

Wisconsin Lutheran High School

Parent / Athlete Handbook



Interscholastic
Athletic Department

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Wisconsin Lutheran High School

Parent/Athlete Handbook

INTRODUCTION

Welcome to the Interscholastic Athletic Department of Wisconsin Lutheran High School. We hope that your experiences with us in the Athletic Department will be a successful and rewarding part of your Christ-centered education.

This Parent/Athlete Handbook has been prepared to help you in your efforts to better understand our school, the function and purpose of our Athletic Department, and your responsibilities in being involved in this program. Participation in education based athletics is a privilege, not a right.

As an important part of your overall education, your participation in athletics will challenge you with many varied opportunities. It is our hope that you will grow physically, intellectually, emotionally and spiritually through participation in this program. Physical talents too, are a gift from God. We want to help you develop and integrate these gifts as you live in service to His kingdom.

All policies are in accordance with regulations of the NFHS sport rules and WIAA By-Laws unless otherwise specified in the Constitution of the Woodland Conference.

ADMINISTRATION

President

Rev. Dr. Ken Fisher

Principal

Mr. Phil Leyrer

Assistant Principals

Mr. Bret Hopf, Mr. CL Whiteside

Director of Athletics

Mr. Jeff Sitz

Guidance Director

Mrs. Emily Jiles

Resource Center

Mr. Randy Strutz, Mr. Brent Bloomquist

Campus Pastor

Rev. Phil Huebner

WLHS website

www.wlhs.org

WLHS Athletic website

link via wlhs.org

Wisconsin Lutheran High School

Mission Statement

“For Christ’s love compels us...”

2 Corinthians 5:14

Our Mission

Compelled by Christ’s love, guided by the Great Commission, and rooted in God’s Word...

Wisconsin Lutheran High School prepares youth in a diverse world for productive, Christ-centered lives.

Our Vision

*Renowned for its distinctive Lutheran values, superior academics,
and award-winning co-curricular activities ...*

Wisconsin Lutheran High School will be the preferred choice for those seeking a comprehensive Christian high school experience in a caring, cross-cultural setting.

Our Values

In the pursuit of our mission, Wisconsin Lutheran High School will be defined by these values:

Great Commission Focus: Centered on Christ’s command, and in collaboration with our conference partners, to “make disciples of all nations” through nurture and outreach;

Distinctively Lutheran: Teaching and scholarship characterized by faithfulness to the Scriptures and the Lutheran Confession;

Academic Excellence: Providing an innovative, comprehensive curriculum that challenges each student for career and/or college readiness;

Servant Leadership: Developing in each student a Christ-like attitude of leadership and Service in all aspects of Christian vocation;

Student-centered: Committed to always putting first the best spiritual, academic, physical, and social interests of the student;

Faithful Stewardship: Wisely and gratefully managing all of God’s gifts and resources to Christ’s glory;

Multi-Cultural: Celebrating the mutual benefit of cross-cultural, integrated relationships in the unity of the Body of Christ;

Family: Encouraging healthy relationships and fostering an atmosphere of compassion and loving nurture within the WLHS community; and,

Partnership: Seeking collaborative partnerships that help shape tomorrow's leaders and Benefit God's world.

Our Ministry Goals

To fulfill its mission the Wisconsin Lutheran High School Conference will:

1. Proclaim the whole truth of God's Word in all we do or say as confessional Lutherans.
2. Partner with conference congregations to build the relationship between Christ and his people so they can boldly minister in his name.
3. Support parents in their God-given role and foster the development of healthy Christian families.
4. Strengthen the partnership among homes, churches, their Lutheran elementary schools and WLHS to foster spiritual, academic, physical, social, and emotional maturity among all we serve.
5. Provide a comprehensive program of excellence through a progressive curriculum and superior instruction.
6. Maintain a safe, inviting, and nurturing school climate in which we empower our youth to achieve the maximum levels of their ability through a Christ-centered education.
7. Recruit and retain students who support the mission of WLHS and whose needs WLHS is equipped to serve.
8. Recruit and train students who are qualified for service in the public ministry.
9. Forge a team of faculty, administration, board, staff, and volunteers who demonstrate their commitment to Christ and WLHS by pursuing excellence and growth in their professional and personal lives.
10. Build a broad base of financial support for WLHS to provide quality instruction and facilities, worthy compensation for faculty and staff, and necessary tuition assistance.

Our School Outcomes

The courses and programs of Wisconsin Lutheran High School will carry out the mission by producing graduates who have demonstrated:

1. Regular use of the means of grace and fruits of their faith in Jesus Christ through Christian love, service, and witness.
2. The ability to lovingly communicate the gospel of Jesus Christ with others.

