

# *Mt. Calvary-Grace Lutheran School*



*2022-2023*



# **Athletic Handbook**

## *Our Mission*

*Our mission is to provide a Christ-centered education,  
which supports parents in their Christian responsibility  
to teach their children about Jesus Christ, the only Savior.*

## **PREFACE**

A quality Christian education is and should be our main goal at Mt. Calvary Grace Lutheran School. Our facilities, staff, curriculum, and equipment are great assets in helping us achieve this. The purpose of this handbook is to aid coaches, athletes, and spectators in maintaining an athletic program that is efficient, effective, and God-pleasing.

This handbook reflects the philosophy, mission, suggested outcomes, and expectations for coaches, athletes, and spectators, and promotes an important consistency throughout our athletic department. Following is the "Philosophy, Mission, Suggested Outcomes, and Expectations for Coaches, Athletes, and Spectators of the Athletic Department."

## **PHILOSOPHY OF THE MCG ATHLETIC DEPARTMENT**

The foundation of all interscholastic athletic programs at MCG is the Word of God. The coaches that direct these programs, the student athletes that participate, and the spectators that watch will be guided by this foundation.

## **MISSION OF THE MCG ATHLETIC DEPARTMENT**

In keeping with Mt. Calvary-Grace's mission to equip young people in Christian discipleship, the athletic department strives to train our youth through unique learning opportunities difficult to duplicate in other areas of school life. Interscholastic sports provide another experience for students blessed with God-given abilities in athletics to develop their spiritual, intellectual, physical, social, and emotional skills and values in the light of God's Word.

## **LALSAC PURPOSE STATEMENT**

The LaCrosse Area Lutheran School Athletic Conference (LALSAC) exists to train our youth through unique learning experiences in athletics while developing their spiritual, intellectual, physical, social, and emotional skills and values in the light of their continuing discipleship and spiritual growth. The league shall foster an environment where team play, cooperation, unity, and fair play are priorities that are guided by God's Word.

# **SUGGESTED OUTCOMES OF THE ATHLETIC DEPARTMENT**



## **SPIRITUAL DEVELOPMENT**

1. Provide a Christian environment where student athletes can grow in faith.
2. Teach student athletes to put aside personal glory and do all things to the glory of God.
3. Encourage the student athletes to let their light shine through good sports— sportsmanship to properly represent our Savior.
4. Teach the student to cope with winning or losing in a God-pleasing manner.

## **INTELLECTUAL DEVELOPMENT**

1. Encourage athletes to put school work before their athletic involvement and to always strive to do their best.
2. Treat each student athlete individually according to their unique God-given intellectual abilities.
3. Teach sport-specific exercises, drills, and activities that develop the skills and knowledge of the student athletes in their sport(s) preference.



## **PHYSICAL DEVELOPMENT**



1. Teach the student athletes to respect their bodies as temples of the Holy Spirit.
2. Teach the student athletes how to promote good health habits in their athletic participation.
3. Encourage student athletes to discipline and train themselves according to the physical needs of their sport activity.
4. Provide an organized, supervised, and safe environment for student athletes to learn and compete.
5. Train student athletes by using physical activities that are concerned with the development of their strength, stamina, and abilities.

## **SOCIAL DEVELOPMENT**

1. Foster an environment where team play, cooperation, and respect for teammates and opponents are a priority guided by God's Word.
2. Provide learning activities through athletics that encourage unity within the school, congregations, and communities.
3. Teach self-discipline, service, and humility as attitudes of team play that carry over into life, following Christ's example.
4. Encourage friendships between teammates as they strive to reach their athletic potential and instill the need for friendship with all their peers by recognizing we are all God's redeemed children.
5. Instill in student athletes the fact that participation in interscholastic activities is a privilege with accompanying responsibilities.
6. Foster in student athletes an attitude that they faithfully commit themselves to all training rules.



## **EMOTIONAL DEVELOPMENT**

1. As Christian coaches, you need to be sensitive to the joys, opportunities, problems, and insecurities that the athletes experience, and act upon these situations as an extension of the parents you serve.
2. Help the student athletes to cope in a Christian manner with feelings they experience in competition such as winning, losing, anger, trust, jealousy, frustration over injury, and the like.
3. Guide the student athletes in understanding that winning is doing their best with their God-given talents, both individually and collectively.
4. Develop in the student athletes a sense of responsibility for using their God-given abilities.
5. Develop in the student athlete the sense of satisfaction and joy that comes from using their God-given talents to their fullest.

## **ATHLETE ELIGIBILITY**

- ❖ MCG athletes are redeemed children of God, and God deserves their utmost respect. Children who participate in sports at MCG should have God's Word as the highest priority. Children who are unable to attend church regularly (more than 50%) will result in a two-week suspension from athletics. If the church attendance does not improve during this period, the suspension becomes permanent for the remainder of the grading period.
- ❖ MCG has established C- as an average minimum requirement for students wishing to participate in the athletic program. They must also have all passing grades. An average lower than C- and/or a failing grade in any subject is considered a failure to meet these standards and will result in a two-week suspension from athletics. If the academic standing does not improve during this period, the suspension becomes permanent for the remainder of the grading period.
- ❖ Recognizing that MCG athletes are students first, all students are to work to the best of their God-given ability. To that end, all outstanding late work that is due must be completed BEFORE participation in any practice, scrimmage, or game.

