

TRINITY LUTHERAN SCHOOL UTICA, MI

ATHLETIC HANDBOOK

2023-2024

Ministry of Trinity Lutheran Church and School

Mission

The great commission in Matthew 28 tells us to "Go ye therefore to all nations...." In the same way, Trinity's mission is one of outreach. We use it to help students and parents understand the command Christ gives us in scripture. Our mission of "To Go And Make Disciples Who Share Christ's Story With Love" gives us every opportunity to do this, in a relational way.

Purpose

The members of Trinity believe the school to be essential in carrying out God's command regarding the Christian training of children. They also want to assure themselves and their children of the blessings God has promised to those who give their children a Christ-centered education.

John 3:16 - "For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life." This gives Trinity Lutheran School the framework to train a child to a life of service and dedication to God.

Our purpose then is:

- To strengthen children in their faith that they may grow in knowledge of their Savior, in love for Him, and service to Him.
- To cooperate with and **assist** parents in leading their children into successful, useful, and purposeful living.
- To help children discover and develop their God-given talents and abilities, that they might use them to His glory and for the benefit of their fellow man.
- To maintain high standards of early childhood, elementary, and junior high school education integrated with and related to the teaching of God's Word for the development of the whole child.
- To develop the kind of Christian character which will make the graduates of our school leaders in the church, in the community, and in the world of tomorrow.

Vision

The vision of Trinity Lutheran Church and School is establishing 20,000 relationships through weekend worship, education, service and family ministries. Our vision is built on shared values that can be summarized as Love, Learn, Live and Lead.

Welcome

Dear Parents and Athletes,

Welcome to a new school year and a new year of Warrior athletics. We are pleased to include you as a part of our program. We believe that athletics can be an important part of a child's physical, social, mental, and spiritual development. It can help to make a child more well-rounded and complete. Athletics, however, should not be the most important thing in a child's life. When God, home, school, then sports is the order of priorities followed, a child is well on his/her way to a successful life.

Trinity has a rich tradition of athletic excellence. This success stems from many of the principles and the philosophy that follow in this handbook. Please read it carefully and discuss it together. We are looking forward to a blessed year with you, and we know that we can count on your Christian support of our teams, coaches, and program. When Christ is kept the focus, failure is impossible!

In Christ,
Tim Siekmann
Athletic Director

PHILOSOPHY

Trinity Lutheran School has at the core of its existence the purpose of strengthening children in their faith that they may grow in knowledge of their Savior and in love and service to Him and others. Trinity's athletic program is an extension of the overall school program. The aim of Trinity athletics is to facilitate the goals of Trinity school through sports activities. The intent is to teach and develop physical skills, mental discipline, Christian character and sportsmanship, and the striving spirit necessary for Christian living.

Participation in Trinity athletics is a privilege granted to spirit-filled, exemplary students who demonstrate a skill in a given sport. Through participation in interscholastic sports, students will be encouraged to be the best that they can be to the glory of God.

GOALS

1. To glorify God in all that is done on and off the playing field.
2. To help instill the priority that God is always first: God, family, school, athletics.
3. To realize that certain rules are necessary and how to abide by these rules.
4. To learn the importance of cooperation and the need to respect the rights of others, to win with grace and humility, and to accept defeat with poise and dignity.
5. To recognize that the use and development of physical skills and talents is good Christian stewardship.
6. To improve the athlete's overall physical condition and specific athletic skills.
7. To prepare athletes for high school level athletics.
8. To provide a positive athletic experience for each athlete and to encourage a lifelong enjoyment of sport and recreational activities.

