

CROWN OF LIFE RAIDERS



ATHLETIC HANDBOOK

Revised 2024



CROWN OF LIFE

LUTHERAN CHURCH AND SCHOOL

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Mission of Athletics

All athletic programs of Crown of Life Lutheran School are to function in the light of God's Word and through the example of our Lord Jesus Christ. Our Mission is to provide all athletes an opportunity to learn the fundamentals of sports, develop individual skills, learn how to be members of a team, and have fun. This is accomplished by the dedication of the coaches, support of the parents, and the determination of the players, to the glory of God.

"In whatever you do, do it all for the glory of God." - I Corinthians 10:31

General Philosophy

The goal of Crown of Life's athletic program is to provide students opportunities to use their athletic abilities to God's glory. Athletes will learn the benefits of responsible team play, cooperation, commitment, self-discipline, decision-making, respect for others, and the drive to compete. It proves that hard work and dedication produce enjoyable experiences and strong bonds among teammates. This privilege of interscholastic competition should be regarded as an honor for the athletes to represent their school.

Participation in the athletic program at Crown of Life is entirely voluntary. The opportunity to participate is extended to all students in the specified grade range who are willing to assume the responsibilities outlined in this handbook.

Athletic Program Objectives

The goals of our athletic program are to:

- Develop God-given talents to the athlete's fullest.
- Practice Christian sportsmanship in every situation.
- Teach the athlete the skills needed to be successful and to participate in future activities at the next level.
- Teach respect for teammates, opponents, coaches, fans, officials and property.
- Provide coaches who are knowledgeable in their sport and who adhere to the philosophy and objectives of the athletic program.
- Provide a positive image of Crown of Life, its parents, fans, students, coaches, teachers, and pastors.
- Cultivate an environment where students enjoy athletic participation.
- Encourage participation in Crown of Life's athletic program.

Attitudes and Values

- We desire to teach our athletes and parents to be humble in victory and gracious in defeat.
- As representatives of our school and our Lord, athletes, parents, and coaches should exhibit Christian behavior at all times. Disrespect toward coaches, officials, other players, or fans will not be tolerated.
- Athletics provide players with a sense of enjoyment and satisfaction.
- Athletics teach players to use their God-given talents to His glory and to understand and appreciate that everyone is blessed with unique gifts and abilities.
- Athletics help foster Christian fellowship and friendship among students here at Crown of Life, as well as in competition with other athletes.
- Athletics give the athletes an opportunity to put their faith into action and be a Christian example.
- Athletics teach that an athlete has a responsibility toward their coach and teammates. This is most evident

in faithful attendance at practice and games.

- Athletics allow us to prioritize and pursue “excellence” (process-oriented, allowing for failure and setbacks) over “success” (trophies and winning at all costs).

Athletic Season Schedule

As a member of the Twin Cities Lutheran Grade School Athletic League (TCLGSAL), Crown of Life offers participation in all of its sports programs. The sports listed to the right are available to students in the specified grades listed.

Students in grades 5 and 6 will have the opportunity to develop fundamental skills through active participation in a competitive setting at the B-team level. Students in 7 and 8 grade will progress in their skills in a competitive setting at the A-team level, focusing on advancement in skill development.

In the case that full team rosters cannot be filled by the specified grades, additional grades may be invited to participate. This will be determined on a seasonal basis by the athletic director and principal.

In reference to cheerleading, any girl in grades 5-8 wishing to cheer is invited to be a leader on the cheer team; however, she may not be involved simultaneously on the girls' basketball team.

<p>FALL (August - October)</p> <ul style="list-style-type: none">• Soccer (Co-ed 5th-8th)• Girls' Volleyball (5th-8th)• Cross Country (Co-ed 3rd-8th)• Disc Golf (Co-ed 3rd-8th)
<p>WINTER (November - February)</p> <ul style="list-style-type: none">• Boys' Basketball (5th-8th)• Girls' Basketball (5th-8th)• Girls' Cheerleading (3rd-4th)
<p>SPRING (March - May)</p> <ul style="list-style-type: none">• Bowling (Co-ed 5th-8th)• Track and Field (Co-ed 5th-8th)

Academic Requirements

Students should realize that classroom responsibilities must be met before participating in any sports programs. This is based on the idea that participation in the athletic program is a privilege, not a right. The student must be working in the classroom to his/her God-given ability, regardless of grade average. When determining acceptable academic achievement, the teachers take into consideration that each student has been blessed by God with unique and different academic gifts and abilities. In addition, if the parent/guardian feels their child is not performing to the fullest measure of the gifts and abilities given to them by God, they may request a meeting with the athletic director and/ or classroom teacher to discuss appropriate discipline concerning athletic participation.

