

**2008-2009
DENVER LUTHERAN HIGH SCHOOL
ATHLETIC HANDBOOK**

Mission Statement

Nurturing academic excellence and encouraging growth in Christ.

Introduction

The purpose of this handbook is to acquaint parents and student athletes with the athletic rules, regulations and expectations of Denver Lutheran High School so that through their athletic experience, they can better assist the school in our mission of excellence. Denver Lutheran High School believes that a student's academic responsibilities are more important than any extracurricular activity, including athletics. Parents and students who elect to participate in and/or support athletics at DLHS are voluntarily making a choice of self-discipline and self-denial. This concept is tempered by the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. Failure to comply with team rules, regulations and expectations of Denver Lutheran High School can mean dismissal.

Students who participate in sports tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than other students in general. In addition, sports programs provide valuable lessons for many practical situations (teamwork, sportsmanship, winning and losing, hard work, etc.). Through participation, student athletes learn self-discipline, build self-confidence and develop skills to handle competitive situations in life. It is a privilege to be able to participate in interscholastic athletics, and as a result there are greater expectations beyond those required of the student body in general. The goal of DLHS athletics is to glorify God in all that we do, with athletics serving as an arena for this experience. This handbook is an attempt to give student athletes and their parents a clearer understanding of these expectations.

Organization

Denver Lutheran High School is a member of the Colorado High School Activities Association and adheres to the rules and regulations prescribed by this governing body. Denver Lutheran is also a member of the Metropolitan League, composed of 11 schools. The following schools are members:

Bishop Machebeuf
Colorado Academy
Denver Christian
Denver Lutheran

Faith Christian
Holy Family
Kent Denver
Lookout Academy

Manual
Peak to Peak
St. Mary's Academy

Ten Commandments For Parents of Student Athletes

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure, be the person in their lives that they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, their sportsmanship and their actual skill level.
3. Be helpful, but don't coach them on the way to the track, field, court, or gym or the way back, at breakfast and so on. It is tough not to, but it is a lot tougher for your child to be inundated with advice, pep talks and often critical instruction.
4. Teach them the thrill of competition; To be out there trying; To be working to improve their skills and attitudes. Help them develop the feel for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure. You fumbled too, you lost as well as won, you were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, this competition will cause it to run from enchantment to disenchantment for your child.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team publicly.
8. Get to know the coach so that you can be assured that their philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under their leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point to understand courage and the fact that it is relative. Some of us can climb mountains, but are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain the courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all of the effort when you hear your child say, "My parents really helped me along the way."

Athletic Philosophy

The Denver Lutheran High School athletic program is considered vital to educating our young men and women for Christian leadership, and therefore, is designed to provide a variety of experiences that will prepare them for adult life in a democratic society. The athletic program shall be conducted in such a way as to justify it as an educational activity. It is to provide the student athlete with opportunities to develop a sense of self-esteem, sound physical and mental health, and good sportsmanship while learning the values of cooperation, competition and commitment.

Athletic Goals/Objectives

The goal of the Denver Lutheran High School athletic program is to assist the student athlete to become a more effective Christian citizen in a democratic society. To attain this goal, the student athlete is to learn....

1. To work with others-

In a democratic society, a person must develop self-discipline, respect for authority, and a spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.

2. To be successful-

Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. We must accept defeat only by striving to win with renewed dedication. We must develop a desire to excel.

3. To develop sportsmanship-

We should accept any defeat as a true sportsman, knowing we have done our best. We must learn to treat others as we would like to be treated. We need to develop desirable social traits including emotional control, honesty, cooperation, and dependability.

4. To improve-

Continual improvement is essential to good citizenship. As athletes, we must establish goals and constantly strive to reach those goals, by trying to better our skills and develop those characteristics set forth as being desirable.

5. To enjoy athletics-

It is necessary for athletes to enjoy participation, to acknowledge all the personal rewards to be derived from athletics and to give sufficiently of self to preserve and improve the program.

6. To develop desirable personal habits-

To be an active contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of fitness after formal competition has been completed.

