

# ***SAINT PAUL SAINTS***

***2009-2010***

## ***EXTRA-CURRICULAR INTERSCHOLASTIC ATHLETIC HANDBOOK***

**VOLLEYBALL**

**FOOTBALL**

**CROSS COUNTRY**

**GOLF**

**BASKETBALL**

**BASEBALL**

**TRACK & FIELD**

**CHEERLEADING**

**SOCCER**

**SOFTBALL**

**INTRODUCTION**

The purpose of this guide is to provide a statement of philosophy on interscholastic athletics for Saint Paul Lutheran High and an operating code for the Athletic Director with the respective

coaches who work throughout the program.

It is the philosophy of Saint Paul that a quality interscholastic program should be conducted as an integral part of the learning program. We use every situation and opportunity in our lives, as well as in the lives of our student athletes, for His purpose as we are commanded in Col. 3:23, "Do everything as unto the Lord." As many sports as possible will be offered at as many different skill levels as personnel. (adult and student) and facilities will permit. Students are encouraged to participate in the areas that interest them.

Saint Paul maintains membership in the Missouri State High School Activities Association and the I-70 Conference. Athletic competition is governed by the rules and regulations for these organizations excepting that local rules of a more restrictive nature may be adopted.

### **PHYSICAL EXAMINATIONS**

All students who participate in the interscholastic athletic program at Saint Paul must have a physical examination by a physician or doctor of chiropractic of their choice. In addition, the physician, the parent(s) or guardian(s), and the athlete must sign the form in the appropriate spaces. All student athletes must have completed forms on file in the school office before they may practice or play. Coaches are to see that athletes do not practice or play until this form is on file.

A team member is not allowed to practice or compete on a day (or any part of the day) when that member is unable to attend school. Exceptions must be approved by the athletic director after consultation with the principal. Students who are absent from practice for one week or longer for medical reasons, must have written permission from a physician prior to returning to practice. Such permission should be on file in the school office.

### **INSURANCE**

A student who is participating in any sport should be covered by some basic insurance, a copy of which will be on file in the school office. Saint Paul insurance is the primary carrier up to \$100. If the amount is more than \$100, the student's insurance is filed with Saint Paul insurance being the secondary carrier. \* In some cases the full amount charged may not be eligible.

### **DEFINITION OF ELIGIBILITY**

Interscholastic activities are offered at Saint Paul as an integral part of the curriculum. Interscholastic activities are governed by the Missouri State High School Activities Association, the I-70 Conference, and the rules and regulations of Saint Paul Lutheran High. The official Handbook of the Missouri State High School Activities Association states that, "to be eligible to participate in school activities is a privilege-not an inherent right." This particular privilege is granted if you meet the eligibility standards as set forth by the MSHSAA and Saint Paul. According to the MSHSAA eligibility standards, participants must be good citizens in their school and community as approved by the executive director/principal. More specifically, any student who represents his/her school in interscholastic activities must be a creditable citizen and be judged so by the proper school authority. Students whose character or conduct is such to reflect discredit upon themselves or their school are not considered creditable citizens. Their conduct shall be satisfactory in accord with the standards of good discipline.

The privilege of being on a team or in an organization carries with it the responsibility of good citizenship, abiding by rules and regulations, and meeting the following responsibilities:

### **ELIGIBILITY STANDARDS**

Athletes must attend 14 practice days before they can participate in a game.

Students must be creditable high school citizens.

Students must be enrolled in courses that offer 2.50 units of credit and must have earned 2.50 units of credit the preceding semester.

Students must have a 2.0 grade point average. Saint Paul also requires that a student have no "F's" on their grade card. Students believing that extenuating circumstances concerning their case should be considered, eligibility possibly granted, may request a review of the evidence as outlined in the student handbook.

Students cannot compete in any activity for more than four seasons or in any but the first eight semesters they are enrolled in high school, including special education.

Students must enter school within the first eleven days of the semester to be eligible to participate that semester.

Students must not accept an award for competing in any high school activity except the award given by your school.

High school students who reach their 19th birthday prior to July 1 will be ineligible for further competition the succeeding year.

During the activity season a student represents his/her school by competing in an interscholastic activity contest. They cannot compete as a member of a non-school team or as an individual participant in organized non-school competition in that same activity. This includes the intramural program at Saint Paul Lutheran High.

You must have a current physical examination on file in the school office. Current means after February 1 of the previous school year.

