

Athletic Handbook 2020-2021



Shoreland Lutheran High School PO Box 295 Somers, WI 53171 262-859-2595 www.slpacers.org

Athletics as an Extension of Our Ministry Equipping Students for Lives of Christian Service

Shoreland Lutheran High School has had a long and storied tradition in athletics, and we have been blessed to have seen some great successes. As a teacher, coach and now athletic director at SLHS, I have been able to witness some great individual and team achievements on our playing fields. Despite the conference and regional championships, berths to state championships, the aspect of athletics that most accurately identifies us continues to be the Christian way in which our student athletes and coaches conduct themselves on the competition fields.

Although we all fall short of leading the perfect life of Christ, Shoreland Lutheran coaches and teachers strive to pass on to our students the importance of modeling themselves to reflect the love of Jesus in all we do. We attempt to impress on them the Christian values of honesty, compassion, service and love of others that Jesus modeled perfectly as we equip them for lives of Christian service. By exhibiting these virtues during the intensity of competition, we pray that our students will be prepared to demonstrate the values in their adult lives and continued service to their Lord.

To that end, we are all servants of our Savior. If you should have any questions, concerns or comments, please direct them to myself, our coaches or our staff.

May all that we do praise his holy Name.

Go Pacers!

Matthew Grow

Shoreland Lutheran

Athletic Director

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 child's education, their participation in athletics will challenge them with many opportunities. It is our hope that they 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."

Core Focus

Shoreland Lutheran High School, compelled by the love of Christ, exists to educate, equip, and encourage students for lives of Christian service. Our niche is to serve families of our federation as well as the people of the greater Kenosha and Racine area. This training comes from teaching the Gospel to all of our students on a daily basis. This biblically grounded, Christ-centered, and Gospel-driven approach leads us to teach our students core values that are derived from God's Word. We want all of our students to strive for excellence, serve others, be a part of the Christian family of believers, love their neighbors, and develop integrity and accountability in all aspects of life.

This focus translates to our extracurriculars at Shoreland Lutheran. Our student-athletes will be led by their coaches to utilize those six core values in their training, their practices, and their competitions during their seasons. Athletics can teach many different lessons. The focus of the Shoreland Lutheran athletics programs will be focused on leading lives of Christian service.

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.

Academic Eligibility

To be eligible to participate in extracurricular activities, a student must conform to the following regulations:

Enrollment

- 1. The student must be in regular attendance in grades 9, 10, 11, 12.
- 2. He/she must have enrolled in the school by the first day of athletic practice or the first day of school for the current school year.
- 3. Enrollment for forty schools days of a semester shall constitute a full semester for eligibility purposes in interscholastic competition.
- 4. International student eligibility must be approved by WIAA.
- 5. Work-release students are ineligible to participate in extracurricular activities.

Eligibility

- 1. The student must have successfully passed three full credit subjects or the equivalent during the previous semester.
- 2. In case of incomplete work during a semester, credits made up in a manner accepted by the administration may be counted toward eligibility.
- 3. The student's grade point average for each quarter must be 1.85 or better with no appeal unless: (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.
 - (3) The student, from first indication of academic difficulty (mid-quarter or earlier), is presently participating in the SEE Center. This program includes tutoring and testing and is monitored by the SEE Center staff.
- 4. The student may appeal for eligibility through the Guidance Director the first time they become ineligible. A student is ineligible if he/she has a GPA below 1.85 and falls under one of the above criteria.

Participation

- 1. The student shall not be eligible for participation after eight semesters of enrollment; the last two must be consecutive.
- 2. WIAA rules state a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. A student becomes ineligible in a sport for the remainder of the season for competing in a non-school game, meet, or contest in the same sport during the season of practice and competition established by the school.
- 3. Warning: Athletic practice and competition carry inherent risk. Bodily harm, including serious injury or death, could result from participation in school athletics. Students participating in athletics must be covered by health insurance.