An incomplete work report will be run on Friday at 12pm each week. If any student-athlete has incomplete work more than 2 weeks old at the time the report is run, that student-athlete will be deemed ineligible for practices and games starting the following week and will be required to attend an after-school detention on the following school day from 3:15-4:00pm, and each school day thereafter, until that student has zero incomplete assignments. Even 1 incomplete assignment will trigger this ineligibility. This after-school detention takes priority over any other extra-curricular activity or transportation agreement. Any special exemptions or situations will need to be approved by the school AD.

These eligibility standards do not replace but rather supplement the Crown of Life Parent Handbook standards that are given to each school family.

Attendance Requirements

Athletes are expected to attend all practices and games unless a valid excuse is given directly to the coach. Field trips, additional education experiences, medical/dental appointments, and special family situations (i.e. funerals and weddings) are generally considered excused absences.

If an athlete misses a practice or game without a valid excuse, he/she will have limited playing time in the next game. On the third unexcused absence, the athlete may no longer be able to participate on the team for the sport in season.

In order for an athlete to participate in a school-day practice or competition, the athlete must be in attendance before 11:30 am and remain in school for the rest of the day. An athlete who is ill the entire day or has an unexcused absence for the day will not be allowed to participate in that day's event. If a player is sick all day Friday and has games on Saturday and/or Sunday, they may be cleared to play based on a discussion with the AD. However, if a player has an unexcused absence from school on Friday, the parents will need to clear the absence with the athletic director before participating in any weekend games. Please communicate all known absences ahead of time with your child's coach and/or the athletic director.

Behavioral Requirements

In the spirit of Christian faith and love, it is expected and encouraged that the following God-pleasing behaviors and priorities be exhibited by the athletes:

- Regular attendance at worship services in God's house.
- Witnessing their love for their Savior by representing Him, their family, their school, their team, and themselves in a God-pleasing way.
- Using speech that always honors God.
- Showing honor and respect for all authorities the Lord has placed over them at home, church, school and in competition.
- Following the rules and guidelines found in this handbook.

Playing Time

The B-team level in our program is designed to introduce the athlete to the rules of the sport and develop the fundamental skills of a player through active participation. Players who faithfully attend practices with the intent to work hard and listen, while displaying an attitude of teamwork, will earn meaningful playing time in each game.

A-team athletics at Crown of Life are geared more toward the competitive nature of sports. This does not mean that the coaches do not strive to play all their players. At this level, the players should learn the concept of team more closely and that each member of a team has a role. Playing time at this level will vary according to a player's ability, effort in practice, and as game situations dictate; we want to put players into situations where they can succeed. Although playing time is not guaranteed, coaches will seek to play all players meaningfully in every regular season game. The goal of tournament play is to advance by putting the best team on the court. Playing time will be based on game situations, especially in closely contested games. Every player may not play in every game of a tournament, but coaches should strive to make sure players get meaningful opportunities each day of the tournament.

Fees

All athletes are required to pay a sports fee for participation in the sports program. This fee helps to cover the cost of rentals, officials, equipment, coaches, and uniform maintenance/updates. The fee is not enough to fully fund the program, but rather helps the school offset the cost. All fees will be automatically pulled via ACH following the first scheduled contest of each season. The fee amount is as follows: \$25 per athlete per sport, with a yearly cap of \$100 per family*. Crown of Life takes pride in helping to keep family fees low to allow all students the chance to participate.

*This excludes bowling and track, which requires a larger fee due to lane and equipment rentals throughout the season.

Uniforms

Game uniforms are provided by the school and are distributed/ collected by the athletic director or designated coach.

The individual athlete and parents/guardians are responsible for the proper care and possession of the uniform for the duration of the season. Uniforms should never be altered in any fashion and should be washed according to the specific care instructions handed out with each uniform. Parents/players are liable for the cost of replacing lost or damaged uniforms.

Uniforms should be worn only for game play and not for practices or for leisure. Exceptions to this rule are granted by the athletic director (i.e. School Spirit Day or Pep Rally). Shorts should be worn properly around the waist, and shirts should be tucked in neatly at all times.

Extra uniforms are not provided for away games. If an individual forgets his/her uniform, the athlete may or may not be allowed to participate. Players are responsible for turning in their washed uniform, in a prompt manner, to the athletic director at the conclusion of the season. If the uniforms are damaged, parents will be responsible for covering the replacement costs.

Multiple Activities

To teach responsibility, leadership, and teamwork it is encouraged that members of Crown of Life's athletic teams make it a priority to attend the school's athletic events. Participation in activities offered within the player's community and outside Crown of Life's guidance is understandable. However, conflicts between the two organizations should be kept at a minimum. In order to avoid conflicts in practices and/or game competitions, the following guidelines are provided to help players, parents, and coaches make a decision that is best for both the school and the multi-sport athlete.

