENTS**

1. Act in a Christian manner before, during, and after the game in both words and action.
2. Cheer positively for Emmaus, not against the other team.
3. If you have questions or concerns about a sport, speak with the coach(es) and athletic director privately at a time that fits into both your schedules.
4. If there is a problem during the game, please let the coaches handle the situation.
5. Ensure that your child is at practice, games, and tournaments at the coach's requested time.