- 4. Dual-Sport Participation: A student may participate in two sports during the same season if the following criteria are met:
 - a. Both coaches agree.
 - b. Both coaches and athlete agree which sport takes priority in instances of scheduling conflict.
 - c. The student has a 3.0 cumulative GPA.
 - d. Athletic director has given approval. Participating in sports simultaneously is the exception rather than the rule. There are many scheduling conflicts that exist between sports.

Age

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

Academic Eligibility

- 1. A student who becomes academically ineligible may regain eligibility by meeting the academic standard following a period of 15 scheduled school days and nights of ineligibility.
- 2. A student regains eligibility immediately if incompletes are made up within two weeks after a grade-reporting period. A student may erase ineligibility status following the last grade-reporting period of the school year through summer school courses (including correspondence courses) at the same or some other school, provided the course(s) made up are equivalent to the one(s) that caused the ineligibility.
- 3. A student may erase ineligibility status related to the last grade-reporting period through summer school courses (including correspondence courses) at the same or some other school, provided the student successfully completes not less than the same number of courses, which caused ineligibility.
- 4. A student who is ineligible for a minimum of 15 scheduled school days, under the provisions of this Section, may not return to competition until the school day following the 15-day ineligibility period.
- 5. The ineligibility status described in the introduction to this Section(s) will be adjusted as follows for students in fall sports:
 - a. Fall Sports The minimum ineligibility period shall be the lesser of:
 - 1) 21 consecutive calendar days beginning with the date of earliest allowed competition in a sport or
 - 2) One-third of the maximum number of games/meets allowed in a sport (rounded up if one-third results in a fraction).
 - 3) Grades of the 4th quarter of the previous year will determine eligibility for athletic participation in fall sports.

Code of Conduct

A student who transfers from any school, whether or not a member school, with a status of ineligibility for disciplinary reasons retains such status at his/her new school for the same period as decreed by the former school.

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:

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

A letter of appeal needs to be written from the student and family requesting eligibility and explaining the circumstances resulting in ineligibility. Following quarters 1, 2 and 3 grading periods, the Guidance Director will solicit teacher feedback based on the letter of appeal and the student's performance in the classroom. The Eligibility Review Committee (ERC) will make a decision on an appeal 3 days following the submission of the appeal letter from the parents.

The Eligibility Review Committee (ERC) is composed 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 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.

Attendance

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

Students who are not in attendance for the entirety of the school day 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.

General Conduct

Code of Conduct

We need to realize from the outset that bringing the student to the cross of Christ is the only power and strength that can change the heart. Secondly, God has placed parents in the role of authority for nurturing and disciplining His children.

Since these sins adversely affect the praise that is due God alone and are sins of our society currently receiving much attention, Christ-centered disciplinary measures may need to be administered in order to point out the seriousness of the sin. Truthfulness and confession play a role in determining the amount of time that a student may miss from any particular season(s).

Violations

A code of conduct violation means purchase, possession, or consumption of alcohol, tobacco, ecigarettes, any illegal drugs or vaping, serious vandalism, assault, theft, sexting, and sexual activity. The code of conduct is in effect all year.

Code of Conduct Penalties

First Offense – When there is a code of conduct violation, the athlete is suspended for at least 25% of the season. If the infraction occurs within the last 25% of the regular season's games/matches, this suspension will last into the next season in which the athlete would normally compete.

Second Offense within a calendar year of the first offense – will result in a forfeiture of an entire season. Example: if 50% of a season is left, the penalty will carry into 50% of the next season.

Second Offense outside of a calendar year of the first offense – will result in 50% of a season.

Any additional offenses may result in a forfeiture of all co-curricular activities for the remainder of the student's high school career.

Guidelines for Applying Shoreland Lutheran High School's Code of Conduct

- 1. During a suspension, an athlete or manager may practice (coach's discretion).
- 2. During a suspension from sports in which an athlete or manager normally competes, the athlete or manager is not eligible to join any other sports.
- 3. Should an athlete be suspended at the start of any WIAA tournament event, they will be ineligible to participate in any further WIAA tournament games.