You must have a signed MSHSAA participation certificate form on file signed by you and your parents.

You must submit evidence of medical insurance that covers the student in case of injury.

Students are to maintain a 2.00 grade point average to be eligible to represent the school in activities. Students will be ineligible for the 2<sup>nd</sup> and 4<sup>th</sup> quarter if their 1<sup>st</sup> and 3<sup>rd</sup> quarter grades are below 2.00, or if they receive an "F" in any course. They will be ineligible for 1<sup>st</sup> and 3<sup>rd</sup> quarter if their 1<sup>st</sup> semester or 2<sup>nd</sup> semester grades are below 2.00, or if they receive an "F" in any course. A student must take and pass 2.5 units of credit the preceding semester to be eligible for the current

semester. Any course work completed after the end of a semester cannot count toward the 2.5 units required by MSHSAA for eligibility.

A committee shall be comprised of the Principal, the coach or activity sponsor involved, the teacher of the subject, and the advisor. If there is any duplication of members, faculty members and/or the resident hall counselor will be used to complete the committee. The committee and the student, who is appealing, shall meet. This will take place one week after the student is declared ineligible. This provides a week long period for the student to take personal action to correct the difficulty. Concerns addressed shall be:

- What is the cause of the failure?
- Is the activity a helpful and growing experience for the student?
- What is best for the student involved?
- Is the student involved in making an effort?

A student may appeal his eligibility only twice during his/her high school career.

Based on these questions, the committee will vote. If there is a  $\frac{3}{4}$  majority in favor of the appeal, the student will be eligible.

#### \*\*\*235.0 Nonschool Competition

An athlete may compete in organized nonschool sponsored athletic competition under the following conditions. (Note: The following restrictions shall apply only to sports\* in which MSHSAA member schools compete interscholastically.)

235.1 During the sport season a student represents his or her school by competing in an interscholastic athletic contest:

- A. He or she shall neither practice nor compete as a member of a nonschool team or as an individual participant in organized nonschool competition in that same sport.
  1. Definition of school sports season – a school sports season shall be defined as the period beginning with the date of the school’s first practice with any part of a sports squad held on or after the first allowable practice date for the MSHSAA sport season and ending with the school’s last contest, including district and state tournament contests, in that sport. EXCEPTION – For fall sports, the official school sports season shall begin as of the Tuesday following Labor Day or as of the date of the school’s first practice with any part of a sport squad held on a school day whichever occurs later.
  2. Definition of organized nonschool competition – Athletic competition shall be considered “organized” if any of the following conditions exist: Competition is scheduled and publicized in advance, official score is kept, individual or team standings are maintained, official timer or game officials are used, admission is charged, teams are regularly formed or team rosters are predetermined, squad members are dressed in team uniforms or a team is privately or commercially sponsored. Further, competition which is either directly or indirectly sponsored, promoted or administered by an individual, organization, or any other agency shall be considered organized.
  3. A student who joins a school sports squad for the first time must have abided by these restrictions beginning with the first day of the current season of the sport concerned.

- B. He or she may practice or compete as a member of a nonschool team or as an individual participant in organized nonschool competition in a different sport\* than the school sport in season under the following conditions:
    1. No school time is missed to compete, practice for, or travel to the site of such nonschool competition unless the absence is approved in advance by the school administrator.
    2. The student shall not practice for or compete in the nonschool competition on the same date he or she practices or competes for the school team without approval of the school administrator.
  - C. EXCEPTION – During the school sport season of swimming and diving, a student may, after fulfilling all requirements, practices and competitions of the school swimming and diving team, practice and/or compete as a member of a nonschool team or as an individual participant in an organized nonschool swimming and diving practice or competition under the conditions listed below.
    1. Priority shall be given to all school team practices and competition. Should a nonschool practice/competition be in direct conflict with the school scheduled practice/competition the school practice/competition shall take priority. Prior approval by the school administrator may grant an exception to a student to participate in the nonschool swimming and diving program if in direct conflict with the school program.
    2. No school time shall be missed to compete, practice or travel to the site of such nonschool swimming and diving competition unless the absence is approved in advance by the school administrator.
    3. A school shall not replace its swimming or diving program with any nonschool swimming or diving program.
- 235.2 During any sport season a student is not a member of a school sport squad and during the summer vacation period, he or she may participate in nonschool competition in a sport\* in which MSHSAA member schools compete interscholastically provided:
- A. If held during the school year, no school time is missed to compete, practice for, or travel to the site of the nonschool competition unless the absence is approved in advance by the school administrator.
  - B. No nonschool basketball, football, or volleyball team is comprised solely of members of the same school team or students who will be members of the same school team as other players on the nonschool team the next year. This restriction **does not apply during the summer months when school is not in session.**
    1. Nonschool teams which are nontraditional offerings of these sports shall not be restricted in team composition. The following are considered nontraditional: teams of three or fewer in basketball, seven or fewer in football, four or fewer in volleyball and coed volleyball.
    2. Any nonschool team in basketball, football and volleyball involving more players on the court or field than listed in 235.2-b-1 shall be considered traditional and must meet the requirements of 235.2-b.
    3. During the school sport season a student may not participate in any traditional or nontraditional nonschool offering of the sport concerned.
  - C. It is not an all-star contest as defined in By-Law 306.
  - D. If held during the school year but outside the designated school season for the sport, the participant shall receive no coaching from a member of the coaching staff of the school the student attends or will attend the following year. Editor's Note: During the summer

