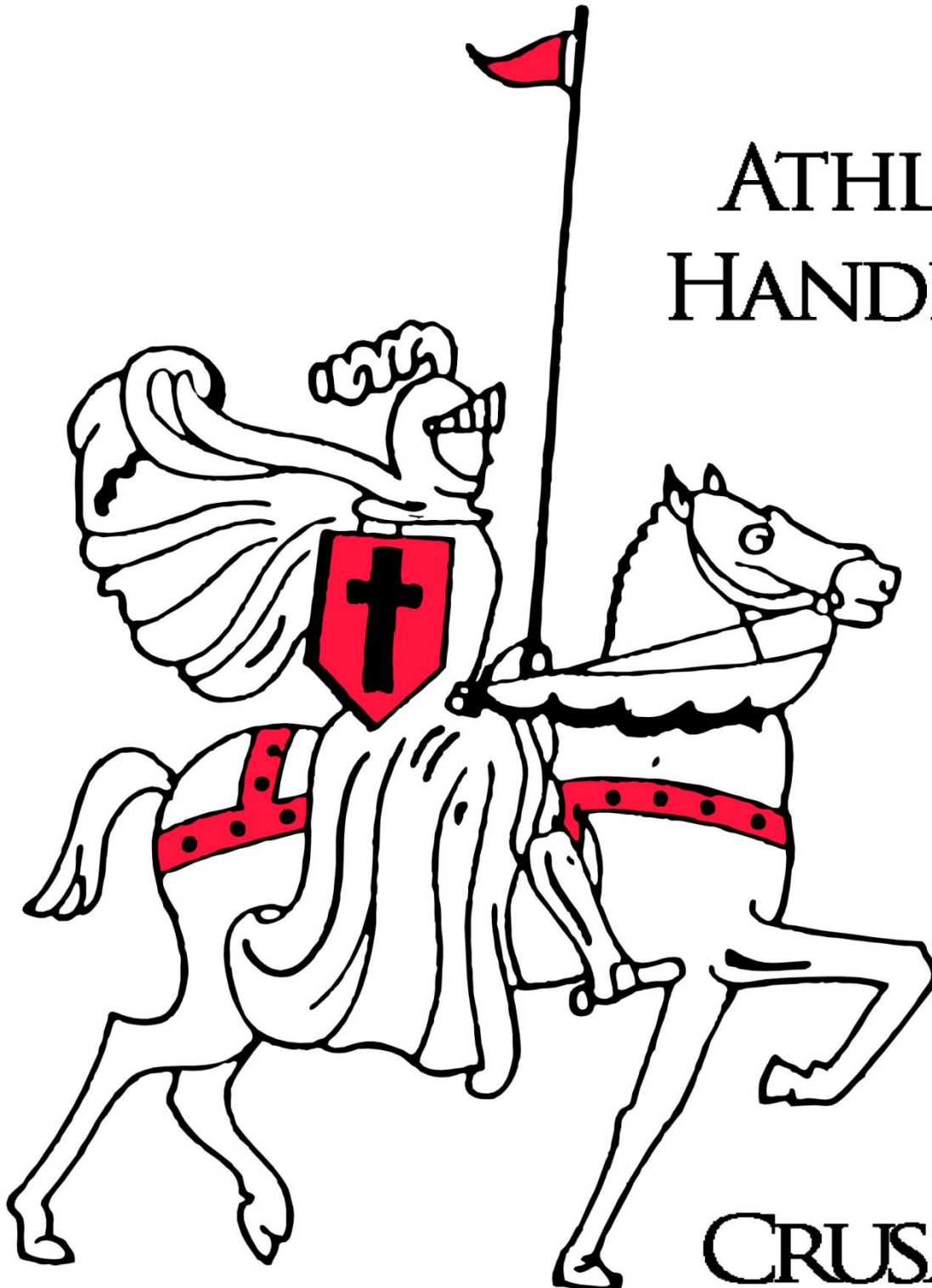


Long Island Lutheran

MIDDLE & HIGH SCHOOL

ATHLETIC HANDBOOK



CRUSADERS

VISION STATEMENT

Long Island Lutheran Middle & High School is a family in Christ, working together to develop compassionate and educated leaders for the future.

