

HOPE LUTHERAN HIGH SCHOOL

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ACTIVITIES HANDBOOK

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MISSION OF HOPE LHS ACTIVITIES

Hope Lutheran High School Activities seeks to make the most of every opportunity, with all our hearts, by the power of God, to share the Gospel and serve Christ in all that He does through us!

GOD'S GRACE TO YOU & WELCOME!

Dear Brothers and Sisters in Christ,

Congratulations on the opportunity to be a part of your child's co-curricular activities. As a parent/guardian, the Lord has called you to one of His greatest responsibilities. The primary responsibility is to be a part of the nurturing and caring for your child, not only with food and clothes, but also with their spiritual, emotional and physical needs. Through the activities program, it is our prayer that some of these needs will be met. As members of Hope Lutheran High School staff, the coaches will be encouraging your children and you to participate in many ways that glorify Him and that help all the students at Hope.

We ask our parents/guardians and coaches to serve as Christian examples for our children. By our example in the stands, on the sideline, on the field, on the court, at practices, games, or at home around the dinner table, we are models for our children with regard to actions and attitudes. We are examples of fair play and good sportsmanship and should use our gifts to bring glory to God rather than glory to self.

I hope that this year will be the best yet for exciting memories and great learning experiences for each of you. May we enjoy the wonderful responsibility God has given each of us when dealing with our young people.

Activities your child is involved in is an education that goes beyond a lifetime!

Rocky Sandcork, Activities Director

PHILOSOPHY OF ACTIVITIES PROGRAM

It is the aim of Hope Lutheran High School's activities program to facilitate the mission of its ministries through sports and various activities. The student's participation in interscholastic sports will help to further develop the student spiritually, mentally, emotionally, physically, and socially. Students will be encouraged to

be the best they can be to the glory of God. They are to always remember the giver of their talents, namely God.

The interscholastic athletic program at Hope/Cotter/WSHS refers to the competition between schools. One of the major goals of this program is to help students learn to apply Christian principles to their lives. Our interscholastic program is designed for students who demonstrate an emotional and mental readiness for competition, and who possess a satisfactory level of physical and academic competence.

Our activities program stresses the following points:

- + technically correct physical skills
- + physical conditioning
- + commitment to team participation and team building
- + self discipline and priority setting
- + encouragement of others and perseverance
- + respect for those in authority
- + earning of active participation time.

To maintain our values, we recruit coaches from association churches and the school community along with adults who have a commitment to the student, to family, and most importantly to the ministry of our Lord. They are to keep the activity in perspective as part of the total educational process of the student. It is vital they understand each student's individuality as they relate to team oriented activities.

SPORTS OFFERED

FALL	WINTER	SPRING
CROSS COUNTRY, BOYS	BASKETBALL, BOYS	BASEBALL
CROSS COUNTRY, GIRLS	BASKETBALL, GIRLS	GOLF, BOYS
FOOTBALL	GYMNASTICS	GOLF, GIRLS
SOCCER, BOYS	HOCKEY, BOYS	LACROSSE, BOYS:
SOCCER, GIRLS	HOCKEY, GIRLS	LACROSSE, GIRLS
SWIMMING/DIVING, GIRLS:	NORDIC SKI, BOYS	SOFTBALL
TENNIS, GIRLS	NORDIC SKI, GIRLS	TENNIS, BOYS
VOLLEYBALL	SWIMMING/DIVING, BOYS	TRACK & FIELD, BOYS
	WRESTLING	TRACK & FIELD, GIRLS
		TRAP SHOOTING

ACTIVITIES ALL YEAR OR VARIOUS TIMES THROUGHOUT YEAR

THEATRE/PLAYS	JOURNALISM/NEWSPAPER	Speech/Debate
MUSIC ENSEMBLES	BAND	
ONE ACT PLAY	STUDENT COUNCIL:	
YEARBOOK:	BELLS/Chimes	
CHOIR	and more...	