Other Code of Conduct Reminders

- 1. Any student who has committed a code of conduct violation and self-reports (either they self-report or their parents self-report them) within 24 hours of the offense will receive a 1 game suspension rather than a 25% (of games) suspension. This self-reporting policy holds true only for first time offenses regarding the code of conduct policy.
- 2. Individual coaches/advisors are allowed and encouraged to tailor additional sanctions deemed appropriate for the circumstances. This policy is not intended to be a "cookie-cutter" approach, but rather one which allows coaches/advisors to adjust appropriately beyond the baseline.
- 3. Depending on the situation, students who violate the code of conduct may also be suspended from school for a period of time. One critical reason for a suspension is to allow time for the young Christian to reflect on his/her actions and for Christian adults to intervene with counseling.
- 4. The coach/advisor's discretion shall determine a violator's participation and attendance at practices and team functions.
- 5. Any additional infractions may lead to forfeiture of participation in all co-curricular activities for the remainder of the student's high school career and to participate in a second program of assessment, instruction, and rehabilitation.
- 6. The school administration will communicate these baseline sanctions to the violating student and his/her family. The coach/advisor will communicate any additional sanctions directly to the participant, his/her family, and the administration.
- 7. Each coach/advisor shall review this policy with all participants at the beginning of the season.

- 8. 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.
- 9. 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.
- 10. The school administration can determine penalties to be assessed to athletes who violate school rules or laws of the state or federal government.

Social Media

Social media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Shoreland Lutheran social media accounts are used to communicate and highlight school events and accomplishments.

However, social media can also have a disruptive impact on the school environment when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative physical, mental, or emotional consequences, especially if unkind words or threats are used with intent to hurt others.

Specifically prohibited behaviors include but are not limited to the following: sexually explicit, profane, lewd, indecent, racial or defamatory language or actions; derogatory language regarding school personnel or other students; comments designed to harass or bully students and/or school personnel; nude, sexually-orientated, or indecent photos, images, or altered pictures; statements or images that demonstrate poor sportsmanship toward teammates, school personnel, opponents, or officials.

Also prohibited are all on-campus connections to off-campus violations of the policy listed above: use of school computers to view off-campus postings; students accessing posts at school on their own devices; distribution of hard copies of posts on school property; re-communication on campus of the content of the posts.

The use of social media by a student-athlete, school personnel, or parents of Shoreland Lutheran High School violating the social media policy may result in discipline including suspension or removal from the team or leadership position. This inappropriate use of social media may result in a Code of Conduct violation depending on the social media content.

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
- Principal 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

Extra-Curricular Fees

There will be a fee for each activity listed below in which a student participates. Managers and statisticians volunteer their time to help the team and will not be charged.

Baseball	Basketball	Cheer	Cross Country
Football	Forensics	Golf	Soccer
Softball	Track	Volleyball	Wrestling

The fee will be added to the tuition statement when the coach or advisor gives the team roster to the athletic department office. The fee for the 2020-2021 school year will be \$120 per extra-curricular. There is an individual cap of \$240 per year. For families with multiple student-athletes, the cap is \$480. Unpaid fees may result in participation refusal.

Responsibility of the Coaches

Responsibilities:

- 1. Plan and conduct daily practices for the assigned team.
- 2. Supervise athletes and team assigned to you. (Games, practices, after practice, etc.)
- 3. Coordinate and direct ALL LEVELS of the program by conducting coaches' meetings and parent meetings, developing team rules, assisting other coaches in the development of practices and maintaining strong communication at each level.
- 4. Attend and participate in all athletic meetings set forth by the Athletic Director.
- 5. Attend all required WIAA and Metro Classic Conference meetings (seed meetings, all-conference, etc.)
- 6. Plan, organize, and conduct a postseason awards banquet, in-season parent/senior recognition night, and outreach methods to encourage student body attendance at games.
- 7. Be of assistance to athletes in determining their future level of competition upon graduation.
- 8. Maintain accurate statistics for wins/losses and athlete statistics/performances. (All-conference, team records, etc.)
- 9. Follow rules and regulations set forth in the Coaching Handbook.
- 10. Develop team rules, rosters and calendars; keep on file with the Athletic Office.
- 11. Complete required WIAA coaching requirements (rules test/video) prior to the start of your season.
- 12. Complete CPR/First Aid course.