Academic Eligibility Requirements

Denver Lutheran High School is dedicated to the principle of academic excellence. While sports and other activities are a very important part of high school life, the main purpose of this institution is to provide a Christian learning environment that stresses academic excellence. Academic athletic eligibility is determined under the constitution and by-laws set forth by the CHSAA and approved by the board of DLHS. Policies are as follows:

1. A student must be taking at least 5 classes, or the equivalent, which total a minimum of 2.5 Carnegie units per semester and be failing no more than one class. A student who receives two failing grades for any quarter or semester grading period is ineligible for participation in interscholastic competition for the next quarter period.

2. Two failures on any weekly eligibility report will make the student athlete ineligible to represent Denver Lutheran the following week. Failure notices are reported every Monday morning (unless there is a shorter week). A student with 2 failure notices will be ineligible to compete in any interscholastic scrimmages or game from Tuesday of that same week through Monday of the following week. The student athlete will be expected to attend and participate in practices during that time unless a note has been provided to the coach indicating that the student is with a teacher working on the failures. To regain weekly eligibility, the student athlete must not be failing a class by the next failure notice period the following Monday.

3. It is the responsibility of the coach with the assistance of the administration to notify all student athletes of any failure notices that will affect eligibility. It is the responsibility of the student athlete and their parents to work with the teachers to have passing grades.

5. Any questions dealing with academic eligibility for athletics should be directed to the Athletic Director.

Required Participation Records

A. On File With the Athletic Director-

1. Physical Examination Form

A yearly physical examination is required for all participants. The physical record must be completed, signed by an authorized physician, and on file prior to participation in any sport. The physical form is good for one year from the time of the examination.

2. Parent Permission Form

This form contains items that the student and parent should read, agree to and sign accordingly. Each item must be signed for participation to take place. The items include: warning of potential injury, insurance coverage, emergency medical authorization, training rules, CHSAA eligibility, transportation policy, emergency medical card, and sportsmanship agreement.

B. On File With the Attendance Office-

1. Emergency Medical Card

This card gives important emergency information to the appropriate school personnel.

2. Transportation Policy Card

This card gives parental permission for student transportation. It states that your motor vehicle is adequately insured and the student has permission to either drive or ride with another student.

Basic Athletic Department Policies

A. Attendance Requirements

1. A student athlete is to be in attendance at school at least one half day in order to participate in a practice, team activity, scrimmage or game. This requires at least four periods at school or with a class activity. Any exception must have the approval of the Athletic Director.
2. Athletes who are suspended from school may not practice or compete during the period of suspension. The Dean of Students will notify the student, parent, and coach of such action.
3. The student athlete is expected to attend all practices, meetings and contests of the particular sport in which they are involved. Exceptions can be made in the case of illness, a disabling injury or extenuating circumstances that were previously discussed with the coach. The consequences for an unexcused absence may include
a) coach / athlete conference; b) coach / athlete / parent conference;
c) short term suspension from practices and contests; d) long term suspension from practices and contests; e) dismissal from the team.
4. In most sports, every student athlete is required by the CHSAA to participate in nine days of practice before participating in an interscholastic game or scrimmage.

B. Participation Requirements

1. Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance that are determined by the school.
2. The student athlete must not have turned the age of 19 before August 1st of the current school year.
3. The student has not changed schools during the school year without a corresponding move by parents. The student and parents must notify the Athletic Director so that an eligibility check may be done before the student participates.
4. A student who has attended more than 8 semesters (if they began school as a ninth grader) or 6 semesters (if they began high school as a tenth grader) is ineligible for high school athletics.
5. According to CHSAA by-laws, participation in an interscholastic contest for any length of time shall constitute a season of participation.
6. If an athlete finds it necessary to drop a sport for an appropriate reason, the following procedure should be followed:
 - a) The student athlete is to consult with the head coach.
 - b) The situation is to be reported to the Athletic Director
 - c) All equipment issued to the athlete is to be checked in
7. If an athlete wishes to change sports during a season, they shall consult with both coaches concerned and the Athletic Director in order to assure a smooth transfer. A change of sports should not take place after half a season is completed.
8. The student athlete may compete on any other team, or in any non-school activity or event in that sport during the sport's season **only with the written permission of the Principal**. Permission shall be granted if the student's class attendance is not compromised and the student is in good academic standing under DLHS activities policies that apply to all students.
9. Any other questions dealing with eligibility and participation policies should be directed to the Athletic Director.