3. Perceptive thinking which integrates experience, research, and reason under God's will as revealed in his Holy Word in critical analysis, problem solving, and decision making.
4. Effective communication skills by listening; expressing their thoughts, feelings, faith, and ideas; and working cooperatively with others in family, school, church, work, and community settings.
5. The knowledge, skills, and attitudes necessary to become self-initiating and self-directing life-long learners.
6. The conviction that they are individually formed creatures of their Maker and Redeemer who represent him by using their unique blessings of time, gifts, and money for the welfare of others in a complex, culturally diverse, rapidly changing global society.
7. The verbal, sociological, scientific, quantitative, and technological literacy necessary for offering God a productive, meaningful life.
8. An informed awareness of the uses of the fine and practical arts for personal and corporate worship, individual expression, and God-pleasing recreation.

Our Spiritual Life

Our WLHS ministry is completely focused on the grace of our Lord Jesus Christ.

Through him we have become the children of God and the recipients of the riches of the Christian life. We use various opportunities each day to pray, praise, and give thanks to our Lord—Father, Son, and Holy Spirit.

Prayer: Many teachers begin their class periods with prayer. General concerns and the personal concerns of students and teachers are brought before God in these prayers and in our chapel prayers.

Praise: Corporate worship for all students and teachers takes place daily. Worship is led by WLHS teachers, pastors from the WLHS Conference, students, and special guests. Requests for prayers, to be offered in this service, should be made at the receptionist's desk before school.

Thanks: All activities are done in a spirit of thanksgiving to God, who has redeemed us from sin, death, and the devil and made us heirs of the kingdom of heaven. We dedicate our lives to his service and to working with each other in the spirit of Christian love.

Philosophy of Interscholastic Athletics at WLHS

Physical education and therefore athletics is that part of the total Christian training which finds its purpose in God's Word which commands us to preserve our bodies, the temples of the Holy Spirit (1 Corinthians 3:16-17) and in the Word again, where we are commanded to do "all things to the Glory of God." (1 Corinthians 10:31)

Our school exists to teach the Scriptures in all its truth and purity. We do this by teaching our students the basic doctrines found in the Bible. We also teach our students God's plan of Salvation, and how to apply Scriptural truths to their own lives.

This however, is not our only purpose for existence. We must also equip our students with those things essential for leading a productive Christian life during their time of Grace. It is for this reason that we as a school subscribe to the basic educational objective of training the whole person - spiritually, intellectually, emotionally, socially, and physically. We are not meeting this objective, nor can we consider our school adequate, unless we are providing meaningful instruction in the art and science of human movement.

We will strive in this program to emphasize the process and the person over the performance. Through the process (the educational methods employed) and the person (the student-athletes), we will continually strive to be excellent in our program and in our performance. As we have been entrusted with God's children, we will strive to lead these young adults in their pursuit of excellence through the use of their God-given talents.

Responsibilities of Student Athletes

The right of participating in athletics is extended to all students of Wisconsin Lutheran High School. However, making a team and continued participation is a PRIVILEGE extended to all student-athletes who meet team and department requirements and are willing to assume the following responsibilities:

1. Witness your love for your Lord by representing Him, your family, your school, your team, and yourself in a Christian manner.
2. Display respect for rules, officials, coaches, and all in authority.
3. Display respect for your opponent.
4. Display a spirit of cooperation and teamwork.
5. Follow the rules and regulations put forth in this handbook.
6. Follow the rules and regulations of your activity. (WIAA, NFHS)
7. Follow team rules as presented by the head coach.
8. Display an orderly priority of responsibility to:

- a. Your Lord
- b. Your family
- c. Academic responsibilities
- d. Athletic responsibilities
- e. Other social and school responsibilities

W.L.H.S. Viking Athletic Program

These are the activities that are offered through the Athletic Department of Wisconsin Lutheran High School, along with the corresponding levels of competition.

(V=Varsity; JV=Junior Varsity; F=Freshman)

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
Fall	Football (V, JV, F) Cross Country (V, JV) Soccer (V, JV)	Volleyball (V, JV, F) Cross Country (V, JV) Cheer (V, JV) Dance (V)
Winter	Wrestling (V, JV) Basketball (V, JV, F)	Basketball (V, JV, F) Cheer (V, JV) Dance (V)
Spring	Track & Field (V, JV) Baseball (V, JV, F) Golf (V, JV)	Track & Field (V, JV) Softball (V, JV) Soccer (V, JV)

These activities, which take place during the indicated seasons, are open to all students at Wisconsin Lutheran. In a sport where there is no specific freshman team listed, freshmen participate on the junior varsity or varsity levels.

Several of these activities have roster size limitation, and therefore, coaches must choose squads according to those parameters. Other activities do not have these limitations, and therefore, have unlimited rosters.

