

Immanuel Lutheran Christian Academy

Athletics Ministry Handbook

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Immanuel Lutheran Christian Academy
400 N. Aspen Ave. Broken Arrow, OK 74012

ILCAnews.org

Athletics Ministry

*Whatever you do, work at it with all your heart, as working for the Lord, not for men.
(Colossians 3:23)*

Saved by grace alone and through faith alone, we have an abundance of opportunities by which we can serve the Lord with the gifts and abilities He has given us.

For Immanuel Crusaders, every task set before us is both an opportunity and a gift. Who we are is God's gift to us. What we do with who we are is our gift to God. We strive to make the most of our talents, abilities, and gifts on a daily basis. (John 9:4)

Immanuel Lutheran Christian Academy exists to provide the opportunity for children to develop, through the power of the Holy Spirit, a childlike faith in the Lord Jesus Christ, a greater love for God, and a sincere desire to love others. (Matthew 22:37-39)

Immanuel's Athletics Ministry promotes this philosophy through the interscholastic sports program. Through participation, the student will further develop spiritually, mentally, emotionally, physically, and socially. Student-athletes are encouraged to be the best they can be, by doing the best they can do, to the glory of God. (1 Corinthians 10:31)

Conference Affiliation

Immanuel is a member of the Heartland Christian Athletic Association (HCAA). This conference consists of Christian schools of varying denominations from across the states of Oklahoma, Kansas, Arkansas, and Mississippi. The conference follows National Federation of High School sports rules and guidelines except where the HCAA has chosen to differ.

Interscholastic Sports Offered

Fall

Baseball	Boys 1-8
Cross Country	Co-Ed 1-5 / Boys 6-8 / Girls 6-8 / Boys 9-12 / Girls 9-12
Softball	Girls 1-8
Volleyball	Girls 6-8 / Girls 9-12

Winter

Basketball	Boys K-5 / Girls K-5 / Boys 6-8 / Girls 6-8 / Boys 9-12 / Girls 9-12
Cheerleading	Girls K-5 / Girls 6-8 / Girls 9-12

Spring

Golf	Co-Ed 1-5 / Boys 6-8 / Girls 6-8 / Boys 9-12 / Girls 9-12
Track and Field	Boys 6-8 / Girls 6-8 / Boys 9-12 / Girls 9-12
Soccer	Boys 1-8 / Girls 1-8
Flag Football	Co-Ed 1-5 / Boys 6-8

Program Focus

*So whether you eat or drink or whatever you do, do it all for the glory of God.
1 Corinthians 10:31*

Elementary (K-5)

The focus of the elementary programs is to provide students with an introduction to the various sports offered at Immanuel, the opportunity to participate in them, and the chance to begin developing skills needed to play those sports. Coaches will make every effort to provide all student-athletes equal playing time through the entirety of the athletic contest.

Middle School (6-8)

The focus of the middle school programs is to provide the opportunity to participate in sports offered at Immanuel, to further develop the skills needed to play those sports, and to learn to compete. Playing time at the middle school level may not be equal.

High School (9-12)

The focus of the high school programs is to provide the opportunity to compete, at a high level, in sports offered at Immanuel. Student-athletes at this level work on sharpening their skills and performing at the highest level they are capable of.

Goals

In our development of preparing children for Godly lifestyles during and beyond their high school tenures, it is our mission that they will grow to:

1. Embody Christ-like character in their actions on and off the court/field on which they compete and understand how the use of one's physical skills can be an act of worship.
2. Establish a stronger relationship with Jesus Christ.
3. Improve their ability to make critical decisions quickly, even under pressure.
4. Express emotions appropriately, and not allow them those emotions to control them or make them ineffective people.
5. Improve their overall physical condition and specific athletic skills.
6. Become bold and courageous leaders in their communities.
7. Develop and strengthen their self-confidence in their God-given abilities and gifts and in who they are as a unique individual.
8. Understand the importance of commitment and dedication to becoming the very best they can become.
9. Build an unquenchable passion and desire to do their very best all the time, regardless of the circumstances.
10. Take pride in representing Immanuel Lutheran Christian Academy.