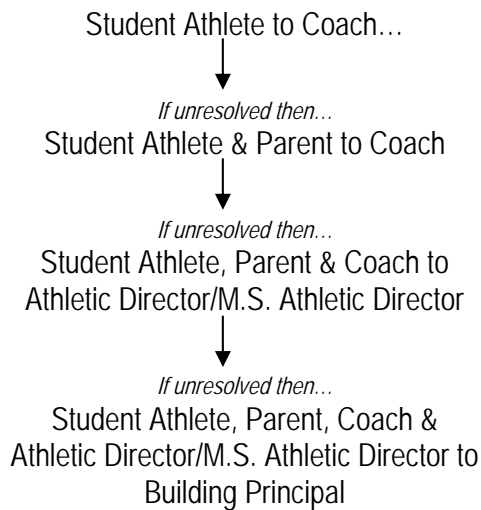
The Athletic Department of Long Island Lutheran supports the vision statement of the school.

In order to carry out this vision, Lutheran athletic programs aim to:

- Witness our faith in Christ Jesus through athletic competitions against other schools;
- Incorporate a "program" mentality to foster connections between middle school teams and varsity teams;
- Compete with a sense of teamwork and trust for highest possible achievement;
- Teach athletes that competition is best when respect and sportsmanship are shown to officials, opponents, each other, and the game itself;
- Instruct student athletes to become students of the game and improve physical abilities in order to maximize talents throughout high school and on to the collegiate level;
- Foster improvement in life-learning skills so that athletes learn to accept challenges, overcome adversity, and become leaders in all aspects of life.

CHAIN OF COMMUNICATION

If you have a question, problem, or concern regarding athletics at LuHi the following is the appropriate chain of communication to follow:



View contest schedules, directions to games, and the Crusader Athletics Photo Album at www.luhi.org. For daily schedule updates, call the Crusader Events Hotline (516) 626-1700, ext. 550.

TABLE OF CONTENTS

Vision Statement	1
Chain of Communication	2
Expectations	3
Violations & Discipline Procedure	4
Academic Eligibility & Physical Education Exemption	5-6
Programs	6
Team Selection	7
Attendance Policy, Practice & Games.....	7
Sports Physicals, Risks & Injuries, Student Accident Insurance.....	8
Equipment, Game Day Attire, Lockers.....	9
Exceptional Student Athletes.....	9
NCAA Requirements for College-Bound Athletes.....	10
Awards.....	10
Athletic Committee.....	10

Dear Athletes and Parents,

At Long Island Lutheran Middle & High School, we feel very strongly that involvement in interscholastic athletics is a significant part of a well-rounded educational process for our students.

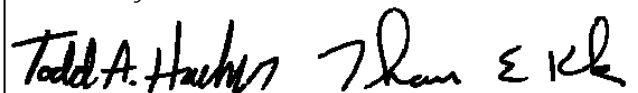
The ability to learn to work as a member of a team and work toward a common goal are great building blocks for challenges later in life. Learning how to deal with success and failure is a valuable tool in every individual's life. By being involved in athletics, young adults learn to deal with a variety of emotions from a positive, Christ-like perspective.

Making the commitment to participate on a school team also helps students learn how to budget their time between school, practice, studies, other activities, and proper rest. These responsibilities are invaluable lessons for interscholastic athletes to learn.

The establishment of this Athletic Handbook is a reflection of the school's concern for the safety, well-being, and conduct of its athletes. The rules and guidelines contained in this Athletic Handbook are in the best interest of the athletes.

The creation of such rules necessarily carries the responsibility for enforcement. Such enforcement requires cooperation between school and home. Together we can work toward our mutual goals of reducing the risks and penalties that could occur if the provisions of this handbook are not followed.

Sincerely,



Todd Huebner

Thomas Kuck

Athletic Director

M.S. Athletic Director

Todd.Huebner@luhi.org

Tom.Kuck@luhi.org

(516) 626-1700, ext. 571

(516) 626-1700, ext. 569

Lorrie Pelizzoli, Assistant to the Athletic Directors
Lorrie.Pelizzoli@luhi.org (516) 626-1700, ext. 567

EXPECTATIONS

Being a member of a Long Island Lutheran athletic team is a privilege and honor. As such, a challenge is set before you to work hard and to make sure that your actions reflect the standards that are established by the Athletic Department.