- 13. Meet with the Athletic Director for preseason and postseason evaluation and planning meetings.
- 14. Complete all WIAA official rating forms before the end-of-season evaluation meeting. (Accessed on WIAA site.)
- 15. Develop strategies and make recommendations to enhance the future of the program.
- 16. Make sure that all hired assistant coaches, including volunteers, are cleared through the Athletic Office and the HR office before working.
- 17. Evaluate assistant coaches at postseason meetings.
- 18. Display sportsmanship toward opponents, officials, parents, and one's own team.
- 19. Supervise all athletes.
- 20. Keep accurate inventory of equipment, uniforms, etc. (Must have on file with the Athletic Office.)
- 21. Assist in the organizing and running of invitational, WIAA tournaments and regular season meets.
- 22. Communicate with feeder schools and promote Shoreland Lutheran athletics within.
- 23. Advance youth sport and Junior Pacer "feeder" programs.
- 24. Assist in scheduling, transportation requests, etc.
- 25. Assist in the necessary preparation to hold scheduled facility times.
- 26. Coordinate program with maintenance and school employees.

Qualifications:

- 1. Must be a member in good standing at one of our WELS/ELS congregations.
- 2. Has the ability to organize and supervise a total sports program.
- 3. Have knowledge of and background in the assigned sport.
- 4. Continue to examine new theories and procedures pertinent to the field.
- 5. Full-time employment as a teacher/staff member at Shoreland Lutheran is preferred.
- 6. Strong communication and organizational skills.
- 7. Ability to act as a role model and ambassador for the athletic program and the school.
- 8. Must be loyal to the total athletic and educational program of Shoreland Lutheran High School.

Responsibility of the Parents

Shoreland Lutheran recognizes that the healthy athletic experiences require support and input from parents. In order to support our student-athletes and give them a positive learning process, parents are asked to agree to and honor the following practices and principles:

- 1. Parents are to give positive encouragement and support to their children regardless of the degree of success, the level of skill or time on the field.
- 2. Parents are to stress the importance of respect for coaches through discussions with their children and highlight the critical nature of contributing to the team and its success.
- 3. Parents are to attend school meetings at the outset of sports seasons to meet coaches and school officials and learn firsthand about the expectations for participation in interscholastic athletics.
- 4. Parents are to serve as role models, see the "big picture" and support all programs and athletics.
- 5. Parents are to agree to abide by the rules guiding the conduct of sports, modeling the principles for their student-athletes.
- 6. Parents are to ensure a balance in student-athletes' lives, encouraging participation in multiple sports and activities with academics placed first and foremost.

- 7. Parents are to leave coaching to coaches and not criticize the coaches, the strategies, or the team performance. They are to avoid putting pressure on their children about playing time and performance.
- 8. Parents are to model sportsmanship for other students and fans by cheering appropriately at all events.

Athletic Programs Offered at Shoreland

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

BOYS GIRLS FALL Football (JV2, JV, V) Volleyball (JV2, JV, V) Soccer (JV, V) Cheer (V) Cross Country (JV, V) WINTER Basketball (JV2, JV, V) Basketball (JV2, JV, V) Wrestling (JV, V) <u>SPRING</u> Baseball (JV, V) Softball (JV, V) Soccer (JV, V) Golf (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 High School, Milwaukee
- 9. The Prairie School, Racine

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.*

Health

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.

Athletic Permission Form

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.

Concussion Disclosure & Consent

Concussion and head injury information is included in the online application for school enrollment. 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(s) or guardian.

Emergency Information

Athletic emergency locator information is required prior to each school year. This contains vitally important information on the athlete's parent(s) 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.

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.

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.