C. Training Rules

1. Training rules are for the benefit of both the student athlete and the team. The reasons for having training rules are as follows:
 - a) To promote optimum performance on the part of the athlete
 - b) To help the athlete recognize their own responsibilities
 - c) To have the athlete make a commitment to the team
 - d) To provide some training for adulthood
2. Training rules are in effect from the first day of the season through the last contest of that season. These regulations apply to managers, trainers, and cheerleaders as well as the participating athletes.
3. The use or misuse of the following substances while participating in athletics at Denver Lutheran High School is prohibited: Tobacco, alcohol, non-prescription drugs, or misuse of prescription drugs.
4. Individuals suspected of violating these regulations may be required to appear before an athletic council, consisting of the following:
 - a) The athlete's coach
 - b) The Athletic Director
 - c) A permanent non-coaching faculty member
 - d) A faculty member of the athlete's choice
 - e) An administrator of the athlete's choice* Parents are welcome to attend the Athletic Council meeting
5. The penalty for the violation will be a minimum suspension from the team for 1/3 of the total contests for that season at that level. A suspension may run into the next season if the suspension occurs at the end of a season. The suspended athlete may be allowed to practice with the team during the suspension. A reinstatement conference between the coach and the athlete is required prior to returning to the team.
6. Coaches, with the consent of the Athletic Director, may require athletes to follow additional rules for each sport. The individual coach is then responsible for enforcing these additional rules.

D. Transportation Policy

1. Commercial carriers will be used when 25 or more participants travel a distance of 30 miles or more one way from Denver Lutheran.
2. If fewer than 25 participants are involved in the travel and the distance is 30 miles or more one way, school vans will be used or private vehicles may be used. Drivers of vehicles will be staff members, contracted coaches or other approved drivers 25 years of age or older.

3. Students who have written parental permission may be used to transport students to and from practices and games, provided the distance does not exceed 30 miles one way and provided the passenger / students have written parental permission to travel with other students as drivers.
4. In all cases where private vehicles are used for student transportation, it is understood that the insurance of such vehicle becomes the primary carrier.
5. All athletes and participants must travel to and from athletic practices and contests in vehicles approved by the school (commercial carriers or private vehicles) unless previous arrangements have been made by the parents for exceptional situations. Arrangements must be made by the parents through the head coach and approved by the Athletic Director. These requests should be made prior to the event and in writing.
6. Student athletes are to remain with their team and under the supervision of their coach when attending away contests.
7. Athletes that miss the transportation (bus or private vehicle) will not be allowed to participate in the contest unless there are extenuating circumstances that warrant such approval by the coach.
8. All regular school rules that apply are to be followed at all times by the athlete at away practices, games, and scrimmages.

E. Gym / Field / Equipment Regulations

1. Student athletes are not allowed in the gym, on the playing fields, or in the weight room without the supervision of their coach or an appointed staff member.
2. During the practice of any sport, only those students involved in that particular sport are to be present at that site.
3. No food or drink is allowed in the gym or locker room at any time. No street shoes are allowed on the gym floor.
4. All students are responsible for taking care of the gym and playing fields so they may be kept neat, clean and orderly at all times.

5. Denver Lutheran High School will furnish game uniforms and equipment needed for each particular sport. It is the responsibility of the athlete to furnish shoes, undergarments, towels, and personal items for the sport. The student athlete is responsible for keeping the equipment clean and in good condition and will be charged for the replacement of all lost or damaged equipment. The student athlete will not be allowed to participate in the next sport until all equipment is accounted for or paid for.
6. A student athlete should not leave school during the day to get athletic uniforms or equipment. The student is expected to be in the classroom seeking academic success.

F. Lockers / Locker Room Regulations

1. Student athletes will be issued lockers and school provided locks. Non-school issued locks will not be allowed. It is the responsibility of the student athlete to keep all valuables under lock at all times. Each student is discouraged from keeping large amounts of money or expensive items at school.
2. Only coaches and assigned participants are allowed in the locker rooms.
3. Rough play and activities that are harmful to participants in the locker room are not allowed. Athletes are responsible for keeping the locker room clean.
4. The locker rooms will be locked as often as is feasible. If access to the locker room is needed a staff member must be summoned.
5. All athletes are encouraged to shower after practices and contests.
6. No glass containers or food should be brought into the locker room.