months only, the participants in any sport may be coached by a member of the school coaching staff the participant has attended or will attend the next year.

- 235.2 An athlete may not compete in an All-Star contest, as defined in By-Law 306, and maintain his/her eligibility unless the following requirements are met:
- A. No student may participate in an All-Star contest during the school sport season for the sport concerned.
  - B. A senior who has completed his/her eligibility in an interscholastic sport shall be permitted to participate in no more than one All-Star event in that same sport during the school year.
  - C. A senior student participating in an All-Star contest shall not be permitted to miss an MSHSAA sponsored post season athletic event to travel to and from or participate in the All-Star event.
- 235.3 The Board of Directors may make an exception to provisions of sections 235.1 and 235.2 to permit a student to participate as an individual (not representing his or her school) without loss of interscholastic eligibility:
- A. As a member of a National team (and the actual, direct tryouts therefore), which is defined as one selected by the national governing body of the sport on a national qualification basis either through a defined selective process or actual tryouts for the purpose of international competition which requires the entries to officially represent their respective nations, although it is not necessary there be team scoring by nation; or
  - B. In an Olympic Development Program, which is defined as a training program or competition:
    - 1. Conducted or sponsored by the United States Olympic Committee (USOC); or
    - 2. Directly funded and conducted by the USOC member national governing body (NGB) on a national level (e.g. NGB national championship competition and the direct qualifications therefore); PROVIDED, HOWEVER, participation as described in a. and b. above may be an exception to the other provisions of By-Law 235 only if:
      - (a) The participation, if during the school year, is approved by the student's high school principal, and the MSHSAA is notified in writing by the principal at least 30 days prior to the start of the program; and
      - (b) The student makes prior arrangements to complete missed academic lessons, assignments and tests before the last day of classes of the credit grading period in which the student's absence occurs; and
      - (c) The student misses no MSHSAA sponsored postseason athletic event involving a team in that sport.

Editor's Note: As per 235.1-c Exemption, prior approval by the Board of Directors is not required for swimming and diving.

235.4 Student-athletes must provide their own transportation to participate in nonschool competition; schools shall not provide or arrange for transportation for their student athletes to participate in nonschool competition.

235.5 The penalty for violation of By-Law 235 shall be ineligibility for a period not to exceed 365 days in the sport in which the violation occurred. Students who participate in an all-star contest, as defined in By-Law Section 306, who do not meet the requirements in B-Law 235.3 are ineligible in the sport in which the violation occurred for 365 days from the date of the violation and for 90 school days from the date of violation in all other sports.

**BOARD OF DIRECTORS NOTE: The restrictions included in this standard shall apply to the**

**following sports – Baseball; Basketball; Cross Country; Field Hockey; Football; Golf; Gymnastics; Soccer; Softball; Swimming; Tennis; Track; Volleyball; Water Polo; and Wrestling.\*\*\***

You must have all non-school competition approved by your coach or the athletic director.

You must abide by the regulations of Saint Paul as written in the student handbook. Coaches may have stricter guidelines and will share them with the participants before the season.

A student suspended from an activity is not eligible to participate in any other activity program until that activity season is completed.

Students should maintain good citizenship in school, out of school, and on the team. Any student involved in inappropriate behavior in the community, will be required to attend a hearing at which time the question of eligibility will be determined. Any student arrested by law enforcement agents is subject to losing eligibility for all high school activities.