Non-School Participation

Section 1 – In-Season - A student owes loyalty and allegiance to the school and to the team of which he or she is a member during the season of a given sport. Athletes may compete in no more than two non-school competitions with school approval during the season. The contest(s) will not count against the individual maximum for the athlete in that sport. Non-school competition will not be allowed during the respective WIAA tournament series in a sport. A student becomes ineligible in a sport for the remainder of the season for competing in more than two non-school games, meets, or contests in the same sport during the season of practice and competition established by the school. The penalty may be reduced upon request of a school on the basis of documented extenuating circumstances.

Note: With the approval of school administration, a student may be allowed to participate as an individual (not part of a team) in contests which isolate separate sports skills outside the traditional competition setting, e.g., shooting, passing, kicking contests. Such skill contests/events may not include physical contact with another participant or contain similar risks for serious injury or extreme fatigue as the actual sport competition. There can be no school coach involvement. The approval of the school may be granted on the basis that such participation will not impair or alter the student's eligibility (i.e., amateur status) or other membership rules.

- A. Non-school games, meets, or contests shall be interpreted to include (a) all games, meets, or contests outside the control of the school and (b) any games, meets, or contests within a school (other than official interscholastic athletic program) involving another school or a non-school organization.
- B. A student who was a member of a school team in a given sport during the previous year may not delay reporting for the school team beyond the school's official opening day of practice in order to continue non-school training or competition, except in the fall-sponsored sports of cross country, golf, tennis and swimming, provided the delay does not extend beyond the first interscholastic meet.
- C. A student who is cut from the squad, during the regular season (not including WIAA tournaments) for reasons of skill, is exempt from this rule if there is an opportunity to rejoin the team later in the same regular season. A student suspended from the team, for the remainder of the season for discipline or academic problems, is exempt from this rule. A student suspended from the team for a portion of the season is not exempt from this rule.
 - 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.

Section 2 – Out-of-Season - It is the philosophy of the WIAA that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement.

With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition for up to 5 days (do not need to be consecutive) in all WIAA sports sponsored by the school, without restriction. These contact days must fall between the end of the school year and July 31.

Shoreland Lutheran High School Athletic Policies

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.

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.
- 3. 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.

Awards 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 coaches 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.

Travel

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. Students may travel from a contest with their parents or parent of another student providing:

- 1) they have their own parents' permission to travel in such a way, and
- 2) 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.

Injuries

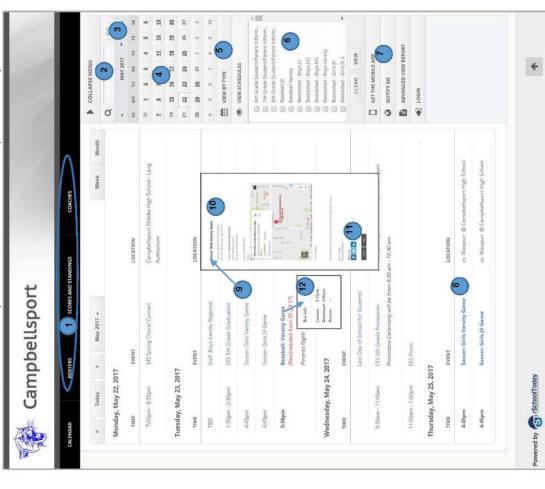
Shoreland Lutheran High School uses the services of an athletic trainer/physical therapist and doctors from Aurora Sports Health. The trainer has regular hours after school during each season. He/she will also attend most home athletic events to serve the needs of all student-athletes.

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.

