



Athletic Handbook 2016-2017



Shoreland Lutheran High School
9026 12th St ~ PO Box 295
Somers, WI 53171
262-859-2595
www.slpacers.org

I. Introduction

This is the Athletic Handbook for Shoreland Lutheran High School. The programs we offer at Shoreland are an extension of our ministry here at the high school. This handbook will help you better understand:

1. The ministry your children will be involved in with the athletic programs.
2. The function and purpose of our programs.
3. Your responsibilities in being involved in these programs.

As a vital part of your education, your participation in athletics will challenge you with many opportunities. It is our hope that you will grow spiritually, physically and intellectually in these programs. We have a wide range of talents here at the high school and they are truly a gift of God. We must use those gifts to glorify God as He commands us in I Corinthians 6:20 – ***“For you are bought at a price, therefore, glorify God in your body and in your spirit, which are God’s.”***

II. Philosophy

Shoreland Lutheran High School is committed to assisting parents in nurturing the faith of our students through a Christ-centered education that emphasizes the grace of God in Christ and lives of Christian service in the home, church and society. Shoreland’s mission is dedicated to the glory of God on whom alone we are dependent for all blessings and is carried out in response to His love for us.

Our athletic programs find their purpose and philosophy in scripture. God’s Word tells us that our bodies are “God’s temple and that God’s Spirit lives in you” [I Corinthians 3:16-17] and that we are to “do it all for the glory of God” [I Corinthians 10:31]. For these reasons, we feel it is vital to train the whole child spiritually, physically and mentally, in light of God’s Word and out of respect for His commands.

III. Responsibilities of the Students

The ability to participate in athletics at Shoreland Lutheran is a **PRIVILEGE**. This **PRIVILEGE** is extended to all students at Shoreland who meet the team, school and WIAA requirements, and are willing to accept the responsibilities of team membership.

The following school requirements have been established so that we may glorify God in our body and spirit:

1. Glorify God in your body and spirit by representing Him, your team, your school, your parents, the Shoreland Federation members, and yourself as a Christian.
2. Glorify God in your body and spirit by displaying good Christian sportsmanship and behavior at all times.

3. Glorify God in your body and spirit by showing respect for rules, officials, coaches and all in authority.
4. Glorify God in your body and spirit by showing a spirit of cooperation and teamwork.
5. Glorify God in body and spirit by following the rules and regulations set forth in this handbook and the WIAA.

Our athletic program must meet standards for training rules as set forth by the WIAA. We comply with those rules and establish penalties which we believe will help individuals in their challenge to be faithful, protect team unity, and ultimately help our athletes individually, as well as collectively as a team, bring forth the praise and glory our Lord deserves.

A. Academic Eligibility

Please refer to eligibility guidelines as explained in the Student Handbook.

B. Attendance

On the day of a scheduled activity or practice, participants are to be in attendance at school.

Students who are not in attendance will not be permitted to participate in any athletic practice or contest that day. Appeals concerning special situations can be made to the Administrative Council through the Athletic Director. Special situations could include funerals, college visits or doctor appointments.

C. General Conduct

1. Code of Conduct - Please refer to Code of Conduct guidelines as explained in the Student Handbook.
2. Any student athlete who has been suspended from school for disciplinary reasons is prohibited from participating in any co-curricular activity until the matter is resolved.
3. Any student athlete who has been suspended from an individual class for disciplinary reasons will not be allowed to practice or participate in any co-curricular activity until the matter is resolved.
4. The school administration can determine penalties to be assessed to athletes who violate school rules or laws of the state or federal government.

D. Conflict Resolution Procedure

During the course of a family's time at Shoreland, academic, athletic, disciplinary, or general conflicts may arise. God's Word in Matthew 18:15 commands that such conflicts are to be settled through proper communication between the people involved. The steps below outline the approved method for handling conflicts:

The student or parent should make every effort to resolve the conflict with the person involved (teacher, staff, coach, director, or administrator).

