
LUTHER HIGH SCHOOL NORTH
ATHLETIC HANDBOOK



STUDENT-PARENT-COACH
2009-2010

Table of Contents

Mission Statement of Luther High School North	3
Mission Statement of Athletic Department	3
Philosophy of Athletics	3
Administrative Phone Numbers	4
Athletes Code of Behavior	4
Athletic Offerings for 2009-2010	5
Scholastic Eligibility Requirements	6
Warning of Risk	7
Possession/Use of Alcohol/Tobacco/Drugs	7
Athletic Department Regulations	9

Northeastern Athletic Conference (NAC)

Luther High School North	Alden-Hebron
Christian Liberty Academy	Illinois Math & Science Academy
Keith Country Day School	Mooseheart
Rockford Christian	Rockford Christian Life
Westminster Christian	
Hiawatha (Football and Soccer)	
CICS-Longwood (Football)	
Chicago Hope Academy (Football)	
North Shore Country Day School (Football)	

Mission of Luther High School North

The mission of Luther High School North is to serve God by developing productive and responsible Christian servant-leaders for church and society.

Mission Statement of Luther North Athletic Department

The mission of the Athletic Department of Luther High School North is to provide student athletes with the opportunity to build Christian-character through competition in an environment that is sportsmanlike, safe, and positive for all those involved.

Philosophy of Athletics

Athletic competition presents students, parents and coaches with challenges that enhance their daily living. Luther High School North's Athletic Program is dedicated to provide Christian guidance, leadership and values which will help develop character through athletic competition.

Involvement in athletics is a PRIVILEGE and an extension of the educational program of the school. Athletics teach life lessons, as well as building moral and ethical values. It allows the athlete to use his/her own talents, to reach potential and to identify limitations, while also learning to cope with the pressures of competition, successes, and setbacks.

As athletes, coaches, and parents, let us always strive to honorably represent our Lord Jesus Christ and to advance His kingdom through our words, thoughts and deeds. Together we need to pledge to ourselves, each other, and to our Savior that all of our actions will be to His glory.

As part of our athletic program, as an athlete, coach or fan, you act as a representative of Luther High School North. You are expected to show mature and appropriate behavior on and off the field or court. We need quality people and athletes to have a quality program. Quality athletes and fans are good winners as well as good losers, displaying Christ-like sportsmanship at all times.

Following is a list of the administrative staff: Please let us know how we can be of assistance to you:

PrincipalMr. Tom Wiemann.....773-286-3600 ext. 246

Athletic Director.....Mr. David Grim773-286-3600 ext. 254

Asst. Athletic Director .. Mr. John Franklin773-286-3600 ext. 230

Dean of Students.....Mr. Wayne Wenzel..... 773-286-3600 ext. 250

Team Doctor.....Dr. David Tyrell – Chiropratic Sports Physician
..... Luther North Office -773-286-3600 ext. 232

Northwest Chiropractic Center 773-736-7484

Athletes' Code of Behavior

WILDCATS are young men and women of Luther North who take pride in themselves as students and members of our community. They not only represent themselves and their families, but also God, their fellow classmates, the school, the alumni and their coaches. They should strive to be leaders and conduct themselves as exemplary young men and women.

WILDCATS set goals for themselves and their teammates. To attain these goals, they base their lifestyles on hard work, sacrifice, determination, punctuality, and persistence. Just as these ideals will bring athletic recognition to individual students, students will also achieve more success in the classroom.

WILDCATS always have their priorities in the proper order: God first, family second, school third, then athletics. Consideration and courtesy for other students, staff, and visitors to our school is continually displayed. Self-control and responsibility for behavior are accepted practices. Our code of conduct is **ALWAYS** in effect because a Luther North student is always a **WILDCAT**.