Participation

1. Student-athletes participating in interscholastic sports activities at Immanuel must submit a completed "ILCA Athletic Liability Form" to the athletic director before they may participate in interscholastic sports activities.
2. Student athletes must submit a Physical Examination form (provided by the school) signed by a licensed physician, to the effect that the physician has examined the student-athlete and that the student-athlete may safely engage in athletic competition. This form must be returned to the athletic director before the student will be allowed to participate in practice sessions or interscholastic competitions. Physical examinations are valid for twelve months.
3. Immanuel Lutheran Christian Academy does not provide individual insurance coverage for those students involved in interscholastic sports.
4. A student-athlete may participate in more than one sport at Immanuel in a given season at his/her parents' discretion.
5. It is the position of Immanuel Lutheran Christian Academy that the sport offered in season takes precedence over a non- interscholastic sport (AAU team sport/club team sport). If an Immanuel student-athlete participates on a non-interscholastic activity while simultaneously playing on an Immanuel team, participation on the Immanuel team must come first.
6. Immanuel athletes are expected to attend all Immanuel practices and games. Missing part or all of an Immanuel practice or game to participate in a non-interscholastic activity constitutes an unexcused absence from a practice or a game. The athlete must sit out the next game. *This is not to punish the athlete who misses part or all of practice, but to be fair to those athletes who regularly attend practices and games.* Repeated, unexcused absences may result in dismissal from the team.
7. A student-athlete must take an active part in a given day's physical education class if he/she wishes to participate in that day's scheduled athletic practices or contests unless otherwise expressed by the physical education instructor. A student who is exempted from gym classes by a doctor will not be allowed to participate in any interscholastic athletic activities.
8. If a student-athlete is not in school due to illness, that individual may not participate in practices or games that day. Student-athletes must be present for the second half of a school day in order to practice or play in competitions.

Academic Requirements for Participation

Academic achievement is a priority at Immanuel Lutheran Christian Academy; therefore, academic standards must be maintained by student-athletes to participate in a given sport. Those who fail to do so may be placed on probation or suspension.

Eligibility Requirements and Academic Suspension

Grade checks will be conducted every other Monday beginning with the third Monday of the semester. Students who have two D's or an F will have two grace weeks to get their grades up. During this two-week grace period, they may still play and practice with the team. If they do not yet have their grades up to a C or above by the next grade check (two Mondays later), they will not be permitted to play or practice with the team for two weeks.

Athletes will receive just one grace session per semester. After three instances of ineligibility, athletes will be dismissed from their respective team. These guidelines apply also to team managers.

Student-athletes are expected to check their own grades on a daily basis.

Practice

1. Coaches will provide parents with a practice schedule prior to the onset of the season. Coaches will also provide updates to parents and student-athletes to inform them of schedule changes.
2. Elementary teams will not practice more than two times per week, and practice sessions will not exceed one hour.
3. Middle school teams will not practice more than four times per week, and practice sessions will not exceed two hours.
4. High school teams will not practice more than five times per week, and practice sessions will not exceed two hours.
5. On occasion, practices may be conducted at locations off the campus of Immanuel.
6. Parents must realize that with limited gym space and availability, coaches may call evening, Saturday and/or Sunday practices.

Participation Fees

All Immanuel athletes are required to pay a fee for their respective sport. These fees are taken from their FACTS activities account and are used to supplement the costs of league fees and dues, competition entry fees, officiating fees, facility rental fees, uniform and equipment costs and coaching stipends.

Immanuel Athletics Fees are:

Basketball	\$125 Immanuel Student	\$150 Homeschool Student
Baseball	\$125 Immanuel Student	\$150 Homeschool Student
Cheerleading	\$25 Immanuel K-1 Student	\$50 2-12 Student
	\$50 Homeschool K-1 Student	\$75 Homeschooled 2-12 Student
Cross Country	\$75 Immanuel Student	\$100 Homeschool Student
Golf	\$75 Immanuel Student	\$100 Homeschool Student
Soccer	\$125 Immanuel Student	\$150 Homeschool Student
Softball	\$125 Immanuel Student	\$150 Homeschool Student
Track and Field	\$125 Immanuel Student	\$150 Homeschool Student
Volleyball	\$125 Immanuel Student	\$150 Homeschool Student

Homeschool Opportunities

Immanuel Lutheran Christian Academy welcomes homeschool athletes who wish to participate with the Immanuel Athletics Program. Homeschool athletes and families fall under the same requirements that all Immanuel student-athletes adhere to. Homeschooled athletes are required to submit documentation demonstrating their standing as a homeschooled student.

Transportation

Elementary parents are responsible for securing transportation for their child to all interscholastic events in which they participate.

Middle school student-athletes will travel together in a school vehicle whenever possible. In the event school transportation is not provided, middle school parents are responsible for securing transportation for their child to all interscholastic events in which they participate.

High school student-athletes are expected to travel together to all competitions unless otherwise specified by their head coach. In the event school transportation is not provided, high school school parents are responsible for securing transportation for their child to all interscholastic events in which they participate.

Administration

The Athletic Director has the overall responsibility for the coordination and implementation of all sports programs within Immanuel Lutheran Christian Academy. The Athletic Director, in conjunction with the Headmaster and School Board, has full authority to develop and implement detailed guidelines for all aspects of the Athletics Ministry.

The Athletic Director reports to the School Principal and the School Board. Team coaches report to the Athletic Director.

Other situations and/or circumstances not addressed in this handbook will be dealt with on a case-by-case basis in accordance with the standards and policies of Immanuel Lutheran Christian Academy.