Expectations of Athletes

It is the duty of all LuHi Athletes to:

- Conduct themselves in a mature fashion at all times, representing the school and bearing witness to our Christian faith;
- Demonstrate self-control and mutual respect at all times;
- Avoid the use of profanity, abusive language, or inappropriate gestures in dealing with opponents, officials, or spectators;
- Accept victory with grace and defeat with dignity – poor winners or losers do a disservice to themselves and the school;
- Set an example in word and deed, both on and off the playing area – remember that athletes assume a leadership role and that younger students emulate their behavior;
- Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort;
- Place athletic competition in its proper perspective – it represents only one part of the learning process and should not be pursued to the exclusion of everything else;
- Not engage in the hazing, initiation, defamation, or bullying of any students or staff members;
- Maintain normal development of a healthy mind and body by avoiding consuming, possessing, or selling tobacco, alcoholic beverages, or illegal drugs;
- Abide by all Long Island Lutheran Middle & High School rules and regulations.

Expectations of Coaches

It is the duty of all LuHi Coaches to:

- Maintain a Christian environment and professionally fulfill the high expectations of the Athletic Department as outlined in the Coaches' Handbook.

Expectations of Spectators

It is the duty of all LuHi Spectators to:

- Conform to accepted standards of good sportsmanship and behavior, representing LuHi's Christian mission and values;
- Demonstrate self-control and mutual respect at all times, extending all courtesies to officials, coaches, and players;
- Display positive Christian sportsmanship at all home and away games.

VIOLATIONS

The enforcement of regulations in this handbook is crucial to the success of Long Island Lutheran athletic programs. The faculty, administration and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and to the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to ensure absolute uniformity. The welfare of the student is our major consideration.

Athletes:

In the event that an athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete may be denied the privilege of participating until such time as he/she can prove the desire.

The precise period of suspension will depend on the violation and the attitude of the athlete and parent. Repeated or flagrant violations may result in total suspension from the interscholastic athletic program.

Spectators:

In the event that a spectator violates the expectations outlined by the Athletic Department, he or she is subject to eviction from the area. Repeated offenses could result in permanent expulsion from such events.

DISCIPLINE PROCEDURE

Discipline procedure for LuHi athletes pertaining to temporary or permanent suspension to a team is as follows:

- I. Athlete is removed from a practice or game by a coach due to conduct that is insubordinate, against school rules, or detrimental to the team.
- II. Coach contacts Athletic Director and parents or guardians *within 24 hours of the incident* and informs them of the inappropriate behavior. Informs the parents that the player has been indefinitely suspended from the team.
- III. The next school day the Coach will provide a written statement of the violation to the Athletic Director and will meet with the Athletic Director and Assistant Principal to determine the length of the suspension.
- IV. The Athletic Director and the Coach will meet with the athlete and report the decision regarding the length of the suspension to the athlete and parents or guardians within 2 days of the meeting.
- V. If parents want to appeal the decision, a written letter of appeal must be presented to the Athletic Director within 5 days of the initial ruling.
- VI. An appeal meeting will be scheduled to be heard by an Executive Committee consisting of the Principal, Athletic Director, and a neutral Administrator.

ACADEMIC ELIGIBILITY

Long Island Lutheran Middle & High School has adopted a policy establishing minimum academic standards for students to participate in extra-curricular activities including athletics.

The policy states that "academic learning is the first priority for all students at Lutheran Middle & High School"; that "participating in extra-curricular activities is a privilege not a right" and that "...any participant in co-curricular activities must maintain a minimum level of academic performance."

Long Island Lutheran Middle & High School has two classifications whereby eligibility for extra-curricular participation will be affected. These classifications are not part of the student's permanent record.