INTERSCHOLASTIC SPORTS AVAILABLE

Fall Sports -	Cross Country - 4 th - 8 th Boys and Girls Soccer - 5 th & 6 th , 7 th & 8 th Boys and Girls Girls' Volleyball - 5 th & 6 th , 7 th & 8 th
Winter Sports -	Girls' Basketball - 5 th & 6 th , 7 th & 8 th Boys' Basketball - 5 th & 6 th , 7 th & 8 th
Spring Sports -	Track - 4 th - 8 th Boys and Girls

ELIGIBILITY

One of the primary purposes of Trinity is to provide a quality education. In keeping with that principle, an athlete is considered to be a student first. Eligibility check dates and report card dates are posted on the school calendar. An athlete must maintain an overall average of "C or better" in all areas of the curriculum (core subjects receiving a higher weight) in order to participate. Any student below a 'C' average overall or earning a failing grade on the **eligibility check** or **report card** is ineligible for **5** school days. At the conclusion of the 5 school days, their status will be re-evaluated to see if necessary improvement has been made. If so, then they will be reinstated to participate the following day. If not, then the period of ineligibility will continue for the next **5** school days. At that point if the student is still ineligible then they will be removed from the team. Students may participate in a try-out during the time of ineligibility. Ineligible players may not participate in practices or games. They may come to the games and sit with the team in school attire or they may sit in the bleachers with their parents.

Athletes are also expected to demonstrate Christian conduct and behavior in all classroom and school activities. Students serving a detention/suspension are ineligible to participate in any athletic activity (game or practice) also held on that day. **This will be considered an "unexcused" absence.** Student conduct **prior to**

and during participation in an athletic activity will be considered and monitored closely. Failure to meet these required standards will result in probation/suspension from the team. Suspensions will be determined by the student's instructors and the Athletic Director. Parents and the coaching staff will be informed of the student's eligibility status regarding academics and behavior.

Also, a student must be in school the day of a scheduled activity in order to participate in that game/practice. If a student is out of school for reasons such as doctors appointments, to attend a funeral, or for testing purposes, they may still participate in an after school scheduled athletic activity. *However when a student is absent due to illness they must return to school by 12:30 pm to be eligible to participate in a practice or game that afternoon.* Absences due to illness or injury on a school day prior to an event scheduled on a non-school day will be evaluated on an individual basis by supervising school personnel. If a student does not participate in a scheduled physical education class, due to illness or injury, they **may not** take part that day in any extra-curricular athletic activity.

Students who have a late practice are to go to latch key if not going home first. Latch Key personnel will bring them to the gym for practice. Students having a "late" contest may either go to Latch Key after school or go to the gym and sit in the stands to watch the early game. They are not to leave the gym area or the student will be escorted to Latch Key and may jeopardize their involvement in their extra-curricular activity. Any student leaving the building without parental supervision jeopardizes their involvement in extra-curricular activities.

PARENT MEETINGS

There will be a Fall Athletic Parent Meeting held at the beginning of each school year. **This meeting is mandatory for all parents 4th - 8th grade whose children are interested in participating in athletics.** The purpose of this meeting will be to inform families of our athletic program and expectations, as well as answer any questions regarding the athletic program here at Trinity. Upon selection of the teams, there will be a short team meeting to give important information pertinent to the specific team and booster help information. This will allow parents to volunteer for different opportunities such as being a coordinator, team parent, concession help at games/tournaments, assisting in pre/post game setup and cleanup, assisting at the scores table, etc.

MEDICAL REQUIREMENTS

Each participating student is required to have a **yearly** doctor-certified physical examination **on or after April 15th** of the previous school year **prior to participating in a Trinity sport/tryout.** Copies of the exam results are to be on file in the school office. **This complies with the by-laws and policies of the North Suburban Lutheran Athletic Association (N.S.L.A.A.) of which Trinity is a member school.**

MICHIGAN SPORTS CONCUSSION LAW

A concussion is a brain injury, caused by a blow, bump or jolt to the head that can have serious consequences. It can occur in any sport or recreational activity.

Public Acts 342 and 343 of 2012 (Concussion Law) became effective June 30, 2013 and require schools and youth sports organizations to educate, train and collect forms for **non MHSAA** activities including physical education classes, intramural and out-of-season camps or clinics. The sports concussion legislation requires all coaches, employees, volunteers, and other adults involved with a youth athletic activity to complete a concussion awareness on-line training program.

Trinity will provide educational materials on the signs/symptoms and consequences of concussions to each youth athlete and their parents/guardians and obtain a **signed statement** through a google "Concussion Acknowledgement Form" acknowledging receipt of the information for Trinity to keep on record.