Tryout dates and times will be announced through meetings scheduled at various times throughout the year. Fall sport announcements are usually done in the spring of the year to upperclassmen, and via the 9th Grade Guide to Viking Athletics (mailed in late spring) to the incoming freshmen.

Conference and State Affiliations

Wisconsin Lutheran High School is a member of the Woodland Conference* (WC).

WOODLAND CONFERENCE

WEST DIVISION

Greendale High School
New Berlin Eisenhower High School
New Berlin West High School
Pewaukee High School
Pius XI High School
West Allis Central High School
Wisconsin Lutheran High School

EAST DIVISION

Brown Deer High School
Cudahy High School
Greenfield High School
Milwaukee Lutheran High School
Shorewood High School
South Milwaukee High School
Whitnall High School

Wisconsin Lutheran High School is a member of the Wisconsin Interscholastic Athletic Association (WIAA). We participate in the WIAA State Tournament Series in each sponsored sporting activity.

Requirements for Participation

Each student must obtain a Participation Card to be eligible to try out for an activity.

The Participation Card verifies that the following requirements have been fulfilled:

1. A current Physical Examination Card or Physical Waiver Card has been registered on file in the athletic office.
2. A current Emergency Contact Card is on file in the athletic office.
3. Parental and Student signatures are on file, verifying:
 - a. Permission to Participate.
 - b. Informed Consent.
 - c. Insurance Waiver.
 - d. Transportation Liability Waiver.
 - e. Reading of the Parent/Athlete Handbook.
4. A current Concussion Agreement Form
5. A Consent for Athletic Training Services Form

Physical/Waiver Cards, Emergency Contact Cards and Parental and Athletes signatures must be updated each school year.

We strongly encourage all families to register for athletics at our online registration site:

www.wlhs.org, *Athletics, Register for Athletics.*

All physical exam cards, waiver cards, emergency contact cards, videos, signature sheets, and concussion agreement forms are available online at www.wlhs.org.

Informed Consent

Prior to participating in interscholastic athletics, it is important for the student-athlete and the parent(s)/guardian(s) to understand that injuries can occur. These could include minor injuries such as bruises or abrasions. Occasionally, student-athletes incur injuries such as muscle strains, sprains or broken limbs. Although the occurrence of catastrophic injuries is minimal, it is possible that a catastrophic injury can occur rendering the participant paralyzed in varying degrees. Death as a result of a catastrophic injury is also a possibility.

WLHS shows the NFHS prepared “Risk Management” video at each of the Athletic Department Informational Meetings, which take place at the start of each athletic season. This video is also available for viewing on our website, www.wlhs.org. We strongly urge every parent/guardian and student-athlete to view this video.

Insurance

All student-athletes are required to be covered by their own family’s health insurance in cases of accident or injury, and no cost of medical conveyance or treatment will be borne by Wisconsin Lutheran High School or any of its employees or representatives, nor by Froedtert Sports Medicine, or any of their employees or representatives.

Concussion Agreement

As a parent and as an athlete 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. This must be done in each of the sport seasons you participate in, in any given school year.

WLHS Co-Curricular Code of Conduct

The Mission of Wisconsin Lutheran High School is to assist our families and churches in the discipling of our young people for time and eternity. We are committed to developing in our youth the spiritual, intellectual, and social values, and skills necessary for a lifetime of service to Christ in their homes, vocations, churches, and communities.

Students attending Wisconsin Lutheran High School are encouraged to participate in co-curricular activities because they provide many opportunities to develop the attitudes, values, and skills necessary for a lifetime of service to their Savior. Participation in co-curricular activities at WLHS is a privilege, not a right. Those students who participate in co-curricular activities do so on a voluntary basis. They represent their school. They often serve as role models for their fellow students. Consequently, they have a higher level of responsibility in service to our Lord and to the members of the WLHS family. The Code of Conduct for Co-Curricular Activities assists students in recognizing their Christian responsibility to use the God-given abilities and time in a manner that glorifies God and gives honor to their WLHS family.

The Code of Conduct outlines the following items:

1. Reasons for the loss of academic eligibility
2. Appropriate consequences for violation of Code guidelines
3. Manner in which eligibility can be reinstated
4. Appeal procedures

The Code of Conduct is in effect 12 months a year.

I. Academic Deficiencies

a. Guidelines

- i. A student must maintain a minimum 1.50 grade point average (GPA) as reported on his/her quarter report card.
- ii. A student may not have more than one (1) "F" (failure) and/or "I" (incomplete) grades on his/her quarter report card.

The period of ineligibility for violations of guidelines i and ii is 15 school days and nights. An ineligible student may not return to competition until the school day following the 15-day ineligibility period.