For activities offered within Crown of Life:

- In the event that an athlete is scheduled for a Crown of Life activity and a Crown of Life competition at the same time (i.e. a volleyball game and a cross country practice), the competition should always take precedence with no penalty to the player in the activity for which he/she is not participating.
- In the event an athlete is scheduled for activities of equal classification (i.e. two practices or two competitions occurring simultaneously) the player should be allowed to make a choice without penalty and communicate ahead of time to the coaches of both teams. The best efforts will be made by the athletic director to avoid this situation when scheduling games.

For activities offered outside Crown of Life:

- In a situation where the athlete is missing multiple practices and/or games on account of his/her additional team, a commitment should be made to participate on Crown of Life's team or the outside team, not both. This is requested for the sake of both organizations' consistency for team development, coaching strategies for player personnel in games/tournaments, and the feeling of a unified team.
- Missing practices/games due to participation in non-Crown of Life extracurricular activities may result in limited playing time. It is important to keep open communication with your child's coach and athletic director for awareness and to work out any scheduling conflicts.
- In the event that a Crown of Life student desires to participate in an athletic activity at St. Croix Lutheran Academy when that activity is offered at Crown of Life, a conversation between the parents and the Crown of Life

athletic director should take place beforehand.

Practice

Athletes are expected to attend all practices unless a valid excuse is given directly to the coach (see “[attendance requirements](#)”). Athletes should come prepared for practice with the appropriate attire and equipment for that particular sport. This includes non-marking gym shoes for basketball and volleyball, knee pads for volleyball, shin guards and cleats for soccer, and running shoes for cross country and track. Comfortable/flexible clothing is encouraged in order for the athlete to maximize their range of movement. No practices will be scheduled over school holidays and breaks, unless the coach organizes and informs the parents and players with advanced notice of a practice.

Weather forecasts should be checked on a regular basis for outdoor practices and the appropriate clothing be worn. Any cancellations of practices will be made by the athletic director and coach and communicated to the parents. Communication is done via email and text through Gradelink.

Chewing gum and jewelry are not allowed during practices and/ or competitions. Athletes may bring their own water bottles with their name clearly marked on them for practices and games.

Parents are expected to pick up players within 10 minutes of the conclusion of practice. If this is not possible, arrangements with the coach should be made prior to that day’s practice.

Transportation

Rides to and from games, practices, and tournaments are neither provided by Crown of Life nor its coaches. Parents and players are responsible for arranging their own transportation to such events. Carpooling arrangements should be made at least one day prior to that day’s game, tournament, or any other competition.

Service Opportunities

It is a great blessing to have such a wonderful gym/facility in which to host volleyball and basketball games. In order to provide an exciting and welcoming experience for visiting schools and to create a positive experience for all players and fans, Crown of Life has several opportunities for parents to support the athletic program through serving in the following areas during home game events: Concessions, Scorebook, Score Clock, Line Judging.

It is the responsibility of the athletic director to organize sign-ups and to encourage families to get involved. These volunteer opportunities are so important for our athletic program and much appreciated!

Athlete Expectations

All student athletes are encouraged and expected to:

- Display Christian attitudes, sportsmanship, and behavior in school, at practices, and all athletic events.
- Maintain academic standards according to policy.
- Be at practices and games on time and ready to play.
- Listen to and respect the coaches, officials, and fellow competitors.
- Wear proper attire for practices and games.
- Protect and care for uniforms and school property.
- Accept a referee’s calls in a Christian manner.

- Contact their coach if the player must miss a practice or game.
- Accept decisions of the coaches, athletic director, and teachers.

Coach Expectations

All coaches are encouraged and expected to:

- Be a Christian role model through faithful and regular attendance at worship services in God’s house.
- Display a living example of Christian sportsmanship and behavior.
- Be competent and well-prepared in planning practices and games.
- Make participation competitive, yet fun.
- Teach players to respect teammates, officials, and opponents.
- Encourage athletes to play to the best of their God-given ability.
- Respect the official’s judgment.
- Maintain a positive appearance.
- Handle any discussions with referees, coaches, etc., in an appropriate, Christian manner befitting a leader of influential youth.
- Discipline any player who displays non-Christian and unsportsmanlike conduct to any official, competitor, or fan, under the guidance and support of the athletic director.

Parent Expectations

All parents with children involved in the athletic program are encouraged and expected to:

- Match their actions with the values we want our athletes to embody.
- Display Christian sportsmanship and behavior at each game, tournament, and any other athletic event.
- Respect the coaches’, athletic director’s, and teachers’ decisions regarding the student athletes.
- Provide and arrange supervision of their child(ren) before, during and after games and tournaments.
- Encourage their child to perform to the best of his/her God-given abilities.
- Be supportive of their player regardless of his/her performance.
- Be supportive of their player’s coach, teammates, and opponents.
- Be supportive of all officials and referees.
- Refrain from criticizing officials, coaches, and other parents.
- Allow coaches to do the coaching.
- Attend any parent preseason sport’s meetings.
- Make arrangements for timely drop-off/pickup of players to and from practices and games.
- Contact their child’s coach if a practice or game will be missed.
- Support the Crown of Life athletic program through volunteer work (see “[Service Opportunities](#)”).