The law also requires immediate removal of an athlete from physical participation in an athletic activity who is suspected of sustaining a concussion. If a student is withheld from athletic activities due to a suspected concussion, he or she may not return at all on that day. and only on a subsequent day with the **written clearance of an MD or DO.**

It should be understood that for MHSAA sports the existing rules meeting completion requirement and concussion removal and return to play protocols, first begun in 2010, remain in effect. This includes that Trinity shall designate the person who shall evaluate suspected concussions. This is more stringent than the new law and must be followed for MHSAA competition and practices. Not adhering to this protocol results in ineligibility of the student and forfeiture of contests. Compliance with other aspects of the new concussion law is accomplished through a website of the Michigan Department of Community Health (MDCH)

www.michigan.gov/sportsconcussion

Here is a brief summary of what the law requires: -

- ❖ Adult coaches and teachers of Physical Education class, must complete the established free online training course. Trinity will collect and file the certificate of completion for each adult.
- ❖ Trinity will provide educational training materials to students and parents and collect and maintain their signed "Concussion Acknowledgement Form" for the duration of the student's involvement. The Trinity website will also have the link for Parents & Students educational information.
- ❖ Trinity must follow the concussion protocols for non-MHSAA events as is currently done for MHSAA sports when a student is suspected of a concussion:
 1. Sit them out
 2. Find out and do not allow them to return to athletic activities, P. E. class, practice or competition until cleared in writing.

The law requires schools to maintain a copy of any written clearance until the student is 25 years of age.

TRY-OUTS

Try-outs are held at the beginning of each season. Dates and times are on the school calendar, announced to the students at school and in **Take Home Notes** to parents. The number of try-out days and the number of athletes making a team may vary. Any student trying out for an athletic team must have had a parent/guardian attend the Parent meeting as well as complete and turn in the following **prior** to the try-out date:

1. Athletic Commitment form
2. Emergency/Health form
3. Concussion Acknowledgement form
4. Trinity Athletic Waiver

PLAYING TIME

Trinity is involved in a competitive interscholastic conference. *This means that our teams will compete to the best of their abilities with the objective of winning the contest.* Our teams are not recreational teams guaranteeing equal playing time. Playing time, which involves both games and valuable practices, is left to the discretion of the coaches and is determined by a variety of factors including attitude, work ethic, skill level, and contest situation. It is Trinity's goal to involve all team members while remaining competitive.

ABSENCES

When an athlete makes a commitment to a team, he/she commits to attending all practices and games. Missing practices or parts of practice affects the team and a coach's practice plan and could drastically affect playing time. Approved absences must be submitted in writing to the coach **before** the missed activity. Absences for such reasons as illness and funerals are considered excused. If an athlete misses school because of illness no written notification is necessary.

Absences, such as forgetting practice or game apparel, playing a sport for another team, or detentions/suspensions, will be considered **unexcused** and will alter playing time. Missing a day of a

tournament with more than one game/match will count as two (2) unexcused absences. Three (3) unexcused absences will result in removal from the team.

Before a student joins a Trinity team, it is important that he/she makes a commitment to that team. This means putting a Trinity team before any other sports team he/she may be on. This commitment includes practices as well as games and needs to be considered **before** a try-out situation.

TRANSPORTATION

It is the responsibility of the parents to drive their child to and from games and practices or to arrange a ride for their child. A student staying after school for a later scheduled practice is to be in latchkey. A note must accompany your child to inform the staff that your child is to be dismissed to the gym for practice. If a student has a scheduled game after a practice they need to be in latchkey until fifteen minutes prior to game time. This is not an option for those who have a practice or game after 5:30 p.m. These athletes are to be brought back to school for their scheduled activity. These arrangements need to be in place **before** school begins the day of the scheduled activity. Adults transporting athletes to and from games are expected to comply with the driver/vehicle/insurance requirements listed in the "Field Trip" section of the current Trinity school handbook. In the event of a scheduled away contest, participating athletes may be granted an early dismissal. The classroom teacher will dismiss the athlete at the scheduled time. If a sibling must also be released for an early dismissal, parents must follow the school procedure for dismissal and sign the child out from the office prior to getting the child from the classroom.