If the matter remains unresolved after personal conversations, the matter should be brought to the attention of the Shoreland administration:

- **Dean of Students - Student Life/Discipline Issues**
- **Dean of Academics - Academics as it relates to Instruction**
- **Director of Guidance - Scheduling/High School & College Planning**
- **Director of Athletics - Athletic Related Concerns & Activities**

If the problems or concerns are athletic in nature, the steps below outline the approved method for handling athletic conflicts:

- **Athlete to Coach**
- **Parent to Coach**
- **Family to Head Coach**
- **Family to Athletic Director**
- **Family to Principal**

IV. Athletic Programs Offered at Shoreland

These are the various athletic programs offered at Shoreland Lutheran High School.
(V=Varsity, JV=Junior Varsity, JV2=Freshman)

	<u>BOYS</u>	<u>GIRLS</u>
<u>FALL</u>	Football (JV2, JV, V) Soccer (JV, V) Cross Country (JV, V)	Volleyball (JV2, JV, V) Cross Country (JV, V) Cheerleading (JV, V) Golf (JV, V) - co-op with Westosha Central; Contact Dan Peterson (peterson@westosha.k12.wi.us)
<u>WINTER</u>	Basketball (JV2, JV, V) Wrestling (JV, V)	Basketball (JV2, JV, V) Cheerleading (JV, V)
<u>SPRING</u>	Baseball (JV, V) Golf (JV, V) Track & Field (JV, V)	Softball (JV, V) Soccer (JV, V) Track & Field (JV, V)

These programs are open to all students at Shoreland. In a sport where there is no JV2 team, freshmen may participate in the junior varsity level if their abilities meet the requirements of the program in which they are involved.

Several of these activities have roster size limitations; therefore, coaches may have tryouts and cuts. Each team will make every effort to include as many students as possible. Other activities do not have these limitations and therefore have unlimited rosters.

Tryout dates and times will be announced.

Conference Affiliation

Shoreland Lutheran High School is a member of the Metro Classic Conference. The conference includes the following schools:

1. Shoreland Lutheran High School, Somers
2. Catholic Central High School, Burlington
3. Dominican High School, Whitefish Bay
4. Lutheran High School, Racine
5. Martin Luther High School, Greendale
6. St. Catherine's High School, Racine
7. St. Joseph Catholic Academy High School, Kenosha
8. Saint Thomas More School, Milwaukee
9. The Prairie School, Racine

V. General Eligibility Policies of the WIAA for Athletes

The following are condensed from the WIAA Handbook. For a more detailed listing of these rules or regulations, please contact the Athletic Director. *If you are in doubt regarding a ruling or regulation, it is your responsibility to ask the Athletic Director.*

A. Health

1. Pre-Participation Athletic Physical Exam

Before any student-athlete can participate in any practice or contest, he or she must have passed a physical examination by a qualified physician. This examination must have taken place on or after April 1 of the upcoming school year and within two years of the beginning of participation. A copy of the examination, signed by the physician, must be on file in the Athletic Department before any physical participation of any kind will be allowed. Generally, athletes will have athletic physical examinations their freshman and junior years.

2. Athletic Permission Forms

Written consent by an athlete's parent or guardian must be obtained each year. A permit form is part of the pre-participation athletic physical form. For the following year, typically sophomore and senior years, an "Alternate Year Athletic Permission Form" must be completed, signed and on file with the Athletic Department before physical participation of any kind will be allowed.

3. **Concussion Disclosure & Consent**

Concussion and head injury information is included in the online Athletic Registration on www.slpacers.org. This must be read and signed off on by the student and, if he or she is under the age of 19, by his or her parent or guardian. See Exhibit 1 for an example

4. **Emergency Information**

Athletic emergency locator information is required prior to each school year. This contains vitally important information on the athlete's parents or other contacts. Insurance information and any physical or mental problems the athlete may have will be explained and any medications the athlete may be using listed. *For the safety of our children, it is crucial that parents inform the school office and Athletic Department if any changes occur to the information during the school year.*

B. **Age**

A student shall be ineligible for interscholastic competition if he or she reaches his or her 19th birthday before August 1 of any given school year.

C. **Amateur Status**

A student shall be an amateur in all recognized sports of the WIAA in order to compete in any sport. Athletes will violate their amateur standing and be ineligible for all further participation in the school's interscholastic program if they:

1. Accept reimbursement for participation in any form – cash salary or merchandise of any kind.
2. Sign a contract or agreement for services as a participating athlete.
3. Permit their name, picture or personal appearance to be used in promoting anything.
4. Play in a contest under any name other than their own name.