Activity Scheduler Parents User Guide 2019-20

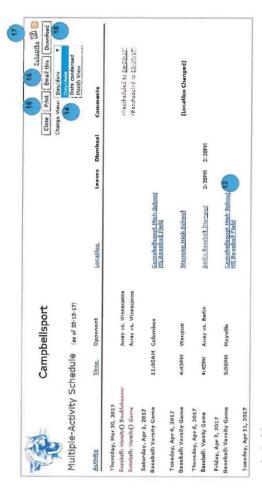
Our School uses the Activity Scheduler from rSchoolToday. Here is a quick tour of its features:



- View Rosters, Scores/Standings, or Coaches Directory
- 2) Search the calendar by word
- 3) Jump to any month
- 4) Jump to any date
- 5) Select Calendar Categories if they exist.
- 6) VIEW SCHEDULES Get the latest schedules, including bus times. Select the schedules you want and then click VIEW.
- 7) NOTIFY ME Get text or email notifications and reminders.
- 8) Home games are shown in Bold
- 9) Click any event for more details, including:
- 10) Interactive Google maps
- 11) Social Media Promote school events to your social media sites.
- 12) Mouse-over the event and see the Bus Information.

Viewing Schedules (#6 above):

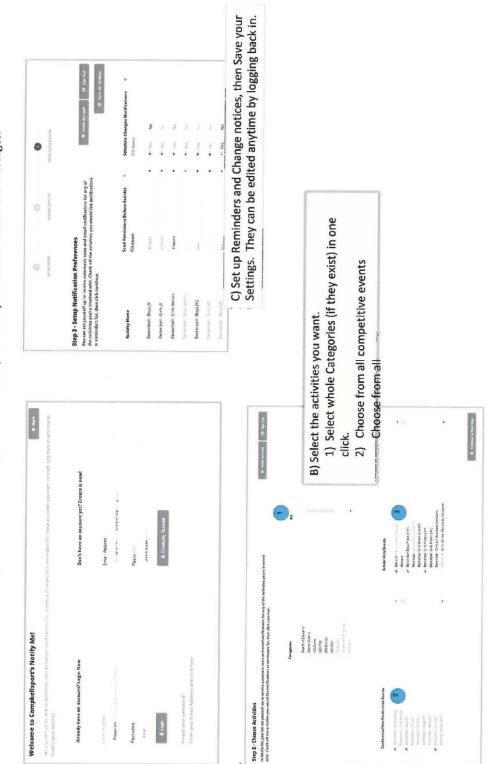
Note: If you view a schedule and it doesn't open, it's because of a pop-up blocker. If this happens, typically there is an icon in the upper right showing that a popup is being blocked. Clicking that icon will give you a choice to "Always Allow" from this site. Now, try it again and it will show.



- 13) Home Games in Bold
- 14) Change Views condensed view, month view, list multiple schedules separately, etc.
- 15) Print schedules
- 16) Email schedules. This sends a link to the latest version, so no need to include attachments.
- 17) Subscribe This will sync your schedules to your smart phone/tablet, Outlook, or Google Calendar, and auto-updates your calendar with changes.
- 18) Download a file of schedules to various file formats.

Notify Me! Automatic notifications and reminders

A) Click "Notify Me" from the main screen (see #1 above). Sign in with your Email and Password if a Returning User, or Create an Account. Continue to Next Step to add your email and mobile phone and mobile provider if you want to receive text messages.



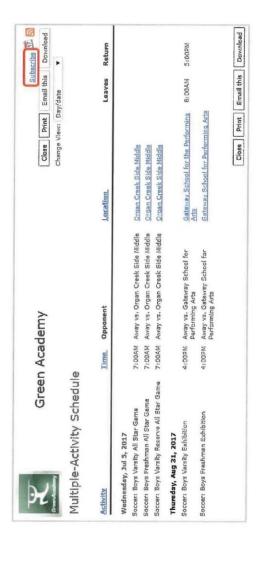
Subscribing to the calendar feed

smart phone, together with any future schedule updates. This feature works with Outlook, Google Calendar, ICAL for Mac Users and Smart Phone (Android and iPhone), and with any RSS Readers. In the Subscribe feature, you will be able to subscribe your preferred schedules or activities and have them pushed to your personal calendar or How to subscribe:

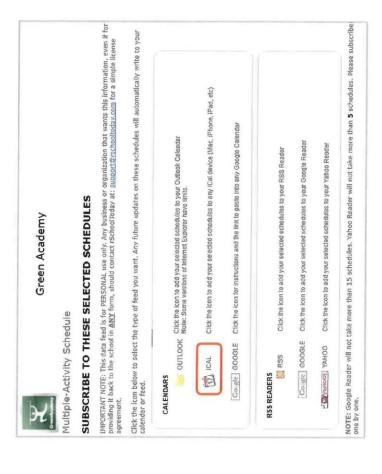
1. Create a report with your Schedules, either from the View Schedules Box or the Advanced View Report.