Extra-Curricular Probation

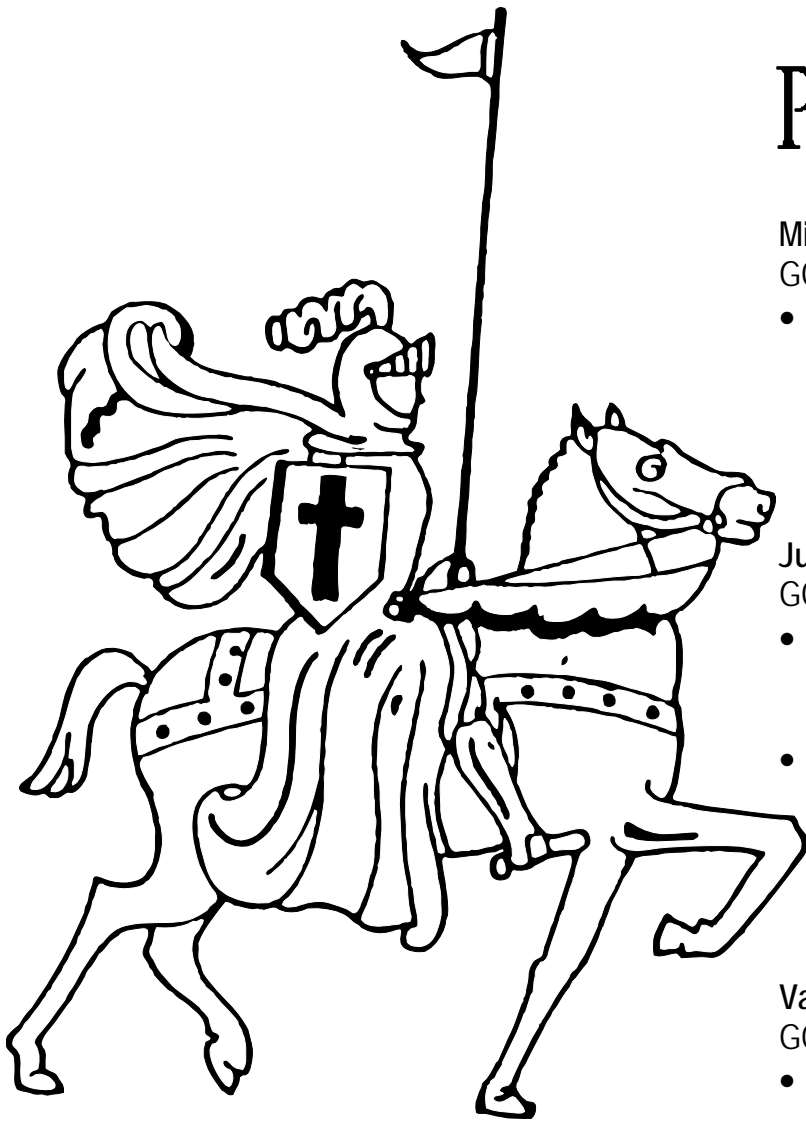
A student who has failed one class for the quarter or a student who has one or two failing progress reports will be placed on extra-curricular probation.

1. The teacher of a student on probation must turn in a completed weekly report sheet to the administrator of this policy every Friday afternoon. Each teacher must fill out a report during each week of probation for classes in which a student received a grade less than 75% for the marking period.
2. A student on probation must attend extra help in any course in which his/her grade is below 75%. The student must attend at least one session per week.
3. If the student receives an unfavorable report from two or more teachers or fails to comply with any of the above conditions, he/she will be suspended for one week from all extra-curricular activities and athletic events. A week is from Monday through Sunday. Once submitted by the teacher, the decision is final.
4. Incompletes will be considered as failing until they are made up and found to be passing.

Co-Curricular Restriction

A student who has an overall grade average below 70% for all subjects, or a student who has failed two or more classes for the quarter, or a student who has three or more failing progress reports will be placed on extra-curricular restriction. Seniors may be placed on Restriction during the second semester if graduation is in jeopardy.

1. A student on Extra-Curricular Restriction is ineligible to participate in any extra-curricular activity or event for the duration of that marking period. A marking period is that time from report card to progress report, and progress report to report card.
2. All subjects which meet each day are weighted equally in determining eligibility.
3. Grade averages will be determined and the policy will take effect one week from the date that grades are recorded on report cards or the time that progress reports are sent home.
4. Final grades of the previous year will be used in determining eligibility for fall activities. This determination may be changed if a student upgrades an ineligible grade to an eligible grade at summer school.
5. Incompletes will be considered failing until they are made up and found to be passing.



PROGRAMS

Middle School Programs

GOAL:

- To encourage participation while allotting sufficient supervision, practice, and playing time for the members of the squad, thus developing the skills of the members of the team.

Junior Varsity Programs

GOALS:

- To prepare athletes for Varsity teams, encouraging participation while emphasizing skill development and team concepts.
- To encourage commitment to athletics, with dedication to hard work through practice sessions and games, reaching toward the goal of participating in Varsity sports.