D. **Non-School Participation**

A student owes loyalty and allegiance to the school and to the team of which he or she is a member.

1. A student shall become ineligible in any sport for the remainder of an athletic season for competing in a non-school activity in the sport during the established school season.
2. An athlete may not participate in any program which can be construed to be a school team practice or competition out-of-season.
3. A student must discontinue summertime participation in non-school programs as of the first day of the school's official opening day of practice in the same sport.

4. An athlete cannot attend a specialized camp, clinic or school unless the program is approved by the WIAA.
5. It shall not be permissible for any person except the student or parent to pay the cost or fee for any kind of non-school activity involved in specialized training or instruction.
6. A student may not compete in any type of all-star contests or similar activity during the school year if they have any remaining eligibility.

VII. Shoreland Lutheran High School Athletic Policies

A. General

1. Any athlete who is cut from one sport is eligible to participate in another sport during the same season.
2. Any suspended athlete is ineligible to participate in another sport until the period of suspension is completed.

B. Appeal Process in Cases of Ineligibility

A student with 2 Fs is not allowed to appeal his/her ineligibility. The appeal process is only for instances of ineligibility with a GPA lower than 1.85 and not including 2 Fs. If a student is found to be ineligible, an appeal may be requested based on one or more of the following qualifications:

1. The student has currently, within the last four years, been diagnosed with a learning disability.
2. The student is under the care of a medical, psychological, or educational professional.
2. The student, from first indication of academic difficulty (mid-quarter or earlier), is (or has in the past) working in the SEE Center.
4. The student is ineligible for the first time.

A letter of appeal needs to be written from the family requesting eligibility and explaining the circumstances resulting in ineligibility. The Guidance Director will then solicit teacher feedback based on the letter of appeal and the student's performance in the classroom. The Eligibility Review Committee will make a decision on an appeal 3 days following the submission of the appeal letter from the parents.

The Eligibility Review Committee is comprised of a faculty representative, a SEE Center representative, and the Guidance Director. The principal will serve as an advisory member of the ERC. The principal will become a voting member in the place of any member of the ERC who may have a conflict of interest with a student/player involved in the appeal process.

Should the appeal not go through, the student would be ineligible for 15 school days or 21 calendar days for fall sports.

C. Award Program

1. In their 1st season, athletic participation will be rewarded with numerals. Only one set of numerals is given to each athlete during their athletic career.
2. In each of their 2nd and following JV2 or JV seasons, athletic participation in any sport will be rewarded with a chevron.
3. If an athlete qualified for a varsity letter in a sport, they will be awarded a varsity letter regardless of their class in school.
 - An athlete who earns a 2nd varsity letter in a given sport will be awarded a metal pin in recognition of a 2nd varsity letter earned in that particular sport.
4. Each sport has individual criteria for earning a letter within that program. The individual coach prior to the start of the season will spell out these criteria.
5. It is the coach's final decision as to whether a letter should be presented.
6. On any situation not covered in this program, the Athletic Director shall decide the award.

D. Travel

1. Transportation to most away athletic contests is provided by or arranged by Shoreland Lutheran High School. All athletes and managers are to utilize the school-provided transportation.
2. Students may travel from a contest with their parents or parent of another student providing: a) they have their own parents' permission to travel in such a way, and b) they have asked for and received the head coach's permission. Requests must be made in written form. Athletes may not travel from an event in the care of another athlete or student – where there is no parent – at any time.

E. Injuries

Shoreland Lutheran High School uses the services of an athletic trainer/physical therapist and doctors from Aurora Health Care, Sports Medicine. The trainer has regular hours after school during each season. He will also attend most home athletic events to serve the needs of all student-athletes.

F. Equipment

In all sport activities, Shoreland Lutheran High School will issue equipment/uniforms to the athletes. The proper care of that equipment is the duty of the athlete. The athlete must replace any equipment or uniform that is lost or damaged beyond common use.

EXHIBIT 1

Concussion Information - When In Doubt, Sit Them Out!