# **EXPECTATIONS OF STUDENT ATHLETES**

The student athletes of MCG represent the school and church. Their actions should be guided by God's Will as it is found in the Ten Commandments. Athletics provide an excellent opportunity for the student athletes to let their "light shine" among other athletes, coaches, and spectators. The athletes should remember to do **everything to the glory of God.**

Each athlete should experience the extended hard work necessary for success. A winning attitude should not be defined by won-lost records, but taught as doing one's best. Every player must learn to view success and failure in a positive way, and accept them in a Christian manner. Athletics is also where young people can learn to sacrifice time, individuality, etc. for the sake of the team.

Regardless of the intensity of the situation, athletes must maintain the idea that goals are only important when reached in a Christian manner.

Losing is not a virtue: but on the other hand, players must learn that it is not a disgrace to lose if they have prepared conscientiously and extended themselves in the contest. After a loss, the players should not alibi (such as blaming officials), but give objective thought to the reasons for failure and implement a plan of action in an effort to improve.

A good winner is humble and when complemented just says, "thank you". A winner demonstrates their talents on the field, and therefore, has no reason to express verbally their greatness.

The student athletes will be reminded that they are first a student and an athlete second at MCG. This concern should be expressed by regularly checking with the athlete's teachers about grades and attitude. This expression of concern can head off potential problems and also serve as reinforcement to our athletes on a job well done. Parents, teachers, athletes, and coaches will all benefit from this line of communication and the student-athlete quality will be strengthened at MCG.

One goal of the athletic program is to develop good health habits. Student athletes that use illegal substances such as illegal drugs, alcohol, or tobacco products will be suspended from the athletic program for the remainder of the school year. The school board will reevaluate the student prior to the following year to determine if the suspension will be canceled.

If an athlete becomes a serious problem on the field or court, the coach should remove the athlete from the activity and discuss the situation with him or her after the event. The Athletic Director and Principal must be consulted before an athlete is dropped from a team.

Each coach can expect and should not be satisfied with anything less than the highest respect from his or her players.

Out of respect to the coach and to the team, each player should be prompt to practices and games. Tardiness will result in the reduction of playing time in games. If a player needs to be dismissed for part or all of a practice or game, the coach should be notified at least 24 hours in advance.

# **EXPECTATIONS OF SPECTATORS**

Spectators cheering for MCG also represent our school and church body. Their actions should be guided by God's Word. Spectators are encouraged to remind one another of this responsibility.

Spectators should display positive sportsmanship at events. Spectators will need to remember that players, coaches, and officials are all sinful and apt to make mistakes. Yelling at players, coaches, and officials is not part of the Christian educational environment. Any abusive action of a fan should be reported to the Athletic Director or Principal.

Spectators may be well-informed fans, but they are not coaches. Spectators should refrain from questioning the judgment of a coach. If there is a serious problem, discuss it with the coach individually. If the problem persists, contact the Athletic Director or Principal.

## **OTHER POLICIES**

### **PRACTICES**

Players are to notify the coach with a written note from their parents 24-hours in advance that they will miss all or part of a practice except in an emergency situation.

Injured players, who are physically unable to take part, should attend practice for the purpose of learning as well as continuing to be an active member of the team.

### **GAMES**

The players should be ready to play at least 30 minutes prior to game time for warm-ups/pre game sessions.

#### **All playing time will depend on the following:**

- ✓ The player must be academically eligible and attend church regularly (more than 50%).
- ✓ Those players that do not attend every practice will not get as much playing time as those who attend every practice.
- ✓ Any discipline problem may result in the loss of playing time for games and practices. ✓ Players that show an effort to improve their skills will play more than those that show no effort.

## **INJURIES**

All participants will need to have a physical by a qualified physician in their first year of participation, and the completed form on file with the Athletic Director. This will prevent some injuries from ever occurring.

In order to compete in interscholastic athletics for practice or play, a student must be covered by an insurance policy which would adequately take care of any medical or hospital bills which may be incurred because of injury. Proof of such insurance will be kept on file with the Athletic Director.

If an athlete is injured, they should receive first-aid treatment. If the injury is judged serious and in need of immediate attention, the coach should call the parents or guardian and doctor with the best interest of the athlete in mind. In some cases, the injured athlete may be transported to a doctor or hospital, while in others, it may be wise to have medical help come to the field or court.

When an athlete has been medically excused and wishes to return to participation, they should present a note from the parents and/or doctor to the coach.

## **EQUIPMENT**

Players are to be impressed with the fact that they are responsible for the equipment and its care. Coaches should instruct players on how to care for the equipment properly. Coaches should insist that the locker room be kept neat and clean. This should include everything being picked up off the floor. We ask this out of courtesy to our janitor, and to leave a favorable impression on the frequent visitors to MCG.

## **COMMUNICATION**

Parents, teachers, athletes, and coaches will all benefit from an open line of communication. If a problem arises, first talk with the individual involved **privately**. Advertising other people's mistakes is gossip, and goes against the Word of God. If the problem persists further, we will follow this chain of command:

1. Coach
2. Athletic Director – Wesley Towne – [wtowne@mcglutheran.org](mailto:wtowne@mcglutheran.org) or 608-385-1468
3. Principal – Jon Biedenbender – [principal@mcglutheran.org](mailto:principal@mcglutheran.org) or 608-304-3604
4. School Board

**In sports, as in all parts of life, we may easily apply  
this message:**

"Seek first His kingdom and His righteousness, and all these things will be given  
to you as well." Matthew 6:33

## **MCG SCHOOL SONG**

**Welcome our Hawks, good luck on your game.  
Welcome our guests, to you we wish the same.  
Cheer for our team, now--we are always here!  
We're from Mt. Calvary-Grace, we show no fear!  
Tension's arisin', we're gonna stay  
Glued to our seats so we can see 'em play!  
Let's hope the team that wins will be the best--  
Cheer on the Hawks and they will do the rest!**

