

Thunderbird Athletic Handbook

“I believe that God made me and every creature, and has given me my body and soul, my mind and all my abilities.”

Participating in athletics at Trinity is a privilege. Our Heavenly Father has given us all our abilities. May we use them to the best of our ability, giving all glory to God, on and off the court, whether playing or cheering our teams.

Table of Contents

- I. [Description of an Athlete](#)
- II. [Philosophy](#)
- III. [Expectations](#)
- IV. [Conduct](#)
- V. [Policies](#)
- VI. [Procedures](#)

I. Description of an Athlete

Trinity' athletes are dedicated to the sport they are participating in. Whether it is soccer, basketball, wrestling, cheerleading, softball, or track, coaches can expect 100% effort from each individual.

Coaches are looking for athletes who are willing to learn and to work hard to improve their individual skills. Coaches are also looking for athletes who are team players.

Coaches are working hard and taking time to teach athletes the proper techniques for use in the future. The more athletes practice, the easier these skills come to them. The less effort that is put into performing the proper skills hurts the individual as well as the team.

This means that athletes cannot be selfish, lazy, unable to take constructive criticism, or be at practices just to be with or talk to friends.

Athletes should be able to work with teammates, not getting frustrated and taking it out on team members by yelling or arguing with them. Rather, they should be willing to take the time to help improve their individual or team skills.

Finally, these athletes need to reflect the love of their Savior and be representatives of Him at all times with good sportsmanship. Whether winning or losing, athletes should always respect the other team and officials, and speak well of them at all times.

Mission Statement

Trinity Lutheran School athletics are committed to aid parents in teaching their children to know the Lord and trust his promises, inspiring them to live as servants of God and mankind throughout eternity.

II. Philosophy

- A. The purpose of interscholastic athletics is for the child to grow in his/ her skills and abilities, and to have the opportunity to use those skills in meaningful competition against other teams.
- B. The child will develop the fundamental skills at the B team level through active participation. It is our goal to give all team members at the B team level a chance for meaningful participation in all games and practices.
- C. Those who desire to continue to develop their skills at a more competitive level will have the opportunity to do so on the A team. Because the focus of the A team is competition, coach's may play players as they see fit.
- D. Since the teams our children compete against have the same general attitude toward interscholastic athletics, we look forward to enjoyable competitive games. We expect our players, coaches, and spectators to conduct themselves in a Christian manner at games.

III. Expectations

1. All athletes are expected to maintain their homework during the season.
2. All athletes are expected to come to practice with a work mentality to improve their individual and team skills.
3. All athletes are expected to be at all scheduled practices and games.
4. All athletes are expected to talk to their coach after missing a practice or game.
5. All athletes are expected to listen to their coach and do as he/she asks, when he/she asks.
6. All athletes are expected to be prompt for games to properly warm-up and stretch.
7. All athletes are expected to sit in the bleachers and watch the other games as long as they are there.
8. All athletes are expected to display proper sportsmanship at all times. This includes no booing, complaining to officials, or about the other team.
9. All athletes are expected to have the proper equipment to participate in a sport.
10. Uniforms are to be properly tucked in before the athlete leaves the locker room and field.
11. Parents concerns regarding coaching philosophy and expectations should be expressed to the coach during a scheduled appointment.
12. Parents should immediately notify the coach of any scheduling conflicts.
13. Parents should notify the coach of any injuries of an athlete.

IV. Conduct

1. All athletes should reflect their Christian faith at all times, whether at practices or games.
2. There should be an atmosphere of work at practices rather than a social atmosphere.
3. Any negative attitude toward the coach or a team member will not be tolerated.
4. When possible, leave constructive criticism for the coach.
5. Do not be afraid to ask your coach to review the proper techniques if necessary.
6. Work with every member of the team. Do not always pair up with the same person. It is hard to improve when you are always working with the same person.
7. Arguing, yelling, or complaining is not allowed. These disrupt teamwork.

8. Do not be concerned with your appearance. If you are practicing hard, you will sweat and your hair will get messed up.

V. Policies

1. Eligibility Policy

The student needs:

- a. the parent's permission;
- b. to be working up to full ability in class;
- c. to be demonstrating Christian conduct in and outside the classroom;
- d. to get above an "F" in every subject and no more than one "D" in any subject.

A student close to these lines will be informed on every Monday what the status of their grades are. If they fall below, they are ineligible.

2. Practice and Game Policy

When athletes commit to our sports programs, they are expected to attend all practices and games. Should an athlete miss a practice or game, the parents should personally speak or write an excuse to the coach in advance when possible.

3. Attitude Policy

The student should decide before the season whether or not they are willing to make the commitment to the sport. Athletes must be willing to participate in the practice the coach has organized and listen to the coach.

4. Quitting Policy

Should a student decide to quit after the season begins, the uniform fee will not be refunded.

5. Jewelry Policy

All jewelry is to be taken off in practices and in games. (Please consider not getting your daughter's ears pierced before the beginning of that sport's season.)

6. Gum Policy

Gum is not allowed at school, and athletes should not have gum during practices and games.

7. Fee Policy

Uniform fees must be paid on the date specified by the Athletic Director. The athlete will not dress for the first game if it is not paid.

8. **Transportation Policy**

Parents are responsible for transporting their children to and from the games that are scheduled. Students should not be asking for rides on game days.

9. **Discipline Policy**

If a player has a negative attitude, he/she will be asked to sit on the bench until ready to display proper Christian conduct and attitude. The second time this happens, the player will be asked to leave practice or game. The parents must meet with the coach.

10. **Policy Sheet Policy**

Parents and students are expected to sign the policy sheet stating that they have read and understood the expectations of the athlete and the parent before the child will be allowed to participate in that sport. In applicable cases, both parent's signatures are required.

11. **Encouragement Policy**

Parents are encouraged not to take vacations that may interfere with the sports seasons. We are small in numbers and need all the players that we have.

VI. Procedures

How do athletes participate?

1. Perform in the classroom by using your gifts and talents to learn and prepare for your future.
2. Permission slips and policy slips must be returned in before you practice.
3. Pay uniform fees by the dates specified by the Athletic Director.
 - a. Soccer – \$6
 - b. Basketball – \$10
 - c. Cheerleading – \$10
 - d. Wrestling – \$5

\$5.00 will be refunded at the end of the season for basketball and cheerleading, \$3.00 refunded for soccer and no money refunded for wrestling.

4. Inform your parents of practice and game schedules and have arrangements for travel made ahead of time. No phone calls will be made unless a game is canceled.
5. Upon signing up for a sport, you are making a commitment and the coach is counting on the athlete to be at every game and tournament during the season. Make sure you are willing to participate and work hard to remain eligible for that season.
6. Work hard and have fun!