1. Before a student may participate in practice or competition: At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. **No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent, guardian or host.**
2. An athletic coach, or official involved in a youth athletic activity, or healthcare provider shall remove a person from the youth athletic activity if the coach, official, or healthcare provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or healthcare provider suspects the person has sustained a concussion or head injury.
3. A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a healthcare provider and receives a written clearance to participate in the activity from the healthcare provider.

<p>These are some SIGNS of concussion (what others can see in an injured athlete):</p> <p>Dazed or stunned appearance Change in the level of consciousness or awareness Confused about assignment Forgets plays Unsure of score, game, opponent Clumsy Answers more slowly than usual Shows behavior changes Loss of consciousness Asks repetitive questions or memory concerns</p>	<p>These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):</p> <p>Headache Nausea Dizzy or unsteady Sensitive to light or noise Feeling mentally foggy Problems with concentration and memory Confused Slow</p>
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Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. "When in doubt, sit them out."

It is important to notify a parent, guardian or host when an athlete is thought to have a concussion. Any athlete with a concussion must be seen by an appropriate healthcare provider before returning to practice (including weight lifting) or competition.

RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate healthcare provider.

The program described below is a guideline for returning concussed athletes when they are symptom free.

Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussion.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

STEP ONE: About 15 minutes of light exercise: stationary biking or jogging

STEP TWO: More strenuous running and sprinting in the gym or field without equipment

STEP THREE: Begin non-contact drills in full uniform. May also resume weight lifting

STEP FOUR: Full practice with contact

STEP FIVE: Full game clearance

118.293 Concussion and Head Injury.

(1) In this section:

(a) "Credential" means a license or certificate of certification issued by this state.

(b) "Healthcare provider" means a person to whom all of the following apply:

1. He or she holds a credential that authorizes the person to provide healthcare.
2. He or she is trained and has experience in evaluating and managing pediatric concussions and head injuries.
3. He or she is practicing within the scope of his or her credential.

(c) "Youth athletic activity" means an organized athletic activity in which the participants, a majority of whom are under 19 years of age, are engaged in an athletic game or competition against another team, club, or entity, or in practice or preparation for an organized athletic game or competition against another team, club, or entity. "Youth athletic activity" does not include a college or university activity or an activity that is incidental to a nonathletic program.

(2) In consultation with the Wisconsin Interscholastic Athletic Association, the department shall develop guidelines and other information for the purpose of educating athletic coaches and pupil athletes and their parents, guardians or hosts about the nature and risk of concussion and head injury in youth athletic activities.

(3) At the beginning of a season for a youth athletic activity, the person operating the youth athletic activity shall distribute a concussion and head injury information sheet to each person who will be coaching that youth athletic activity and to each person who wishes to participate in that youth athletic activity. **No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent, guardian or host.**

(4) (a) An athletic coach, or official involved in a youth athletic activity, or healthcare provider shall remove a person from the youth athletic activity if the coach, official, or healthcare provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or healthcare provider suspects the person has sustained a concussion or head injury.

(b) A person who has been removed from a youth athletic activity under par. (a) may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider.

(5) (a) Any athletic coach, official involved in an athletic activity, or volunteer who fails to remove a person from a youth athletic activity under sub. (4) (a) is immune from civil liability for any injury resulting from that omission unless it constitutes gross negligence or willful or wanton misconduct.

(b) Any volunteer who authorizes a person to participate in a youth athletic activity under sub. (4) (b) is immune from civil liability for any injury resulting from that act unless the act constitutes gross negligence or willful or wanton misconduct.

(6) This section does not create any liability for, or a cause of action against, any person.

Shoreland Lutheran High School

Statement Acknowledging Receipt of Education and Responsibility to report signs or symptoms of concussion to be included as part of the "Participant and Parental/Guardian/Host Disclosure and Consent Document".

As a Parent/Guardian/Host and as a Student-Athlete (or Manager), it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form, you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury and certify that you have read, understand, and agree to abide by all of the information contained in this sheet. You further certify that if you have not understood any information contained in this document, you have sought and received an explanation of the information prior to signing this statement.