Athletic Offerings For 2009-2010

Fall Sports:

Boys' Cross Country	2 levels
Girls' Cross Country	2 levels
Girls' Volleyball	2 levels
Football	1 level

Winter Sports:

Girls' Basketball	2 levels
Boys' Basketball	3 levels

Spring Sports:

Baseball	2 levels
Softball	1 level
Boys' Track and Field	2 levels
Girls' Track and Field	2 levels
Girls' Soccer	1 level

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. I Cor. 9:24

Scholastic Eligibility Requirements

Bi-Weekly Requirements

Luther High School North is a member of the Illinois High School Association, which requires that each student's academic progress be monitored on a regular basis. Each athlete will have his/her academic performance evaluated EVERY OTHER TUESDAY while he/she is active in a sporting activity. Each athlete is required to be successfully passing each course, in order to participate in extra-curricular activities. If the student is declared ineligible by the Athletic Director, his/her period of ineligibility will begin on Wednesday and it will conclude two weeks later. During that two week period, an athlete does have the ability to achieve a passing grade and receive his/her eligibility back.

If a student is declared ineligible before a vacation period, the student will remain ineligible until the next eligibility check has been completed or until the failing grade has been improved to passing.

A student who is ineligible will still be allowed to practice and may attend (but not participate in) athletic contests.

Semester

At the end of a semester, a student is required to successfully pass each of his/her classes. If a student receives a "failure" in any course, he/she will be considered INELIGIBLE for the next semester. A student will need to get his/her semester grade to a passing level in order to regain eligibility.

A student can re-gain eligibility for activities in the fall by attending summer school to make up failures.

A student who has been declared academically ineligible at the end of a semester may NOT practice, participate, or attend activities with the athletic team.

A student who feels that extenuating circumstances have contributed to his/her ineligibility may appeal in writing to the Athletic Director, Assistant Principal, and Principal.

Winter Term

A student who fails a course first semester can become eligible for second term by successfully passing their winter term course. If a student fails their winter term course, they are ineligible for the second semester.

Warning of Risk for the Athlete

Athletic participation has inherent dangers and risks. Even though participation and practices carefully follow the rules of the sport and the instructions of the coach, the athlete may suffer catastrophic injury. These injuries may include, but are not limited to, death or serious head, neck, or spinal injuries that may result in complete or partial paralysis, brain damage, or death. Serious injury to any of the internal organs, bones, ligaments, muscles, tendons, or other aspects of muscular-skeletal system is also possible. The injuries that may occur may affect his/her future ability to participate in athletics and recreational activities, to earn a living or to engage in other business and social activities. To reduce the possibility of injury, the athlete must follow the coach's instructions regarding techniques, training, and team rules at all times.

Parents and athletes should know that, while precautions regarding blood borne pathogens will be taken, the danger of accidental exposure to body fluids still exists. All participants are encouraged to follow good hygiene and standard precautionary procedures. Parents and/or athletes should inform a coach or trainer of incidents of possible exposure.

Possession/Use of Alcohol/Tobacco/Drugs

Possession of tobacco and/or tobacco products, including chewing tobacco and dip, is strictly forbidden. Students found in the possession of or using tobacco products are subject to disciplinary action as outlined below.

Students found in possession of alcohol or drugs, or using alcohol or drugs at school, at a school sponsored event, or outside of school are subject to disciplinary action as outlined below.

1st OFFENSE

Suspension from interscholastic competition for 30% of regularly scheduled interscholastic contests. If the offense occurs out of season, the suspension will be in effect for the first games of the next season in which he/she participates.

If the season does not allow the athlete to successfully complete the suspension, the suspension will carry over to the next sports season in which the athlete participates.

The Athletic Director will decide whether or not an athlete will be allowed to participate in practice during the suspension.

2nd OFFENSE

Suspension from interscholastic competition for 60% of regularly scheduled interscholastic contests. If the offense occurs out of season, the suspension will be in effect for the first games of the next season in which he/she participates.

If the season does not allow the athlete to successfully complete the suspension, the suspension will carry over to the next sports season in which the athlete participates.

The Athletic Director will decide whether or not an athlete will be allowed to participate in practice during the suspension.

3rd + OFFENSES

The athlete will be suspended from all interscholastic participation for one calendar year.