For students who participate in fall activities, 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.

In either case, students must have the approval of the Director of Guidance prior to returning to competition.

- iii. A student must maintain a cumulative unit total adequate for graduation to remain eligible for co-curricular activities. By semester, the following minimums must be achieved: 1–2.5; 2-6; 3-8.5; 4-12; 5-14.5; 6-18; 7-20.5; Graduation-24. Units are awarded at the semester grading period, so this academic evaluation is done based on the semester report card.

A student who is in violation of guideline iii is ineligible until the end of the following semester, when the minimum number of units is met. (Summer school options must be pre-approved by the Director of Guidance.)

- iv. Students with documented learning disabilities (IEP) may have the above restrictions re-evaluated based on their abilities. The Director of Guidance will do this evaluation.

During any period of ineligibility, the student is expected to attend all team practices and meetings.

b. Reinstatement

- i. A student identified as ineligible due to a deficient GPA or having more than one “F” or “I” grade, may apply for reinstatement according to the procedures set by the administration. Reinstatement days are listed on the official school calendar.
- ii. A student may apply for reinstatement as often as appropriate, until he/she has been reinstated.
- iii. A student may be reinstated only once during an academic year.
- iv. A student, who transfers into WLHS and is academically ineligible upon entry, may not apply for reinstatement until he/she has been in attendance at WLHS for at least fifteen (15) full school days.

II. Attendance

a. Guidelines

- i. On the day of a scheduled activity or practice, participants are to be in attendance at school at least one-half of the school day and have a valid

excuse for any period absent. A student who is too ill to attend school in the morning must attend school 5a through 8th periods to participate in activities or practice. Students who leave school ill during the day may not return to practice or performance later in the day.

Valid excuses include but are not limited to: illness, medical appointments, court appointments, or funerals. Additional excuses are at the discretion of the school administration (Principal, Assistant Principal, Athletic Director)

- ii. Truancy problems will be handled by the assistant principal's office and could lead to suspension from school, including co-curricular participation.
- iii. Students under suspension (in-house or sent home) may not participate during the period of suspension.

b. Consequences

- i. Students who are not in attendance at least one-half day will not be permitted to participate in the day's activity (performance or practice).
- ii. Violations under attendance will be handled by the assistant principal's office in consultation with the coach. If appropriate, referrals will be made to the Guidance Department.

c. Reinstatement

- i. The student will be reinstated upon the completion of disciplinary action.

III. Alcohol, Tobacco and Other Controlled Substances

a. Guidelines

- i. The use, purchase, sale, distribution or possession of unauthorized drugs, drug paraphernalia, alcohol, tobacco products (including smokeless), or look-alikes or the use, sale, or distribution of prescription, over-the-counter drugs and inhalants for other than their intended purposes, is in violation of WLHS policy. **NOTE: The sale and/or distribution of drugs, alcohol, or look-alikes will not be tolerated and will result in permanent suspension from all athletic and non-athletic activities at WLHS.**
- ii. No student enrolled at WLHS should be present at a bar unless accompanied by his/her parents or legal guardian. Guideline "i" remains in effect even if accompanied by one's parent or legal guardian.

- iii. Guideline “a” applies to attending a party with parents or legal guardians where alcohol and/or other drugs are available or served.
- iv. If a student is in a situation or gathering without parents or legal guardians in which people around him/her are possessing or using tobacco, alcohol or drugs, that student is encouraged to vacate the situation or gathering immediately. The use of tobacco, alcohol and drugs by minors violates state laws, school policy and therefore, God’s law. Our students should therefore not want to be a part of an activity that would bring discredit to the student, parents, school, or our Lord. Students should avoid such activities.

b. Violations

i. First

- 1. Suspension for a number of games equal to 20% of the regular season’s scheduled events. This suspension applies to all co-curricular activities in which the student participates at the time of violation. The student must meet with a member of the Guidance Department Staff.
- 2. If the student does not attend the required sessions with the Guidance Staff and/or follow through with the recommendations of the counselor, the suspension will be doubled.
- 3. If the season concludes before the completion of the penalty, the suspension will be applied toward the next activity in which the student participates.
- 4. During this period of ineligibility, the student is expected to attend all team practices and meetings.

ii. Second

- 1. Suspension is 50% of scheduled contests. #2-4 remain in effect.

iii. Third

- 1. Suspension is one full calendar year. #2-4 remain in effect.

iv. Fourth

- 1. Permanent suspension from all athletic activities at WLHS.

IV. Performance Enhancing Substances (PES)

Wisconsin Lutheran High School is against the use of anabolic-androgenic steroids and other performance enhancing substances. Coaches, teachers, sports medicine staff, and school administrators who ignore or encourage the use of PES and/or sell PES to students will be subject to disciplinary action.