Parent/Guardian/Host Agreement:

I (**neatly print name**) _____ *SAMPLE ONLY* _____ have **read** the Parent/Guardian/Host Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate healthcare provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

_____ *SAMPLE ONLY* _____
Parent/Guardian/Host Signature

_____ *XXX* _____
Date

Student-Athlete or Manager Agreement:

I (**neatly print name**) _____ *SAMPLE ONLY* _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardians/hosts.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate healthcare provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

_____ *SAMPLE ONLY* _____
Student-Athlete or Manager Signature

_____ *XXX* _____
Date

Activity Scheduler-User Guide (2014-15)

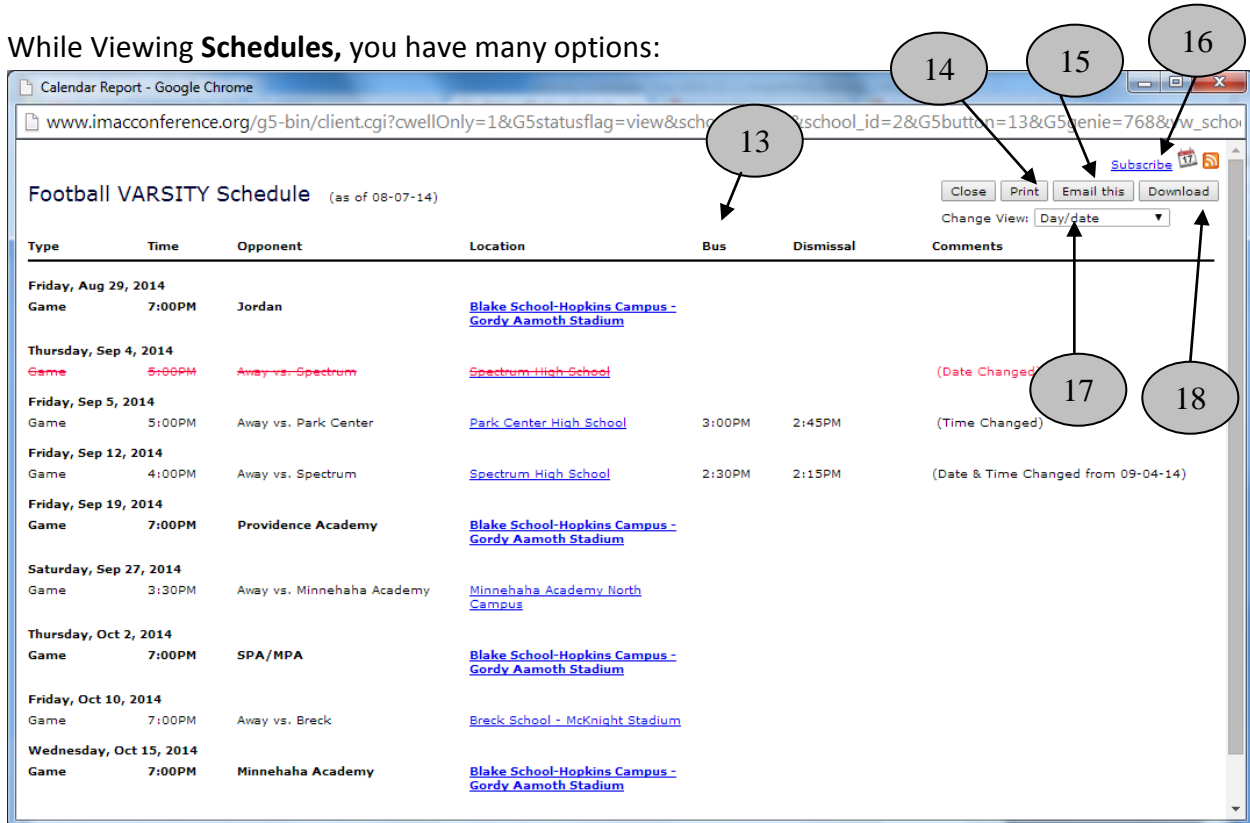
Our School now uses the Activity Scheduler from rSchoolToday® as our School Calendaring system. All of the information is updated in real-time. Here are some of the key features:

1. View each Calendar category
2. "Notify Me" - Set up automatic email or text messages for reminders & changes.
3. Jump to any month
4. Click on any date within the month
5. Get the latest schedules for any activities including bus times. Click your schedule(s), then **View**.
6. Page through the weeks
7. Calendar Search
8. Home Games show in **Bold**
9. Click any event to get event details, including:
10. Interactive Google Maps
11. Print able Details
12. Promote the event to Social Media sites

Notes about **Viewing Schedules** (item #5 above):

If you have a pop-up blocker on your computer, the first time you try to view a schedule, it may not open up. You will need to “allow pop-ups from this site.”