General Responsibilities of the Athletic Director

1. Serve as a Christian example of fair play and good sportsmanship.
2. Execute Athletic Ministry policies as established by the School Board and outlined in the Athletics Ministry Handbook.
3. Secure coaches for the various sports programs and hold a preseason meeting with all coaches to go over expectations.
4. Schedule and approve all athletic activities.
5. Secure facilities for interscholastic activities.
6. Hire game officials for all interscholastic activities.
7. Line up scorekeepers, timers, and other personnel for interscholastic contests.
8. Order new equipment and maintain existing equipment.
9. Be available for pre-season parent meetings.

General Responsibilities of Team Coaches

1. Serve as Christian example of fair play and good sportsmanship both on and off the playing field and court. Emphasize the glory of God over school and self.
2. Conduct a pre-season meeting with parents of student-athletes who are participating in the given sport, and distribute a copy of team guidelines, coach's expectations, and practice and game schedules.
3. Organize and execute practice sessions in conjunction with practice times coordinated with the athletic director.
4. Provide supervision for student-athletes after practices and games until they are picked up by a parent or guardian.
5. Attend all games and be responsible for the conduct of the team.
6. Make new equipment needs known to the athletic director and care for existing equipment used in the sport coached.
7. Coaches are responsible for having copies of student-athlete physical evaluation forms at each practice and contest.
8. Coaches must participate in a post season meeting with the athletic director.

General Responsibilities of the Parents

Parents and guardians are a strong influential factor in their child's decision to become an athlete. Use your child's experience as a chance to be involved in his or her life.

At Immanuel, we expect our students to put academics ahead of athletics. Parents play a vital role in helping their child maintain a balance between the two. Parents can help their child become a well-balanced student-athlete by carrying out the following principles.

1. Be a positive role model by exemplifying a Christian attitude towards all. Our school will support and reinforce positive Christian values that are taught in the home.
2. Assist their child in establishing proper priorities with respect to church, family, peers, study habits, and participation in extracurricular activities.
3. Encourage and participate in the development of their student-athlete's abilities.
4. Support their student-athlete's commitment to their team.
5. Encourage their student-athlete to accept responsibility for their actions and the actions of their team.

6. Encourage good health habits towards food, sleep, and exercise. Discourage the use of tobacco, alcohol, and drugs.
7. Show their support of their student-athlete, their team, and the Athletics Ministry by attending sporting events, and volunteering for concessions, clean up, and other areas of service.
8. Acknowledge outstanding effort, teamwork, and good sportsmanship. Praise your child for trying hard and competing fairly.
9. Support and encourage the coach. Show respect for his/her coaching decisions and refrain from criticism while in the stands or at home with the student-athlete. Refrain from coaching the student-athletes during games and practices.
10. Show respect for officials and opposing players, coaches, and spectators.
11. Get your student-athlete to practices and games on time and pick them up on time.

Parent concerns should be addressed at the appropriate time and place. They should never be addressed before, during, or immediately after a contest. If a parent has concerns they would like to address, they should first speak with the team coach. If an issue between a parent and coach is not satisfactorily resolved, the athletic director will then become involved.

Parents need to remember that all coaches are giving their time to help make Immanuel's Athletics Ministry a positive experience for each student-athlete.

A Christian Sports Parent's Creed

I understand God has made my child unique; therefore, my child has his/her own gifts and develops at his/her own pace. I will support the development of my child's unique gifts and abilities.

I understand my child has his/her own goals in sports and in other aspects of life. I will support those goals and keep them separate from my own.

I understand I reflect my child's feeling about himself/herself. I will value my child, and show respect and compassion, so he/she will know I love him/her for who they are and not for what they do.

I understand my actions and words have an impact on my child's behavior. My behavior in the stands or on the sidelines is as important as my child's behavior on the court or field.

I understand attaching blame to outside factors such as luck, fate, officials, teammates, or the coach teaches a lack of responsibility for one's actions. I will be an example to my child by taking responsibility for my own actions.

I understand sports should enhance and not dominate my child's life. I will help my child maintain balance in his/her life and will not place undue pressure on him/her to perform and excel.

I understand the other children on the playing field or court are equally as important and as special as my child. I will show them love, support, encouragement, respect, and blessing.

I understand my child's coach needs my support and encouragement. Our common interest is the well-being of my child. I will support and encourage the coach, permit him/her to do the coaching, refrain from criticizing, and share any concerns I have with the coach privately.

As a Christian sports parent, I pledge to value my child as a whole person. My goal is to accept and understand my child spiritually, mentally, emotionally, physically, and socially.

Since life in JESUS CHRIST is not lived apart from the physical, emotional, mental, and social stresses of life, there is indeed a necessity for various ministries including that of athletics.

This challenging ministry, like all others, cannot be carried out perfectly. As in anything else, there will be moments of failure. However, when failure is experienced, we have the assurance that God's grace in JESUS CHRIST covers all our sins and mistakes. In that knowledge and in the assurance that the Lord is ever ready to grant forgiveness and strength to serve, we can with confidence be involved in the Athletics Ministry.

*Whatever you do, work at it with all your heart, as working for the Lord, not for men.
(Colossians 3:23)*