UNIFORMS

Trinity does provide uniforms for each of its athletic teams. They are to be kept neat and clean throughout the season. Uniforms should be washed in warm or cold water and be air dried. All uniforms must be turned in at the designated "turn-in time" in the same condition they were received pre-season. It is the responsibility of the athlete and the parents to ensure the uniform is properly cleaned, which may include professional cleaning. If any damage is done to the uniform, payment for uniform repair or replacement will be required on the part of the athlete and parents. All uniform jerseys are to be returned on a white plastic hanger issued with every jersey at the start of the perspective sports seasons. Failure to do so may result in your child receiving an after-school detention.

DRESS

Athletes are expected to dress up on days of games, spirit assemblies, and Fridays before weekend tournaments or meets. As representatives of Trinity, it is important that they reflect this separate and special role in their outward appearance. This is also a way of building team unity and personal pride. Girls are expected to wear skirts, gauchos, or dresses. Boys are expected to wear dress pants and dress shirts with ties. Dress **to**, **at**, and **from** games should also follow proper school dress code, which may include the wearing of a warm-up and Trinity team uniform. On "special dress days" an athlete may wear the special attire for that day rather than dress up as usual for games/tournaments.

SPORTS FEE

All athletes must pay a **\$60** sports fee for each sport they participate in throughout the year. This fee will be collected through TADS at the beginning of each season. This fee helps pay for referees, tournament registrations, equipment, uniforms, etc.

PARENTAL ROLE IN THE DEVELOPMENT OF THE STUDENT/ATHLETE

The parents of a student are the determining factor in a child becoming an athlete. Because we encourage all

of our students to be Christians first, students second, and athletes third, the responsibilities of the parents are vital in the child becoming a total and complete athlete at Trinity. Some of these responsibilities follow:

1. Teach your child the example of a Christian attitude toward all things.
2. Assist your child in establishing the proper priorities with respect to church, family, peers, study, and play.
3. Encourage and participate in your child's growth as an athlete. Become interested in the sport and be your child's advocate.
4. Support your child's commitment to his team and school.
5. Make a commitment to help your athlete by attending sporting events and assisting in needed ways (running the clock, selling concessions, clean-up, etc.).
6. Support your child's coach. When a parent competes with or criticizes a coach, especially in front of the athletes, everyone suffers.
7. Become an active participant and supporter of Trinity Boosters. All Booster activities positively affect our athletic teams. Volunteer your time!
8. Make sure your child is at all practices and games. Be prompt in transporting your child to and from all sport activities.
9. Teach your child to enjoy the thrill of competition, to be "out there trying", and to be in constant pursuit of improving skills and attitudes. Make sure your child knows that - win or lose - you love him/her and appreciate his/her efforts.
10. *24 Hour Cool Down!! If you have a concern you need to voice wait 24 hours to take time to think about the concern. Then it should first be shared with the person whom it involves. If it cannot be resolved, it should then be brought to the Athletic Director's attention. Make sure never to address the concern immediately with the person!*

CODE OF CONDUCT FOR STUDENT/ATHLETES

It is a privilege to be a member of a Trinity athletic team. Athletic talent is a gift from God, and using your talent is a way of giving glory to God. Success is not something that just happens. It requires hard work, cooperation, sacrifice, and self-discipline. Being an ambassador of Trinity means carrying out a number of responsibilities. Some of these follow:

1. Demonstrate a Christian attitude at all times - on and off the playing field, at home and school, winning and losing.
2. Treat coaches, opponents, teammates, and officials with respect.
3. Be an encourager. Never tear down. Always build up.
4. Take care of your body spiritually, physically, and mentally. Remember it is the temple of the Holy Spirit and should be treated as such.
5. Strive for excellence in all you do. Realize the importance of giving 100% effort at all times - in practice as well as games.
6. Be a team player. Athletics is a great expression of unity. Think "we" rather than "me".
7. Honor the commitment you have made to your team. Maintain your grades, be punctual to all games and practices, and represent your school well by practicing good sportsmanship.
8. Be prepared for activities by always having the necessary equipment and mind focus. Keep your parents informed of your schedule and any changes.
9. Recognize that whatever your role on a team - you are important. Whether you are the leading scorer or a substitute, you make important contributions. Carry out your role with pride.
10. Win or lose, give thanks to the Lord for the opportunity to participate on the field of competition and to enjoy the Christian fellowship of athletics. To God be the glory!

