

check shorts for vball

**East Perry County
Wildcat Athletic
Student's Handbook**

**A program operated by
United in Christ Lutheran School
Approved November, 2012
Revised July 2024**

Philosophy

United in Christ Lutheran School (UCLS) operates an athletic program for its students and gender and age appropriate members of the community (students who are residents of District 48) who attend school where no athletic program is available. We believe it is essential to give children experiences in the principles of sportsmanship and fair play, along with opportunities for physical development and the development of athletic skills. Through these experiences and opportunities, we believe children will be better prepared for their future as they take on leadership roles and learn to work as a team. The self-discipline and sense of responsibility that these athletes learn through this athletic program will serve them well as they continue their school careers and later become part of the community as a whole.

Our goal is that these athletes will become strong Christian citizens, giving back to their community in measures equal to that with which the community has given to them.

Expectations for Parents Athletes

At UCLS we strive daily to live as God's redeemed children. The staff works hard to teach students what it means to live this Christian life. In keeping with this desire to "train up children in the way they should go," we set forth the following code of conduct for all staff members, parents, students and volunteers, based on the Ten Commandments. Members of the UCLS family should conduct themselves in a positive Christian manner at all times: Revering God in all circumstances, using God's name to pray, praise and give thanks, worshiping regularly, obeying all authorities, supporting the physical needs of others, living a sexually pure life (including, but not limited to, dressing in conformance with and using restrooms consistent with one's biological sex, at birth and as indicated on the official birth certificate, and abstaining from sexual conduct outside the marital union of one man and one woman, as defined in the Meaning to the 6th Commandment in Luther's Small Catechism), helping others to protect their possessions, speaking well of others, helping others to keep their homes, possessions, and families.

Guidelines for Participation

The program includes girls' volleyball, girls' basketball, boys' basketball, cheerleading and boys' volleyball.

Children in grades 5 through 8 are eligible to participate in the interscholastic athletic program. The participants must pay an athletic fee determined each school year.

To be eligible participants must follow the interscholastic activity standards set by the EPC Wildcats.

1. Each child participating in athletics and cheerleading is required to have a physician's certificate stating that he or she is physically able to participate in athletic practices and contests. This medical certificate is valid for 2 years. Parents should keep a copy of the certification, as well as giving a copy to the coach.
2. Athletes will not be permitted to practice or compete until they provide verification of athletic insurance coverage and physical form.
3. Athletes must be credible citizens. CREDIBLE CITIZENS ARE THOSE WHOSE CONDUCT BOTH IN SCHOOL AND OUT OF SCHOOL WILL NOT

DISCREDIT THEMSELVES OR THEIR SCHOOL. Citizenship eligibility cases are reviewed on an individual basis by the principals, coach/sponsor, athletic director, parents, and participants.

4. Students must have entered school before the first scheduled game.
5. Athletes are not permitted to enter the gym without adult supervision.
6. Athletes who commit an unsportsmanlike act while participating in an event/practice could become ineligible for the next game.

Absence: An athlete must attend at least ½ a day of school to be eligible to participate in or attend an activity/event that day/night unless the principal excuses his or her absence to allow participation on that day. (Funerals, Medical Emergencies, Weddings, etc.) If a student is sent home during the school day for illness, they may not attend the game or practice that evening.

Transportation: Parents are responsible for providing transportation to and from all practices and games.

Detention/In School/Out of School Suspension: Athletes assigned to after school detention or in school suspension/out of school suspension will not be eligible to practice or participate in events that day/night.

Academics: All athletes participating in athletics and cheerleading must maintain a C average with no F's. Grades will be checked by the principal of UCLS using mid-quarter and quarter reports, who will then notify coaches. Community athletes are required to present proof of acceptable academic standing to their coach at the mid-quarters and at the end of the quarters. Athletes will not be allowed to practice or participate in games until this criteria is met.

Practices: Practices are designed to teach students the fundamentals of each sport and are just as important, if not more so, than the actual game itself. All student athletes are expected to follow all written and verbal expectations presented by coaches. Failure to comply may result in being ineligible for all or part of the following game. Religious reasons shall be excused for missing practices/games, but should be communicated between player/coach.

Sunday practices are to occur between the hours of 12:30 pm and 5pm. No practices are to occur on Wednesdays during Lent and Advent.

Students must be supervised at all times by their coach and should not arrive more than 5 minutes prior to the beginning of practice.

Open gyms may occur up until the first day of the sport's season and may not begin again until after ALL sports seasons are complete. They may be only once per week for no more than 2 hours. They cannot be mandatory and missing them should not affect an athlete's ability to participate in the regularly scheduled season.

Students must be supervised at all times by their coach. Please do not arrive at practices more than 5 minutes early.