2. In the generated report, you can see a 'Subscribe' link on the upper right end of the screen. Click on it, and it will pop up a page where you can choose the destination calendar or RSS by clicking on the icon. For Android and Mac (iPad/iPhone/iPod), click on ICAL.

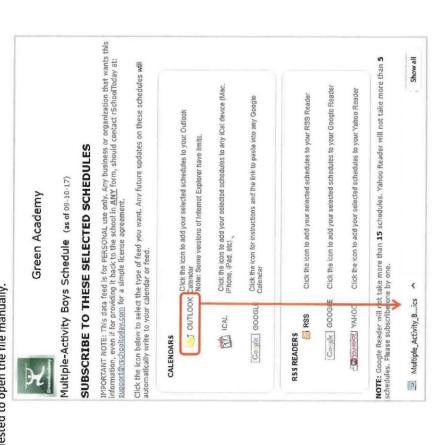


For ICAL Users (Screens may vary according to your operating system)



After selecting iCal as your data feed type, you may be asked to copy the URL and enter it in your iCal Calendar URL and then click Subscribe or; In newer systems, you will be asked if you want to Subscribe. In this case, click on 'Subscribe' button directly.

When you click on the Outlook icon, it will download the data file to your computer, and automatically open Outlook. If Outlook doesn't For Microsoft Outlook - (Screens may vary a little depending on the Outlook Version or Operating System) automatically, you will be requested to open the file manually.



When you open the Outlook Calendar, you may see this prompt. Click "Yes", to have the schedules added to your Outlook Calendar.



When you choose Google Calendar, a new page will open with a set of instructions.

1. On the instruction page, you will find a URL that you need to copy and paste into your Google Calendar. Click and drag across the web address to highlight it completely, then hit control+C to copy it (or right click on it, then select copy).

Google Apps Instructions

- 1. Copy this URL:
- http://tinyurl.com/ycejhf5t
 2. In a new browser tab or window go to your Google Calendar
 3. Click the dropdown menu next to **Other Calendars** and choose **Add by URL**4. **Paste** the copied URL into the URL field and click **Add Calendar**
- In a new browser tab or window, go to your Google Calendar (http://calendar.google.com).

5

- In your Google Calendar's page you should click the dropdown menu next to Other Calendars and select 'Add by URL'. You can find it on the left menu bar of the page. 3
- Paste the copied URL into the URL field and click Add Calendar. 4

Yahoo Reader

After selecting Yahoo Reader, you will be prompted with instructions, depending on your browser, on how to subscribe to the feed. If you are using Yahoo!' to your computer, simply select it from the drop-down, and then click on the 'Subscribe Now' button. On your 'My Yahoo' page Mozilla Firefox, you will be asked first what reader you will use to subscribe to the feed. In this case, if you have added your Yahoo Reader or 'My (https://my.yahoo.com/), 'Add Content' will pop up with the schedule. You will need to click on the 'Add to My' button, and as you refresh your 'My Yahoo' page, the schedules from the Activity Scheduler program will appear.

For other RSS feed readers, you will also be prompted with instructions on how to proceed with the subscription.

You can subscribe to the RSS feed in several ways, including the following:

- Drag the orange RSS button into your News Reader.
 - Drag the URL of this page into your News Reader.
- Cut and paste the URL of this page into your News Reader.

The FREE Mobile App



Get the App at your App store by searching "Activity Scheduler."

FOR PARENTS, STUDENTS, and FANS: The mobile calendar allows you instant access to your school's daily Calendar, Schedules, Rosters, & the latest Scores.

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