Any in-school or out-of-school suspension will prevent students from participating in practices or contests during the suspension. If excessive, the student will be removed from the team.

Students may participate on a school team and a non-school team in different activities during the same season; however, you may not practice for the non-school activity or participate in organized non-school activity competition on the same day that you practice with or participate for the school team without approval of the Athletic Director. This includes the intramural program at Saint Paul Lutheran High.

If a student transfers schools, he/she is ineligible for 365 days from the date of transfer unless there is a corresponding change of residence of the parents or unless they meet other exceptions to this rule.

A student who transfers for the first time to a boarding school and lives in a dormitory of the school may be eligible as soon as certified in accord with MSHSAA eligibility.

Foreign students that are full time boarding students are considered eligible at all levels of participation. Students not living in the dorm are not eligible under this provision.

## **PARTICIPATION**

If a student misses class on the date of a contest or practice without being excused by the Principal, or comes to school after school begins, the individual shall not be considered eligible on that date to compete or practice. This includes illness.

Students who are excused from PE or have a medical excuse may not practice or play in a game or practice on that day.

Students who have an unexcused absence will not be able to represent the school that day at a contest or practice.

## **SAFETY OF SQUAD MEMBERS**

When a student is injured, the school's Director of Health Services should be notified immediately. If the emergency is serious, the emergency rescue squad should be contacted. The student should be taken or accompanied to the doctor's office or the hospital by the school's Director of Health Services.

Coaches must fill out a report form for the school's Director of Health Services about all injuries (major or minor) that occur during practice or contest. These should be filled out within 48 hours.

## **TRANSPORTATION**

All Saint Paul Lutheran High students will ride SPLH transportation to SPLH sponsored athletic events, unless given permission to do otherwise. Permission may be granted if the following requirements are met:

- You receive permission from the coach and athletic director after consultation with the principal.
- You ride with a SPLH parent.
  - You have a note from that parent, stating such.
  - You have the note signed by the resident hall supervisor. (for resident hall students)
  - You give our bus/van driver the note.

All athletic participants will ride SPLH transportation to school sponsored activities. If you wish to ride back with someone else, permission may be granted if the following requirements are met:

- You ride with a SPLH parent.
- You have a note from that parent, stating such.
- You have the resident hall supervisor sign the note.
- You give the note to your coach, who signs it.
- You give our bus/van driver the note.

The athletic director after consultation with the assistant principal, reserves the right to make exceptions to this policy, in extenuating circumstances.

## **LETTERING POLICY**

Students who meet the following criteria will be awarded letters:

Students are expected to attend all practices as well as all contests.

-Students who have legitimate reasons for missing practice or contests must clear it beforehand with their coach. Failure to do so will result in the absence being unexcused.

-Students who have an unexcused absence for either practice or contests may not receive their letters. It will be left to the coach's discretion.

Students will participate in the prescribed amount of participating time. Participation requirements will be distributed to each member before the season begins, by the coach.

Students will have remained eligible for the entire season in the following areas:

-Academically - grades kept above the prescribed level for the duration of the season.

-Socially - school policy states that student athletes may be removed from the team (for any length of time) at any time during the season for discipline reasons.

-Team wise - students will follow the agreement signed at the beginning of the season.

Students who are withheld from a contest due to inappropriate behavior may not earn their letter.

Students will have to exhibit a positive, cooperative, and enthusiastic character and work totally for the activity.

Participants who quit, are suspended, or are dismissed from the team will not receive their letters.

Individual sports may have their own written policy in addition to the above and will be given to each participant by the coach. The coach must have these policies approved by the athletic director.

IN ADDITION TO THE PREVIOUS STIPULATIONS THE FOLLOWING MUST BE MET IN ORDER TO EARN A VARSITY LETTER IN THE FOLLOWING SPORTS.

**BASEBALL** – TO APPEAR IN AT LEAST 1/3 OF ALL VARSITY INNINGS.

**GIRLS BASKETBALL** – PLAY IN AT LEAST HALF OF VARSITY GAME QUARTERS.

**BOYS BASKETBALL** – PLAY IN AT LEAST HALF OF VARSITY GAME QUARTERS.

**CHEERLEADING** – FOLLOWING THE ABOVE STIPULATIONS PLUS SPECIFIC GUIDELINES CONCERNING CHEERLEADING DISCIPLINE OUTLINED IN THE HANDOUT GIVEN BY THE COACH THE FIRST WEEK OF PRACTICE.