Sports Committee

The athletic program operated by UCLS will be governed by a sports committee consisting of 3 UCLS representatives/parents and 3 representatives/parents appointed by the District 48 school administration, who have been appointed by the District 48 school principal. This committee will operate under the policies and directives agreed upon by the board of education:

1. All six members must be present to vote on coaches.
2. The chairman has a vote.
3. Coaches are selected by majority vote. If the vote is tied, the vote will then be taken on the next candidate in consideration.
4. After coaches are selected, the *Coaches' Guidelines* are presented to that candidate and accepted upon his/her signature of *EPC Wildcat Coaches' Pledge of Commitment* and submitted to the athletic director.
5. The sports committee members and the athletic directors are selected for a one year term and the coaches are selected for a one-season term. All may be considered for reappointment yearly.
6. The sports committee members will be appointed or reappointed at the board's April meeting with their terms beginning on May 1.

To assist in the day to day operations of the athletic program, an Athletic Director will be appointed;

Should difficulties arise between parents and coaches, it is important to follow a proper chain of command. A parent should first approach the coach if a disagreement occurs. Hopefully, an honest discussion of the issue will help to resolve any difficulties. After this conversation, if the problem is not resolved, the coach and parent should talk to one of the Athletic Directors. Some issues will be resolved simply by having this discussion. If the problem is still not resolved or if the Athletic Directors want further clarification, then they will talk to the principal. All final decisions lay with the board of education.

Hierarchy of Command

As with any organization, it is important to have a well-organized hierarchy of command. To this end, the following flow chart should be followed when questions, comments or concerns arise.



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UCLS Principal

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UCLS Board of Education

All final decisions lay with the board of education of UCLS.

Revisions to this handbook will be presented to the UCLS Board of Education for approval after consultation, if necessary, with various stakeholders such as community members, parents, volunteer Athletic Directors and area administrators.

SEMO Parochial League

UCLS is a member of the S.E.M.O. Parochial League. As such, it is required to follow the guidelines set out by the principals of the SEMO Parochial League. These guidelines are as follows:

The principals of the member schools are the final decision-makers. Approval of any and **all** changes must be approved by the principals. The principals will meet in August preceding the beginning of school and in the spring following the conclusion of all sports' seasons. A Catholic school principal or designee and Lutheran school principal or designee will attend each sports' planning/scheduling/seeding meeting. This will be done on a rotating basis for each sport, each year.

General Guidelines for Sports:

Students may play fifteen (15) games and participate in three (3) tournaments. (A tournament is a competition of four or more teams.) ***Exceptions to the tournament limitation will be given if a Lutheran team qualifies for the Lutheran Sports Association of Missouri Tournament.**

Students are limited to three days of activities (games and practices) per week. Practices may not exceed two hours. (A week is Sunday through Saturday). Four activities will be allowed during tournament weeks.

Application for admission to the league will be considered and granted by the principals at one of the two yearly meetings.

“Open Gym” may occur up until the first day of the sport's season and not begin again until **ALL** sports seasons are complete. Open gym may be no more than once per week and no more than two hours.

Practices may begin two weeks before the start of the season/games.

The sports year begins the first full week of July.

Girl's volleyball season (practices) begins August 15. Games begin 3 weeks later. The season ends with the "A" team league tournament the last week of October.

Boy's Basketball season (practices) begins October 1. Games begin 3 weeks later. The season ends with the "A" team league tournament which will be the fourth week of January.

Cheerleading season follows boys' basketball dates.

Girl's Basketball season (practices) begins November 15. Games begin 3 weeks later. The season ends with the "A" team league tournament which will be in the last week of February.

Boy's Volleyball season (practices) begins February 1. Games begin 3 weeks later. The season ends with the A Team Tournament. (Date TBD)

Admission for all sports: Adults-\$3.00 children (K-8) \$1.00 each. (Tournaments are the same.)

Officials Pay:

VB: 1 match = \$45; 2 matches-\$65; 3 matches-\$85. Only the main official is paid.

Basketball: 2 games-\$75; 3 games-\$100; pay is per official.

Volleyball

Between each volleyball game there will be eight (8) minutes (3/3/2) All games begin at 5:30 PM.

Basketball

Games start at 5:30PM

All "C" games will be four (4), five (5) minute quarters with a five (5) minute halftime. (Two minute overtime is allowed only in the tournament.) Two time-outs, per team, per game.

"B" games will be four, six minute quarters with an eight minute halftime.

"A" games will be four, seven minute quarters with an eight minute halftime. (8 min. between C and B games and 8 min. between B and A games.)

Coaches, families and players should be aware that participation on the school team takes precedence over all other sporting events.

6/21/23