G. College Recruitment

In the event that an athlete is contacted by a college recruiter, they have the obligation to inform their coach as soon as possible. The athlete should then work through the athletic department to insure proper procedure is followed.

Coaches will help student athletes attain scholarships where appropriate. Realizing that only 1% of all seniors nationally ever make a division 1 team, it is important that the coach is honest and fair with their evaluations and that parents and athletes are realistic in their goals and expectations.

If a student athlete wished to practice and play in their freshman year at a NCAA Division I or II college, they must satisfy the following requirements:

- a) graduate from high school.
- b) attain a 2.00 GPA in a minimum number of academic core courses.
- c) achieve a 700 combined score on the SAT verbal and math sections, or a 17 composite score on the ACT.
- d) register with the National Clearinghouse at www.ncaa.org.

Please check with the Guidance Counselor for more specifics or to answer any questions regarding academic eligibility. If there are questions regarding recruitment guidelines please see the Athletic Director.

H. Weight Room Regulations

1. All students must be under the supervision of a coach or appointed staff member while in the weight room.
2. Nobody is to be in the weight room alone. Lifters must work with a spotter.
3. All weights / equipment is to be replaced on the proper racks / hangers.
4. Shirts and shoes are required at all times.
5. All posted weight room regulations should be followed.

I. Injury Procedures

1. Injuries that occur while participating in athletics should be reported to the coach and athletic trainer. If the injury requires medical attention, school administration should be notified and a report filed.
2. If a student athlete is injured outside of athletics at Denver Lutheran, parents and the athlete should assist coaches and the trainer in understanding the extent of the injury.
3. If at any time a doctor removes an athlete from participation because of an illness or injury, they must have a written release from a doctor before participating again.
4. The coaches first concern is for the safety and health of the student athlete. If at any time a coach feels that a participant may bring further harm to themselves or others, that coach will remove the participant from the activity. Coaches will heed the advice given by doctors and may ask for further input from a doctor before allowing further participation.

5. In the event that an athlete takes an extended time to heal, they are expected to attend practices, meetings, and games even though they cannot participate.
6. Any equipment or training room supply that is reusable should be returned to the trainer when the athlete is done with it.

J. Potential For Injury

By its very nature, competitive athletics may put a student in a situation in which serious, catastrophic and even fatal accidents may occur. Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated.

By granting permission for your student to participate in athletic competition, you the parent or guardian, acknowledge that such risks exist. By choosing to participate, you, the student, acknowledge that such risks exist. Student will be instructed in proper techniques to be used in athletic competition and in the proper use of all equipment worn or used in athletic competition and practice. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques. As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. If any of the foregoing is not completely understood, please contact the school principal for further information.

K. Lettering Policy

1. In order for an athlete to letter at Denver Lutheran, they must have made a significant contribution to the varsity squad in that sport. In general, the athlete should have played in at least 1/2 the total number of quarters, periods, innings or games. Individual sports may have developed a point system to determine letter winners.
2. In an outstanding case where an athlete has contributed greatly to the benefit of the team and has not met the specific requirements for a letter, they may be awarded a letter upon the recommendation of the coach and approval of the Athletic Director.
3. A student athlete injured while participating in a sport who is not able to participate further may receive a letter by a recommendation of the coach and approval of the Athletic Director.
4. A student athlete who has been a member of a team for four years, without earning a letter, may be awarded a letter by recommendation of their coach.

5. Managers, statisticians, trainers, filmers etc. may earn a letter after the second year and each succeeding year that they serve in that position. In an outstanding case, a letter may be awarded after the first year.
6. Additionally, letters may be based on the following:
attendance, attitude, punctuality, sportsmanship, leadership, work ethic, CHSAA and school academic requirements.
7. The Athletic Director may approve letter award requests when extenuating circumstances prevail.

L. Conflict Resolution

Conflicts may arise during the course of a season. When an athlete feels wronged or has questions about playing time, coaches decisions etc. the athlete should go to their coach and discuss the problem at an appropriate time. It is acceptable if the athlete has a team captain accompany them to the meeting. If the situation still is not resolved, the athlete, athletes parent(s), and coach should meet. If an additional meeting is required, the Athletic Director should be included in the next meeting.