THE PARENTAL/GUARDIAN ROLE IN THE DEVELOPMENT OF THE STUDENT ATHLETE

The parents/guardians of a student are usually the determining factor in their child's becoming an involved participant. The parent/guardians have an important, if not vital role in the student's co-curricular life. A portion of the responsibilities and roles are listed below:

- + Teach by example a Christian attitude towards all. All members of Hope staff will encourage and help, but it is the parent/guardian who must be the main instructor.
- + Assist the student to establish proper priorities with respect to church, family, peers, studies, and play.
- + Encourage and participate in the development of the student's abilities. i.e. (support summer camp and other activities that will enhance performance)
- + Teach the student and be a role model for the student in dealing with coaches and peers.
- + Support the student's commitment to teams. Make the commitment to attend games, driving for the team, help in supporting roles such as the concession stand and fundraisers, assist in setup and clean up, and be a positive public relations model.
- + Develop within the athlete, foresight which enables him/her to accept responsibility for both individual and group actions
- + Instill in the athlete, good health habits towards food, sleep, cleanliness, spiritual life, and exercise.
- + Enthusiastically support teams at athletic events with support for all players, coaches and officials.

In general, the student is an extension of his/her role models, the parent/guardians.

GENERAL INFORMATION

ADMISSION TO EVENTS

Admission may vary from free will to fixed price according to the event.

AWARDS BANQUET

An awards/recognition banquet will be held at the conclusion of each sports season: fall, winter, and spring. Each athlete will be recognized as a participant and may be given a special award. In addition, a school wide awards night will be held at the end of the school year that will recognize awards in academic activities. A participant in any activity is only recognized if they have met all eligibility requirements.

CANCELLATIONS- WEATHER/SCHOOL

If school is canceled for any reason, the athletic event is canceled. The activities director will communicate if the event is rescheduled.

CONFERENCE

Hope Lutheran High School is a member of cooperative agreements with Cotter High School and Winona Senior High School. Each are part of different conferences.

COMMITMENT AGREEMENT

Each student/athlete of Hope should sign & return the student/athlete permission slip and commitment agreement. By signing this commitment students agree to the following obligations:

- + I will do my very best to succeed according to the ability God has given me.
- + My personal conduct at school, in the community, and during the activity will reflect well upon Hope.

- + I will speak well of the persons in charge of the activity, fellow students involved, and the school.
- + I commit myself 100% to the success of this team.
- + I understand that should I violate any of the above, I may be prohibited from participating.

DRESS CODE

All participants and support staff should dress in a manner that reflects positively on Hope Lutheran High School Activity. Students should dress appropriately as specified by coaches and the student/parent handbook before, during and after the activity on or off campus.

ELIGIBILITY

Students are expected to place a priority on spiritual growth and academic achievement. Academic progress must be demonstrated in order to have the privilege of participating in Patriot Activities.

In order to participate in school activities students need to be achieving at a passing level in each of their classes. Students may become ineligible for participation according to the following system:

Once a week, teachers will report to the Activities Director the names of any students who are performing at a failing level during the past week- a "70% or below". Students will be put on the "**Down**" list, meaning that they will have one week to improve their grades to a passing level. There are no restrictions on student activity while on the "**Down**" list.

The teachers may provide the students on the "**Down**" list an opportunity to raise their grade during that week. Some possible ways of doing this could be through daily assignment, tests, redoing previous daily work, retaking previous tests, class participation, or extra credit. However, teachers are not required to accommodate, change, or add to their coursework for students on the "**Down**" or "**Off**" list.

If a student has been put on the "**Down**" list for one week and has failed to raise his grades to a passing level in all subject areas, they will then be put on the "**Off**" list until they have raised their grades to a passing level for a period of at least one week. Students who are on the "**Off**" list will not be allowed to participate in any games, but must continue to practice with the team and dress for games or abide by the coaches wishes.

The Activities Director will notify the student, parents, and coaches when students are placed on the "**Down**" or "**Off**" lists. Notification will come by email.

Students who have failing grades at the end of each quarter, including semesters, will be placed on the "Off" list for a period of two weeks at the beginning of the next quarter.

In addition to academic performance, other student actions may impact their eligibility to participate in Hope LHS activities. Violations of the student handbook, student code of conduct or Minnesota State High School League policy may incur a loss of eligibility. The activities director retains the final authority in matters of student eligibility.