Possession and/or use of PESs are a violation of the Wisconsin Interscholastic Athletic Association (WIAA) code of conduct and the WLHS co-curricular code as well. Any student who is in possession of, or uses PESs will be subject to disciplinary action as listed above for Alcohol, Tobacco and Other Controlled Substance use.

Wisconsin Lutheran strongly discourages students from using creatine or any other nutritional supplements without the approval of the student's physician and/or parents/guardians. Many of these products may have unwanted side effects, may be ineffective, and have not been tested for long-term safety.

Permissible supplements are supplements that replace the calories, fluid and electrolytes the body normally loses during exercise.

The WIAA has published an extensive list of banned performance enhancing substances along with other pertinent information to help educate athletes and parents about performance enhancing and banned substances. This information can be obtained from the Athletic Director or at the WIAA website:

<http://wiaawi.org/publications/performanceenhancers.pdf>

a. Further Applications

- i. Students who violate the WLHS Code of Conduct will be ineligible for receiving any special award for that activity for that school year.
- ii. A student who violates the WLHS Code of Conduct while not involved in a co-curricular activity will be subject to the appropriate penalties in the next activity in which the student becomes involved to one full calendar year from the date of the violation.
- iii. A student must complete the activity or season in which a suspension is served in good standing in order for the suspension to be valid. A student who does not compete the activity or

season in good standing must serve the entire suspension in the next activity or season in which he/she chooses to participate.

- iv. If a student violates the activity code while not currently participating in an activity, he/she cannot subsequently participate in an activity, which is already officially in progress in order to serve the suspension.
- v. If a student is participating in two or more co-curricular activities at the same time, the code violation will be enforced for both activities at the same time. Thus, a violation would make them ineligible for both activities for the same % of time.
- vi. By WIAA rule, a student who violates the Co-Curricular Code during the WIAA tournament series shall be suspended for the entire tournament series, regardless how far the team advances.
- vii. Students who transfer to WLHS from another school and who are under code violations, will finish their violation requirements before becoming eligible to participate in co-curricular activities at WLHS.

b. Reinstatement

- i. The student will be allowed to return to full participation in his/her co-curricular activity at the end of the suspension period.
- ii. Violations will be cumulative throughout the students four years of attendance at WLHS.

V. Hazing

Hazing occurs when an act is committed against a student, or a student is coerced into committing an act, that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into, or affiliated with, any school group, club, athletic team, grade level, activity or organization. Hazing is strictly prohibited at Wisconsin Lutheran High School and will subject the violator to enhanced disciplinary action as explained below.

Hazing is defined as:

Any activity involving unreasonable risk of physical harm including, but not limited to paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the

body, and participation in physically dangerous activities.

Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid or other substance that subjects the student to an unreasonable risk of physical harm.

Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.

Any activity that subjects a student to an unreasonable level of embarrassment, shame or humiliation, or which creates a hostile, abusive and intimidating environment for the student.

Any activity involving any violation of federal, state or local law, or any violation of school or school district policies and regulations.

Any student-athlete who knowingly participates in, has knowledge of, or who participates in the planning of any hazing ritual or incident will be considered “in violation of” the hazing policy. Penalties for violations of this portion of the Code of Conduct will be administered by the administration of WLHS, and will include competition suspensions.

V. General Conduct

a. General

- i. Students at WLHS are expected to conduct themselves in a manner which gives glory to our Lord, serves the best interests of the school, its students and co-curricular activities in which he/she is participating. Students “to whom much has been given” through their participation in co-curricular activities will be expected to reflect the highest standards of Christian conduct in and out of school, as they represent WLHS.
- ii. Failure to do so will lead to consultations with the assistant principals in cooperation with the coach. (Violations may result in suspension of co-curricular eligibility.) If appropriate, there will be referral to the Guidance Department.

b. Reinstatement

- i. Students will be reinstated to the co-curricular activity upon the completion of the penalty and a written recommendation from the Guidance Department.

VI. Activity Policies

Coaches may set team policies for their activity in areas not covered by this code. The Athletic Director will approve such policies.

VII. Notification

- a. Reports of violations must be made to the administration, guidance and counseling office, or appropriate coach within thirty (30) days.
- b. Written notification of a student's suspension from a co-curricular activity will be sent to the parents and a note will be placed in their permanent file record.