Varsity Programs

GOALS:

- To put forth a concentrated effort toward success in which athletes work diligently to hone and sharpen skills.
- To respectfully compete in interscholastic competitions, offering possible opportunities for exposure to colleges and media.

PHYSICAL EDUCATION EXEMPTION

This exemption will apply to Long Island Lutheran Varsity Athletes and participants in approved alternative programs that are NOT available at Long Island Lutheran Middle & High School. There are specific guidelines which are required to be fulfilled by the exempted student in order to receive credit for the Physical Education course. All corresponding paperwork must be filled out at the beginning of each season in which the student intends to be exempt. Students can contact the Physical Education Department if they are interested in this program.

TEAM SELECTION

Squad selection is based on athletic ability and cuts are made at the discretion of the coach.

Team selection will be held in a closed environment with only the coaches and the athletes permitted. In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at LuHi, we encourage coaches to keep as many students as possible on each team. Time, space, facilities, equipment and other factors may place limitations on team size for any particular sport. Choosing the members and captains of athletic teams is the sole responsibility of the coaches. Selections are made according to the skill level of the athletes. All positions are open for any eligible athlete to fill on an annual basis.

When a squad cut becomes necessary, students are encouraged to discuss alternative possibilities for participation in the sport or participation in other areas of the athletic program.

ATTENDANCE POLICY

The following daily attendance policy applies to students involved in interscholastic sports:

1. Students must be in school in order to participate or compete in a contest or a practice on that day. Any exception (funeral, etc.) must have approval of the Athletic Director or M.S. Athletic Director.
2. Students must sign in by noon (12:00 P.M.) in order to participate.
3. Students who sign out may not come back later for practice or a contest without the approval of the Athletic Director or M.S. Athletic Director. (Legal sign out: doctor's appointment, etc.)

PRACTICE AND GAMES

All required practice sessions shall be organized and planned for a reasonable length of time and shall include activities specific to the sport. Depending on the sport and level of play, each team member is required to participate in a minimum number of practice sessions prior to their first scrimmage and/or contest. Playing time is based on ability and substitutions are made at the discretion of the coach. Athletes must be excused from practice with no penalty for religious reasons or for "extra help" sessions with classroom teachers. As a general rule, there will be no practices prior to 12:00 p.m. on Sundays. On days when ACT, SAT, and PSAT tests are administered, consideration will be given to scheduling practices and contests so that conflicts do not arise with the test times.

VACATION POLICY

Athletic team members taking vacations during a sport season can create difficulties in fielding an acceptable number of players on game days. Student-athletes desiring to participate in **school-based** mission trips or educational trips during a sport season should be in contact with the coach *prior* to the beginning of the season. Failure to do this may result in team consequences designated by the coach. **Family** vacations taken by an athletic team member during a season are discouraged by the Athletic Department. If the vacation is unavoidable, the athlete must notify the coach prior to the season and the coach will determine any team consequences.

SPORTS PHYSICALS

A student who participates in interscholastic athletic competition must receive an adequate health examination. He or she may not practice or participate without the approval of the school medical staff. A health form must also be on file with the school nurse each year. Medical examinations will be scheduled during the school year or you can utilize your personal doctor. Physicals shall be valid for one year from the date of the examination.

In addition to the health form, all athletes must have a completed parent permission form prior to the beginning of each season. The Sports Participation Release is available online in LuHi's Download Library (www.luhi.org).

RISK FACTORS AND INJURIES

Long Island Lutheran endeavors to provide all student-athletes with a safe and positive experience. Participation by a student in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, in both "contact" and "non-contact" sports. Many injuries are truly accidental in nature and by electing to participate in school-sponsored activities, the student and his/her parent/guardian assume the risks for injuries that may occur.

In the event an athlete sustains an injury which is serious enough to require a physician's examination and/or treatment, the athlete must obtain written permission from the attending physician and parent before being allowed to resume practice/competition. All such injuries must be reported to the Health Office no later than the next school day.

All notes from doctors regarding an athlete's fitness to resume athletic competition must be submitted to the Health Office to be noted on the student's health record. In the event a question arises regarding an in-jury/illness, the Health Office should be contacted immediately.

In all cases when a question regarding the health, fitness or ability of an athlete to return to athletic participation is raised, the decision of the School Nurse will be final.