DUE PROCESS

1. The Athletic Director will notify the student athlete of the accusation and allow the athlete the opportunity to discuss the situation.
2. The Athletic Director will make a ruling regarding the student athlete's eligibility. The ruling will be rendered to the student athlete, parent, coach, Assistant Principal and Principal.
3. The student athlete and parent/guardian may appeal the decision to the principal.

SUMMER VIOLATIONS

The possession, use, distribution, transportation, or sale of tobacco, alcoholic beverages, or other controlled substances is prohibited for the entire year regardless of whether the athlete is in or out of season, or whether it occurs during the school year or the summer. This is a 24/7/52 policy, in effect 24 hours a day, 7 days a week, 52 weeks a year. Violation of the above mentioned standards will result in the specified penalty no matter when the violation occurs.

IHSA Steroid Testing Policy

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances. *No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.*

A complete list of the current IHSA Banned Drug Classes can be accessed at

http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_list-2008-09.pdf.

Athletic Department Regulations

ATTENDANCE

A student athlete must be in school by 11:30 am in order to be eligible for participation in practice or an athletic contest that day. If a student is absent on Friday, he/she may participate in practice or a contest on Saturday. In addition to calling the school when a student athlete is going to be absent, notification to the coach is also required.

DRESS CODE

The student-athlete represents Luther High School North not only at athletic contests, but also in traveling to and from contests. Therefore, the student's attire should be neat and clean. When traveling to and from

contests, teams are required to dress in attire that the head coach deems appropriate for that sport.

TEAM SELECTION POLICY/PLAYING TIME

The criteria for squad selection is determined by the coaching staff of that sport. The criteria will be described during the tryout period by the coaching staff. The decision of the coaches is final.

Playing time is based on the coaches' evaluation of skill, physical ability, performance at practice, performance during games, work ethic, individual attitude, team attitude and academic performance.

TRANSPORTATION

Luther High School North provides bus and/or van transportation to and from all athletic contests. Insurance regulations prohibit the teams from being transported in private vehicles. During unique situations, permission may be given by parents for a student athlete to drive to an away contest. The athlete must also receive permission from the head coach and the Athletic Director in advance.

Athletes are not allowed to leave any away contest with anyone except on school transportation or with their parents. Parents wishing to take their child home personally, need to inform the coach in advance at a conducive time. Permission may be granted to return with another parent if written notification by both sets of parents involved is given to the head coach prior to the contest.

UNIFORM GUIDELINES

Team uniforms are supplied by the school for each team member. Athletes (and parents) need to treat these uniforms with the utmost care, since they are the property of Luther North and must be returned in good condition at the end of the season. Athletes are responsible for the care and condition of the uniform. Uniforms are designed to be worn only during competition and generally are not to be worn for practice or daily wear. Some teams may be given permission to wear the uniform to school on game day. All uniforms should be laundered immediately after each contest, and especially if extra soiled. Uniforms should be cleaned in cool water, mild detergent, and either low temperature drying or hang drying (preferred). Under no circumstances should the uniform be bleached. Since the uniform is the property of Luther North, all parts of the uniform must be returned in a timely fashion at the conclusion of the season. Missing items will be charged to the student's financial account.

QUITTING A TEAM BEFORE THE END OF THE SEASON

Once you have qualified to be a member of the team, you have several people who will be depending on your remaining with the team. Your teammates and coach(es) will expect you to do your part for the team the entire season. Your making the team implies a commitment on your part for the entire season. If, for any reason, you find it necessary to quit, you will be expected to give the coach a full explanation of why you are quitting. The following will be the outcome of your decision to quit:

1. You will forfeit any right to any possible awards.
2. You will not be allowed to try out for any other team until the entire season of the team you were part of is completely finished.
3. If your decision to quit is prior to any scheduled contests, then and only then would you be able to switch to another team during the same season, upon mutual consent of both coaches.

SATURDAY SCHOOL

If a student is assigned Saturday School, due to disciplinary issues in the academic area, they **WILL NOT** be allowed to miss this requirement because of an athletic contest. If that athlete attends the contest instead of fulfilling the Saturday School requirement, they cannot participate in the contest and further discipline action will be taken by the Dean of Students, Athletic Director and Head Coach.