While Viewing **Schedules**, you have many options:



13) View Bus Time and Early Dismissal

14) Print schedules

15) Email schedules. Cool Tip: This sends a link with the latest version of the schedule. Don't bother to include attachments, since the link in these emails is ALWAYS the MOST up-to-date information and the recipient can then choose to print or download, or export, etc.

16) Subscribe to schedules. This will push your schedules to your iPhone, iPod, Droid, iPad, Outlook, Google Calendar, and automatically send you any schedule changes.

17) Get different views of the schedule, including the popular **Month view**.

18) Download a file of schedules to various file formats.

 **Notify Me!** NOTIFY ME! Automatic notifications and reminders

Click “Notify Me” from the main calendar screen (see #2 above).

First, choose which competitive activities you want by checking them off on the list.

- | | |
|------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Alpine Boys VARSITY | <input type="checkbox"/> Soccer Girls VARSITY |
| <input type="checkbox"/> Cross Country Boys VARSITY | <input type="checkbox"/> Swimming Girls VARSITY |
| <input type="checkbox"/> Cross Country Girls VARSITY | <input type="checkbox"/> Tennis Girls C TEAM |
| <input checked="" type="checkbox"/> Football JV | <input type="checkbox"/> Tennis Girls JV |
| <input type="checkbox"/> Football VARSITY | <input type="checkbox"/> Tennis Girls MS |
| <input type="checkbox"/> Nordic Boys VARSITY | <input type="checkbox"/> Tennis Girls VARSITY |
| <input type="checkbox"/> Soccer Boys C TEAM | <input type="checkbox"/> Volleyball Girls C TEAM |
| <input type="checkbox"/> Soccer Boys JV | <input type="checkbox"/> Volleyball Girls JV |
| <input type="checkbox"/> Soccer Boys VARSITY | <input checked="" type="checkbox"/> Volleyball Girls VARSITY |
| <input type="checkbox"/> Soccer Girls JV | |

Then click **Continue** >> to move to the list of all “non-competitive” school activities published on the calendar.

Categories

- Admission
- All School
- Alumni
- Arts
- Athletics
- Lower School
- Middle School
- Student Services
- Upper School

Non-Competitive Activities

- 50th Reunion Dinner
- 52nd Annual Jack Edie Debate Tournament
- ACT Testing
- Administrative Meeting
- Admissions Testing
- MS & US Parent/Student Laptop Di
- MS 7 & 8 Concert Choir, Boychoir &
- MS Advisory Olympics
- MS Art Exhibit
- MS Band Concert & Reception

Click **Continue** to set your desired notifications and reminders. All are optional.

Notify Me! Screen: 1 • 2 • 3 • 4

<< Back to Calendar << Back one Screen Continue >>

Below are the activities you have chosen. Now, please select when you would like to receive automatic email notifications for these activities. When finished, please click **Continue**.

Activity Name	Send Reminders Before Each Activity	Also Notify me with all Schedule Changes
Football ALL JV	4 hours	<input checked="" type="checkbox"/>
Volleyball Girls VARSITY	2 hours	<input checked="" type="checkbox"/>
Breakfast At Blake	- - -	<input checked="" type="checkbox"/>
MS Curriculum Night	- - -	<input checked="" type="checkbox"/>
MS Picture Day	1 day	<input checked="" type="checkbox"/>

<< Back to Calendar << Back one Screen Continue >>

Then click **Continue** to finish by adding your email address and cell phone if you want to receive text messages.

You can also set up a password so you can login in the future

and change these settings. When completed, click **Save Settings** and you are finished!

<< Back to Calendar << Back one Screen Save Settings

Here is where you set up your name and email address and also set up a password so that if you ever want to edit these settings, you can login to do so.