CODE OF CONDUCT FOR FANS/SPECTATORS

1. Remember that the spectator represents the school as much as the athletes and coaches do.
2. Attend the game to encourage and support the athletes. Be seated during play. Only leave the gym at breaks and only when absolutely necessary. Parents, please monitor the location and behavior of any children not on a playing team.
3. Show respect for the judgment of the officials. You don't always have to agree, but showing respect is a must.
4. Recognize and appreciate outstanding plays and efforts made by both teams.
5. Be a positive example in words and actions to those around you so that everyone may enjoy the contest.
6. Insist on the courteous treatment of the visiting team and its spectators. Show respect for the host school by honoring the rules and expectations it has.
7. Be enthusiastic! Show your school spirit!
8. Treat players with respect. They are highly impressionable children. Treat coaches with respect. They are dedicated volunteers, not highly paid professionals.
9. Remember that glorifying God and the good name of the school are far more valuable than any game won or lost by poor sportsmanship.

TRINITY ATHLETIC BOOSTERS

All parents whose children participate in athletics are Boosters! Other parents are welcome to participate as well. The purpose of the Athletic Boosters is to help at events as well as financially support the athletic programs of Trinity. Boosters raise monies through the school hot lunch program and through concession sales at home athletic contests. The funds raised pay for referees, tournament entry fees, purchasing of equipment and uniforms. Booster success depends on the active involvement of parents. ***Parents are required to help at concessions at one game as well at the Trinity tournaments when your child participates. Please be an involved parent and an active Booster!***

LEAGUE MEMBERSHIP

Trinity is presently a member of the North Suburban Lutheran Athletic Association (N.S.L.A.A.). All of our teams compete in this conference. There are different divisions within the conference for each sports season. The following schools are members of the N.S.L.A.A:

Participating Schools

- | | |
|---------------------------|------------------------------|
| 1. Immanuel, Macomb | 2. Our Shepherd, Birmingham |
| 3. Peace, Shelby Township | 4. St. John, Fraser |
| 5. St. John, Rochester | 6. St. Peter, Eastpointe |
| 7. St. Peter, Macomb | 8. Trinity, Clinton Township |
| 9. Trinity, Utica | |

LOCATIONS / ADDRESSES TO SPORTING EVENTS

Local Parks and School Fields

Flickinger Elementary - Soccer
Cross Country

Grant Park - Cross Country

Ford High School - Cross Country
Track & Field

Center Line High School
26300 Arsenal
Center Line, MI
Phone: (586) 757-6660

Delia Park
18 Mile Rd.
Sterling Heights, MI

Immanuel, Macomb
47120 Romeo Plank Rd.
Macomb, MI 48044
Phone: (586) 286-7076

Lutheran High North
16825 24 Mile Rd.
Macomb, MI 48042
Phone: (586) 781-9151

Lutheran High Northwest
1000 Bagley
Rochester Hills, MI 48309
Phone (248) 852-6677

Our Shepherd, Birmingham
1658 E. Lincoln
Birmingham, MI 48009
Phone: (248) 645-0551

Peace, Shelby Township
6580 24 Mile Rd.
Shelby Township 48316
Phone: (586) 731-8935

Stoney Creek Metropark
4300 Main Park Dr.
Shelby Township, MI 48316
Phone: (586) 781-4242

St. John, Fraser
16339 14 Mile Road
Fraser, MI 48026
Phone (586) 294-8740

St. John, Rochester
1011 W. University
Rochester, MI 48307
Phone (248) 402-8831

St. Lorenz, Frankenmuth
140 Churchgrove Rd.
Frankenmuth, MI 48734
Phone: (517)652-6141

St. Peter, Eastpointe
23000 Gratiot
Eastpointe, MI 48021
Phone: (586) 777-6300

St. Peter, Macomb
17051 24 Mile Rd
Macomb, MI 48042
Phone: (586)781-9296

Thelma Spencer Park
3701 John R
Rochester Hills, MI

Trinity, Clinton Township
38900 Harper
Clinton Township, MI 48036
Phone: (586) 463-2389