VIII. Appeals Procedure

- a. A student accused of a violation of the Code of Conduct for Co-Curricular Activities has the opportunity to appeal his/her case by asking to appeal before the Co-Curricular Activities Review Committee with his/her parents and/or coach. Following is the appeals procedure:
 - i. After a ruling of suspension has been made, a student and/or the student's parents may formally appeal the decision in writing to the assistant principals' office. The appeal must be received within (5) five days from the first day the suspension becomes effective. If the appeal letter is not received within the five (5) day period, the student and his/her parents forfeit their appeal rights.
 - ii. Upon receipt of a formal appeal, the Co-Curricular Activities Review Committee shall meet within three (3) school days.
 - iii. All decisions by the Co-Curricular Activities Review Committee are final.
- b. Discipline (suspension) under appeal will not take effect until the appeal process has been completed.
- c. The Co-Curricular Review Committee shall consist of the following people:
 - i. Assistant Principal (1) Chair – votes only in the case of a tie.
 - ii. Director of Athletics
 - iii. Fine Arts Department Coordinator
 - iv. Student Council Advisor
 - v. Academic Affairs Chair
 - vi. Director of Guidance

A quorum must be present and will consist of at least three (3) voting members.

WLHS Eligibility Policies

The following policies are touched on in other sections of this book, however they have been drawn together in this summary form.

To be eligible to participate in athletics at WLHS, you will need to take care of these basics:

a. Parent-Coach-Athlete Meetings

Each coaching staff at WLHS will sponsor a pre-season meeting with the players and parents. Although they may take on different forms for each sport, each meeting will at a minimum, cover these items:

- i. Team rules and regulations/expectations
- ii. Guidelines for earning end of season awards
- iii. School rules/regulations for athletes
- iv. Questions and answers.

b. Participation Cards

Each student-athlete will obtain a Participation Card prior to try-outs and/or the start of each season. Participation Cards are obtained from the Director of Athletics. The following must be done in order to receive a Card:

- i. Have the proper Physical Exam or Exam Waiver card on file.
- ii. Have a current Emergency Contact Card on file.
- iii. Have Parent and Student signatures on file, verifying:
 1. Permission to Participate.
 2. Informed Consent.
 3. Insurance Waiver.
 4. Transportation Liability Waiver.
 5. Reading of the Parent/Athlete Handbook.

c. Academic Deficiencies

See pages 7-8 for complete listing.

WLHS Athletic Policies

I. General

- a. Athletes may participate in only one sport per season. Once he/she has participated in a sport, an athlete cannot quit and go out for another sport in that season unless he/she has received approval from the coaches of both sports and the Director of Athletics.
- b. Students who are cut from one sport are eligible to participate in another sport during the same season, if the coach of the new sport agrees to accept them on their squad.
- c. Students under Code of Conduct suspension from one activity are ineligible to participate in another activity until such time as the full suspension is served.

II. Award Program

- a. Male and female student-athletes will be treated in a similar fashion.
- b. Each student-athlete will receive one award, per sport, per year.
- c. Athletes may purchase any lesser awards once they have earned a major letter.
- d. A student-athlete's first season of athletic participation may be rewarded with numerals. Only one set of numerals is given to each athlete during his/her career.
- e. A student-athlete's second season of athletic participation in any sport may be rewarded with a minor letter. Only one minor letter is given to each athlete during his/her athletic career.
- f. A student-athlete's third season of athletic participation in any sport may be rewarded with a Viking head patch. Only one patch is given to each athlete during his/her athletic career.
- g. Once a student-athlete has earned his/her numerals, minor letter and Viking patch, his/her athletic participation in a sport where he/she does not win a major letter, shall be rewarded with a certificate.
- h. If a student-athlete qualifies for a major letter in a sport, he/she will be awarded a major letter, regardless of his/her class in school.

- i. An athlete who earns a second, third, or fourth major letter in a given sport will be awarded a chevron in recognition of a second, third, or fourth letter earned in that particular sport.
- ii. An athlete who earns a major letter in more than one sport will receive one major letter per sport. The second, third, or fourth major letters earned in each sport will be awarded in the form of a sport specific chevron.
- iii. If an athlete is a member of a Conference Championship team, a sectional championship team, or a state Championship team, or if the athlete wins an individual conference, sectional or state championship, or if the individual is selected to a first team all-conference team, they will receive a white major letter.
 - 1. If an athlete qualifies in any way for a second, third, or fourth white major letter, they will receive a white major letter on each occasion.
 - 2. An athlete who has earned a blue major in a particular sport and in a following season with that team wins a Conference, Sectional or State-individual or team title, will be awarded a white major letter.
 - 3. An athlete who has earned a white major letter in a particular sport, and in a following season with that team earns a non-championship major letter, will be awarded a blue major letter.
- i. Any senior, who has completed four years of participation in any specific sport, will receive a major letter, whether or not he/she has met major letter requirements.
- j. Each major letter awarded will bear that sport's insignia on the letter as to identify the sport in which it was earned.
- k. If a coach decides to award a major letter to a manager or a statistician, it should not only bear that sport's insignia, but it must also bear the proper "stats" or "mgr" insignia.
- l. It is the job of the Director of Athletics to keep accurate and updated files on the awards each student-athlete has earned.
- m. It is the responsibility of each coach to give the proper award to each athlete.
- n. The numerals, minor letter, patch, certificate, major letter and chevron should only be awarded to WLHS students.