Your First Name:

Last Name:

Email Notifications:

Email Address:

A Second Email Address:
(to also receive notifications)

Create Your Password:
(letter or numbers)

Cell. Phone Text Message Notifications:

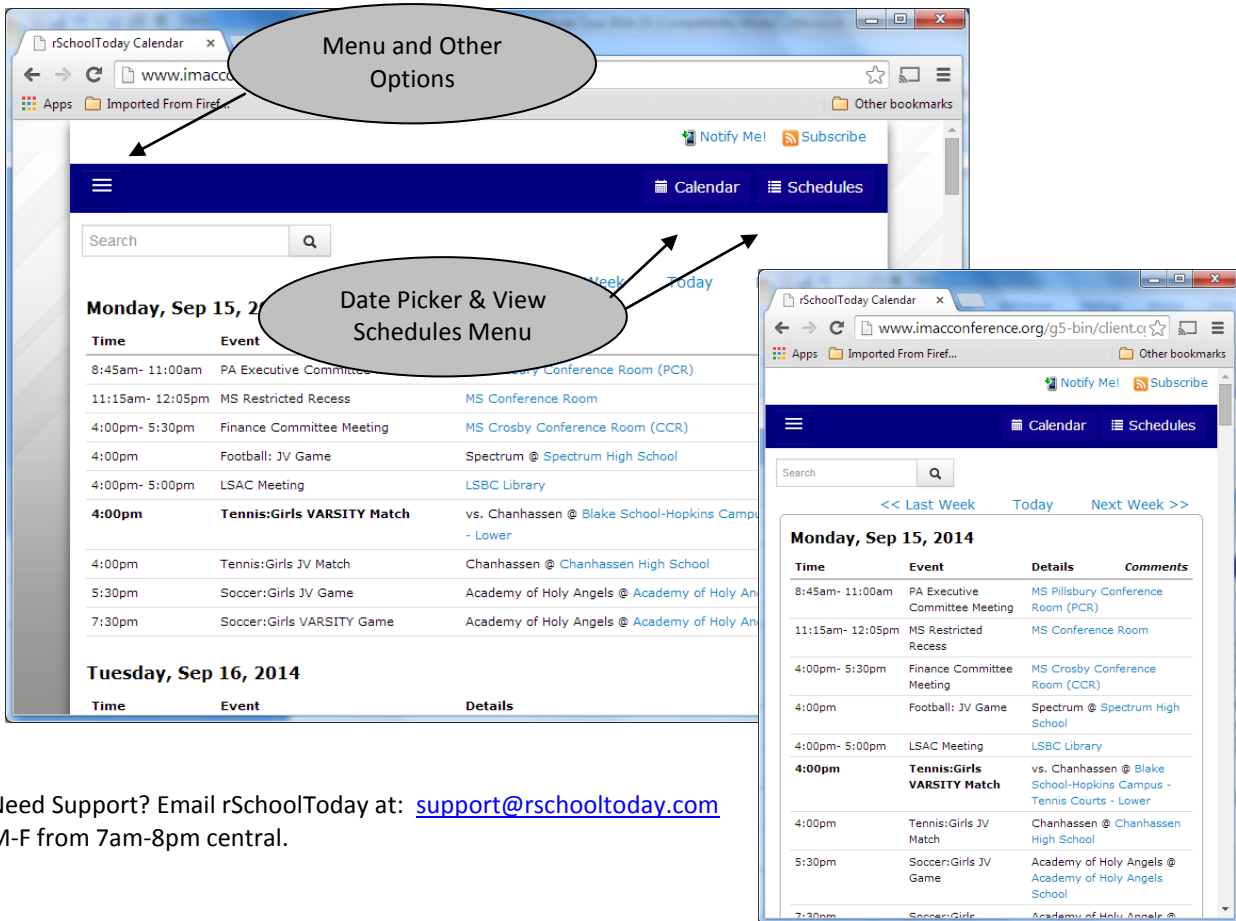
Cell. Phone Number:

All phone numbers are 10 digits with no dashes (example: 8885555588)

Mobile Provider: -- Choose Mobile Provider --

Viewing from Tablets or Smart Phones

When viewing from smaller devices, the Date Picker (Calendar), The View Schedules Menu and the Other Functions are collapsed into the top bar as seen below.



Need Support? Email rSchoolToday at: support@rschooltoday.com
M-F from 7am-8pm central.