STUDENT ACCIDENT INSURANCE

All students enrolled at Long Island Lutheran Middle and High School are insured through an accident insurance policy. The coverage provided is intended to provide supplemental health insurance when accidental bodily injury is sustained by a student while engaging in a school-sponsored activity. This policy provides "excess coverage," that is, coverage for eligible costs not covered under other personal medical benefits, up to the limits of the school's policy. Long Island Lutheran Middle and High School pays for the total cost of this coverage.

In order for coverage to be in effect, it shall be the responsibility of the student to report the injury to the Health Office within 30 days of the date of injury. Claims must first be filed with the family's private health insurance carrier. After settlement of that claim, Lutheran High's coverage is intended to reimburse the family for the unpaid balance, up to the limits of the policy. Additional information about claim procedures, limits of coverage and forms can be obtained from the Health Office.

EQUIPMENT

As an athlete you must accept full responsibility for taking care of all equipment issued to you. If any equipment is lost you must pay the replacement costs. All athletic equipment must be returned to the coach at the end of the season. If you fail to turn in all of your equipment you will be ineligible to compete in any sport until the missing equipment is returned and/or paid for.

No LuHi equipment is to be worn by the athlete out of season or for general use. All equipment is to be worn for practices or games only unless specifically approved by the coach.

GAME DAY ATTIRE

Team members will have the opportunity to represent their team on game days by wearing approved game-day attire during the school day.

- Students will be permitted to dress in game-day attire as outlined at the beginning of each season by the Athletic Department and the Assistant Principal.
- If all team members do not abide by the rules, the entire team will lose the privilege.

LOCKERS

All student athletes are welcome to a team locker located in the Boys' and Girls' locker rooms during their individual season of play. Contact must be made with a Physical Education teacher to receive a locker.

EXCEPTIONAL STUDENT ATHLETES

Selective Classification

The selective classification program is a process for screening exceptional student athletes to determine their readiness to compete in interscholastic competition at the Junior Varsity and Varsity level by evaluating their physical maturity, fitness and skill. The intent of this program is to provide student athletes the opportunity to safely participate at an appropriate level of competition based upon a student's readiness rather than their age. This program has been designed to assess the student/athlete's physical maturation; physical fitness and skills so that the student/athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction.

The head coach in each sport, in consultation with student athlete's physical education teacher, recommends individuals to be selectively classified. In addition to the criteria mentioned, the social and emotional maturity of each student/athlete is carefully assessed especially in situations where students are attempting to play at an advanced level.

In the case where a selectively classified seventh or eighth grader is added to a Varsity or Junior Varsity team, no ninth, tenth, eleventh, or twelfth grader may be cut to make room for this athlete.

NCAA REQUIREMENTS FOR COLLEGE-BOUND ATHLETES

In order to practice and play as a freshman at an NCAA Division I or Division II college, the student athlete must satisfy the requirements of NCAA bylaw 14.3. Information can be obtained by contacting the Athletic Office or your child's guidance counselor. If you have questions about the certification process or the status of your certification documents, you can contact the NCAA Eligibility Center at:

NCAA Eligibility Center
P.O. Box 7110
Indianapolis, IN 46207

Students, parents, counselors and coaches seeking answers regarding initial eligibility may call 1-877-262-1492 or visit www.ncaa.org



AWARDS

Seasonal Athletic Recognition programs are scheduled at the conclusion of each athletic season. Parents, family members and all team members are invited to participate in this evening event. Athletes receive their earned awards from their coaches at this time. Dates for these programs are published in the school calendar.

Award Recognition is given according to the following schedule:

	1 st Year	2 nd Year	3 rd Year	4 th Year	5 th Year	6 th Year	Team Awards
VARSITY	Letter & Sport Pin	Pin	Bar	Plaque	Plaque	Plaque	MVP Coach's Awards (2)
JUNIOR VARSITY	Letter & Sport Pin	Pin	Bar				MVP
MIDDLE SCHOOL	Letter & Sport Pin	Pin					Coach's Award

ATHLETIC COMMITTEE

The Athletic Committee is comprised of representatives from all constituencies of the athletic program. This Committee proposes strategic plans for the future of the overall athletic program and provides a forum for discussion to help guide the direction of the athletic program. This reflects the input of parents, students, and coaches.