- o. On any situation not covered in this program, the Director of Athletics shall decide the award.
- p. Each sport has individual criteria for earning an award within that program. These criteria will be identified to the athletes and their parents at the Parent-Athlete-Coach Meetings in each sport.

III. Special Awards

a. Scholar Athlete Awards

- i. Glenn Raasch Male Scholar-Athlete Award

A senior must have earned a major letter in their senior year and maintained a minimum of a 3.0 GPA to qualify for consideration.

- ii. Carleton Sitz Female Scholar-Athlete Award

A senior must have earned a major letter in their senior year and maintained a minimum of a 3.0 GPA to qualify for consideration.

- iii. WLT Senior Scholar Athlete Award

A senior must rank in the top 10% of his/her graduating class (at the 7th semester grading period) and earn a major letter in a WLT Championship sport.

- b. Daniel Nitschke Outstanding Athlete Award

Annually presented to the outstanding male and female athletes at WLHS, in recognition of their outstanding use of God-given talents in athletics.

IV. School Days and Practices/Games

a. Snow Days

- i. If school is canceled after classes have begun for the day, there will be no practices or home contests that day.
- ii. If school is canceled before classes have begun for the day, a coach may request a practice on the varsity level only. That request must be made to the Director of Athletics who will make the final decision in consultation with the Principal. Practices held on snow days are optional for team members, and coaches must indicate that to team members.
- iii. If school is canceled before classes have begun for the day, and if there is a game on that day, the Director of Athletics will make a final decision, in consultation with the Principal, as to the status of the contest. The

decision must be made early enough to facilitate proper communication to coaches, team members and officials.

b. School Absence

- i. Athletes will be allowed to participate in practice and contests only if they are in school for at least one-half of the school day. Individual exceptions, such as emergencies, may be approved by the Principal, Assistant Principals or the Director of Athletics, only when arrangements are made in advance of the practice or contest, or if a written medical release is obtained from a physician.

c. Ineligibility

- i. Athletes are encouraged to concentrate on school studies at all times and especially when they become ineligible. Studies are always the top priority. However, athletes are encouraged to attend practices during their ineligibility. They may not participate in contests (scrimmage or game) until they have been reinstated.

V. Transportation

- a. Transportation to all away athletic contests is provided or arranged by WLHS. All athletes are to utilize the school provided transportation.

If parents/guardians provide transportation “to or from” interscholastic athletic events, or allow their son/daughter to provide their own personal transportation “to or from” these events, the following policies are in effect:

A written request (Non-Use Form) must be presented to the Athletic Director or head coach by noon on the day of the trip, or in the case of weekend competition, by noon on Friday. (Form available in central office or online)

Where parents/guardians provide transportation for their son(s)/daughter(s) “to or from” a scheduled event, the parents/guardians shall assume all resulting liability, and Wisconsin Lutheran High School shall assume no liability.

Where parents/guardians transport students other than their own son(s)/daughter(s) “to or from” a scheduled event, the parents/guardians transporting the students shall assume all resulting liability, and Wisconsin Lutheran High School shall assume no liability. Written requests (Non-Use Form) from the parents of the transported student

must also be presented to the Athletic Director or the head coach.

Where a student-athlete transports himself/herself “to or from” a scheduled event, the parents/guardians of that student-athlete shall assume all resulting liability, and Wisconsin Lutheran High School shall assume no liability. Written requests from the parents of the student must be presented to the Athletic Director or the head coach.

Student-athletes are not allowed to transport other student-athletes/students “to or from” a scheduled event.

All parents/guardians of student-athletes agree to “comply with” the Wisconsin Lutheran High School Transportation Policy listed above by signing the Athletic Form and filing that form with the Athletic Department prior to transporting their child/children, allowing their student-athlete(s) to be transported by another designated adult, or requesting that their student-athlete(s) transport themselves to an interscholastic athletic event.

- b. Athletes may not travel to or from a contest in the care of another athlete or student at any time.
- c. Travel Release forms are available for family use, from the coaches, at the conclusion of every away contest. A parental signature on this waiver allows students to travel home, at the conclusion of an event, with their own parent. All rules must be followed.