Spectator Expectations

All spectators at Crown of Life’s athletic events are encouraged and expected to:

- Represent their Savior and the school in a Christ-like manner.
- Welcome visiting fans, players, and coaches.
- Always encourage every participant in the game/contest.

- Respect all calls by the referees and all decisions by the coaches.
- Supervise their child(ren) not participating in the game/contest.
- Keep the facilities clean and offer to help take down.

Athletic Director Expectations

The athletic director at Crown of Life is encouraged and expected to:

- Lead the athletic program in a Christ-like manner, setting a God pleasing example for players, coaches, and parents to follow.
- Coordinate the school's athletic program for all sports.
- Supervise all coaches within the athletic program.
- Fill vacancies in the coaching staff with candidates qualified to coach the sport in which there is need for help.
- Dismiss a coach who is not meeting the qualifications or expectations of the coaching position.
- Coordinate the scheduling and logistics for athletic events.
- Represent Crown of Life at athletic league meetings and events.
- Establish regular practice times.
- Resolve conflicts and prescribe disciplinary action, as appropriate, to participating athletes.
- Perform other duties mutually agreed upon by the administration.

Sportsmanship Guidelines

Crown of Life believes that athletic competition should be governed by Christian values as well as the basic principles of good sportsmanship. The following guidelines have been prepared to ensure that players, parents, and coaches have a common understanding of those principles.

Christian sportsmanship is the way that participants, coaches, and fans represent themselves, their team, their school, and their Savior. It is defined as those qualities which are characterized by ethical behavior, Christian integrity, and genuine Christian love for others, such as:

- Adhering to the rules of the sport; playing fair.
- Respecting others and yourself.
- Imposing self-control, being courteous, and gracefully accepting the results of your actions.
- Willing to accept victory or defeat.
- Being responsible for personal actions.
- Being respectful of officials, authority, and decisions.

Parents and spectators, by their behavior and reaction, determine to a large extent the reputation of sportsmanship of their child's team and school. Parents should keep in mind that athletes are friendly rivals as members of opposing teams. In many cases, these players will be future teammates or classmates when they progress to high school. It should be the responsibility of all to help foster these friendships for future years.

Crown of Life is committed to upholding the ideals of good sportsmanship and Christian values. Therefore, it is important that the actions of the participants, coaches, and spectators be a positive reflection on Crown of Life as well as our Savior.

Failure to follow these guidelines could result in removal from the game and/or possible denial of attendance at future athletic activities.

Questions and Concerns

Both parenting and coaching are challenging, as well as rewarding, vocations. By establishing and understanding each position, we are able to accept the actions of the other, providing greater benefit to the athlete. As the student becomes involved in the sports program at Crown of Life, he/she will experience some very rewarding moments. It is important to understand that there also may be times when things don't go the way the player wishes. At these times discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The condition of the player, both physically and mentally.
- Ways to help the player improve.
- Concerns about the player's behavior.
- Level of competition.

As you see from the list to the side, certain things can and should be discussed with your child's coach. However, other things must be left to the discretion of the coaches.

Situations may arise that require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position.

When these conferences are necessary, the following guidelines should be followed to help promote a healthy resolution to the issue of concern.

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- Your child's role on the team.
- Team strategy
- Play calling
- Matters concerning other student athletes

- Call or speak to the coach to set up an appointment.
- **Do not attempt to confront a coach before or after a game.** These can be emotional times for both the parents and the coach and rarely help in resolving a conflict.
- **Wait 24 hours before addressing such issues.** This provides both sides with time to let emotions settle and allows for a clear perspective.

Crown of Life, in conjunction with the Athletic Department, follows a chain of command listed in the graph to the right. Please observe the order of this line of communication when bringing forward concerns.

GRIEVANCE PROCEDURES

1. Coach
2. Athletic Director
3. Principal
4. Education Committee

Sports Pictures

Towards the beginning of each season, a photography company will come to Crown of Life and take individual and team pictures of the athletes for the players and parents to purchase.

Sports Information Resources

Listed below are several resources to use to stay up-to-date with the latest sports news at Crown of Life. It is important to frequently read/check these resources to stay aware of any changes in game dates, times, or venues.

- **AD News:** Written weekly by the athletic director and posted in the *Raider Review*. This has the most current information concerning the sports activities for the week.
- **rSchool Calendar:** The activity calendar is posted on our school website, and [can also be found here](#).