FORMS, FEES & INSURANCE

All student/athletes participating in activities during the year must have all proper forms fill out. Most activities require registration online. A permission/participation form for each activity throughout the year. In addition, the athletic eligibility, informed consent, and health questionnaire forms must be on file at the school. They are good for the entire school year. Each student must pay the appropriate activities fee and have

a physical exam on file before receiving a uniform and before participating in practices, games and performances unless other arrangements have been made with the activities director. Fees vary depending on sport and other factors involved with coops. Parents are required to have adequate health insurance to cover their child in case of injury and car insurance if transporting student to events.

GAMES/EVENTS

We expect all players and support staff to be at every game. Each person should be at the facility at the time directed by the coaching/advisory staff. Late attendance or non-attendance will result in loss of participation time and other disciplinary actions as deemed necessary by the coaching/advisory staff and activity director. Students who arrive to school after lunch will not be allowed to participate in the athletic contest that night.

MSHSL

Hope Lutheran High School is a part of the Minnesota State High School League. This league provides many benefits to Hope. Hope is allowed to participate in subsection, sectional, and state tournaments. For more information, visit: www.mshsl.org

PHYSICAL EXAMINATIONS

All student/athletes participating in a sport must have a physical examination every three years. A form must be on file with the activities director prior to the student's participation in practices and games.

PRACTICES

Every participant is expected to be at every practice. Practices are designed to prepare the athlete for the next competition and thus are vital for the student/athlete and his/her teammates. In case of an emergency, a note will be required and the coaching staff will determine if the absence is excused. One unexcused absence may result in the student being removed from the team. Be sure to discuss any problems concerning practices with the coach. NOTE: If a participant continually has excused absences they may be subject to removal. If a participant cannot participate in practice a note is mandatory!

SUPERVISION

It is the responsibility of the Head Coach of each sport to have students under supervision for the practice time appointed. It is the responsibility of students to remain in view of those in charge at home and away games. Students must ask permission to leave playing area for their own safety. All personal belongings are to be kept in sight of each student. They are not to be left in locker rooms unless locked.

TAMING THE TONGUE

“When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.” James 3:3-6

Taming the tongue is a lifelong process. God is our guide and with His help we can do it, but not without. Cursing in Hope Lutheran athletics is not tolerated. However as slips of the tongue occur, they will be dealt with the love, discipline, and forgiveness that Christ has directed us. Cursing will be dealt with according to God's plan in conjunction with coaches and the activities director or principal.

TRANSPORTATION

Parents are responsible to get their children to all practices and games. Busing will be used for various events. Carpooling is suggested but parents are responsible to arrange the rides. The coaches/school are not responsible for arranging rides. Further, all designated drivers must be at least 21 years of age.

UNIFORMS

Uniforms will be supplied for each participant if forms and fees are up to date. Supplementary items may be required which will be purchased by the student/athlete. Be sure uniforms are properly cleaned (according to the instructions provided) and that the student's appearance properly represents Hope Lutheran High School. Uniforms must be taken care of, returned washed (according to instructions provided) and clean by due date set by the athletic director or be subjected to a fine to be determined by the athletic director and withholding of report cards and transcripts until the uniform is received. Not washing uniforms properly can result in ruining the uniform. Please take special care to read and follow washing instructions.

FOCUS ON "THE WORD"

"Strengthen your feeble arms and weak knees." *Hebrews 12:12*

"Jesus replied: Love the Lord your God **with all your heart** and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: **Love** your neighbor as yourself." *Matthew 22:37-39*

"...my son do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because **the Lord disciplines those he loves** and punishes everyone he accepts as a son." *Hebrews 12:5-6*

"Love the Lord your God **with all your heart**, all your soul, all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:30-31*

"On reaching Jerusalem, **Jesus** entered the temple area and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves." *Mark 11:15*

"Jesus looked at them and said, 'with man this is impossible, but **with God all things are possible**'." *Matt 19:26*

"**Be perfect**, therefore, as your heavenly Father is Perfect." *Matthew 5:48*

"All men will hate you because of Me, but **he who stands firm to the end will be saved**." *Mark 13:13*

"Whatever you do, **do your work heartily as for the Lord** rather than for man; knowing that from the Lord you will receive the reward of the inheritance. **It is the Lord Christ whom you serve**." *Colossians 3:23-24*