VI. Injuries

- a. All injuries, severe or minor, should be reported to the coaching staff as soon as they occur. Proper treatment of an injury begins immediately and the staff should be notified.
- b. We also strongly suggest the use of one of the many excellent Sports Medicine services available in the greater Milwaukee area. WLHS works in close association with the Sports Medicine Center of the Medical College of Wisconsin and Froedert Lutheran Hospital. They provide trainers and team doctors for all our athletic needs.
- c. When it is necessary for a student-athlete to see our trainer, we ask that the student inform the coach prior to seeing the trainer.

- VII. Equipment
 - a. In all sport activities, WLHS will issue equipment to the athletes. The proper care of that equipment is the duty of the athlete. Any equipment or uniform lost or damaged beyond common use, must be replaced by the athletes. The cost will be based on the replacement price of that piece of equipment.

- VIII. Honor Roll
 - a. All students are eligible to be named to the academic honor roll. In order to make the honor roll, a student must earn a 3.4 GPA. An honor roll list is compiled each quarter.

- IX. National Honor Society
 - a. Students who consistently achieve honor roll status may become candidates for election to the NHS in their junior year. Students must have a 3.5 GPA (accumulative) through 5 semesters. Students who qualify complete an application process and are selected by the Academic Affairs Committee of WLHS. Final choice is based on service to the school and community, co-curricular activities and good citizenship.

- X. Parent/Coach Communication

Parent/Coach Relationship

Both parenting and coaching are extremely rewarding and challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our children.

As parents, when your child becomes involved any program at Wisconsin Lutheran High School, you have a right to know what expectations will be placed on your child. Within the interscholastic athletic program this begins with clear communication with the coach of your child's team.

Communication You Should Expect from the Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child, as well as all of the players.
3. Locations and times of all practices and contests.
4. Team requirements. i.e. fees, special equipment, etc.
5. Criteria for awards that will be presented at the end of the season.
6. Discipline that could result in suspension of your child's participation.
7. Concerns about your child's behavior.

Communication a Coach Expects from Parents

1. Concerns expressed directly to the coach.

2. Notification of any schedule conflicts well in advance.
3. Specific concerns regarding the coach's philosophy or expectations.

As your child becomes involved in the interscholastic athletic program at Wisconsin Lutheran High School, he/she may experience some of the most rewarding moments of their lives. It is important for the parent(s) to understand that there may also be times when things do not go the way you or your child wish. At these times, forthright discussion with the coach is encouraged.

Appropriate Concerns to Discuss with the Coach

1. The treatment of your child, mentally and/or physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Remember that coaches are professionals. They make judgment decisions based on what they believe to be "best" for the team and all of the individuals involved.

Issues NOT Appropriate to Discuss with the Coach

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

Problem Solving Procedure

Co-curricular activities enhance the overall educational experience of the student. The development of lifetime skills such as honesty, integrity, respect, dedication, commitment and loyalty are all important qualities for students to learn. One of the most important lifelong skills that can be developed through participation in a co-curricular activity such as interscholastic athletics is problem solving. If we believe that co-curricular programs mimic life, then the potential exists for conflict in interpersonal relationships. Conflict is an inevitable part of sin and the human condition. Although problem-solving skills are best developed in the home, Wisconsin Lutheran High School feels an obligation to reinforce their development and endorses the following guidelines to assist in reaching the goals of healthy dialogue and conflict resolution.

If a problem exists, please follow these steps sequentially

1. First, the student-athlete should reflect on the program philosophy and goals as stated by the coach. Then, he/she should take a personal inventory and an insightful look at his/her goals, desires and motivation. How do they match up with the program?

2. Second, the student-athlete should speak to their parent/guardian. The parent/guardian should encourage the student-athlete to “advocate” on his/her own behalf. Discussion should focus on resolving the question listed in Point #1 above. If no resolution is reached, please proceed to Step 3.

3. Third, the student-athlete should talk to the coach. Discuss concern(s)/problem(s) frankly. The parent/guardian should avoid denying the student-athlete this educational opportunity by meeting with the coach on behalf of their child. Following this session, the parent/guardian and student-athlete should discuss the meeting. If no resolution is reached, please proceed to Step 4.

4. Fourth, the parent/guardian should call the coach to arrange a meeting. The student-athlete should be included. Please avoid approaching a coach after a game/meet/etc. Following this session, the parent/guardian and student-athlete should discuss the meeting. If no resolution is reached, please proceed to Step 5.

5. Fifth, the parent/guardian should call the Athletic Director to arrange a meeting that includes the Athletic Director, the coach, the parent/guardian and the student-athlete. If no resolution is reached after this meeting has taken place, please proceed to Step 6.

6. Finally, the parent/guardian should call the Principal of the school to arrange meeting that includes the Principal, the Athletic Director, the coach, the parent/guardian and the student-athlete.