**CROSS-COUNTRY** – NO MISSED PRACTICES UNLESS APPROVED BY COACH. COMPETE IN 80% OF VARSITY MEETS. PLACE IN 50% OF VARSITY MEETS OR DISTRICTS

**FOOTBALL** – PARTICIPATE IN AN AVERAGE OF 10 PLAYS A GAME.

**SOCCER** – PLAY IN AT LEAST HALF OF VARSITY GAMES.

**SOFTBALL** – TO APPEAR IN AT LEAST 1/3 OF ALL VARSITY INNINGS.

**TRACK** – NO MISSED PRACTICES UNLESS APPROVED BY COACH. COMPETE IN 90% OF VARSITY MEETS. EARN POINTS IN 60% OF VARSITY MEETS AND/OR CONFERENCE MEET, AND/OR DISTRICT MEET.

**VOLLEYBALL** – PLAYED IN 50% OR MORE OF ALL VARSITY MATCHES FOR A SEASON OR 15 MATCHES OVER THEIR CAREER.

ALL COACHES, WITH THE ATHLETIC DIRECTORS'S APPROVAL, RESERVE THE RIGHT TO LETTER OR NOT LETTER A PARTICIPANT FOR EXTENUATING CIRCUMSTANCES. E.g. Quitting team, skipping practice, reoccurring altercations with the coach, breaking any agreements signed by coach, student athlete or parent.

### **AWARDS FOR LETTERING**

#### **JUNIOR VARSITY LETTER**

**1<sup>ST</sup> TIME** – NUMERALS OF GRADUATION YEAR AND CERTIFICATE  
**SUBSEQUENT YEARS – CERTIFICATE**

#### **Varsity Letter**

**1<sup>ST</sup> TIME** – P, MEDAL FOR ACTIVITY, BAR, CERTIFICATE

**SUBSEQUENT YEARS – BAR AND CERTIFICATE**

### **EXPECTATIONS OF PARTICIPANTS**

Being a part of an interscholastic athletic team here at Saint Paul Lutheran High School is a honor and a privilege. To compete for your school, to use and develop your God-given talents is a chance in a lifetime.

Thus with the opportunity to use and develop your talents, we expect you to show your sportsmanship and cooperation while participating in the following areas:

**Classroom:** Cooperation in doing class work and tests. Good behavior without disruption of class. Respect for your classmates, teacher, and yourself in doing the best that you can do.

**Residents:** Cooperation in following all the guidelines of the resident halls, i.e. check out, bedtime, study hours, etc. We will support the residential hall counselors and their decisions concerning discipline.

**Appearance:** The way you present yourself describes yourself and your school, thus we expect you to look sharp and to be proud of belonging to Christ's body as a member of Saint Paul Lutheran High School.

**Team:** You are a part of a team and we expect you to show a good sportsmanship attitude. To be proud of yourself and positive with your teammates while supporting them. This relates to your relationship with the opposing team, officials, and spectators.

**Work:** If you are given a school-work study job, you are expected to work. It is YOUR responsibility to find someone to work for you if you are unable to. We will support your supervisor and his/her decisions. If you miss work unexcused, you will not participate in the

next contest.

When all of these areas are taken care of with an honest effort, things will run smoothly and we will have a good athletic year. Let's work together in being proud of our teams and of our goal in participating for the Lord as He gives us all we need.

**\*\*\*241.0 SPORTS CAMP/CLINIC AND GROUP SPORT LESSON ELIGIBILITY REQUIREMENTS\*\*\***

A student may participate in a specialized camp, clinic, or other similar program involving coaching and instruction in a sport provided the program and the student's participation meet the following requirements:

- A. No school coach or other school representative may directly or by implication direct a student to attend a specialized sports camp as a condition for team membership.
- B. The camp fee (tuition) and all transportation costs shall be provided by the student or the student's parents. The school may arrange for transportation, however, the total cost (rental, fuel expenses, driver expenses, etc.) must be charged back to the student(s) being transported.
- C. A student shall not receive pay or expenses for working in a specialized sports camp or serving as an instructor or counselor at a camp involving a sport in which he/she participates. **Editor's Note:** See also 231.1-b.
- D. The camp program shall not include any type of competition with teams of another camp.
- E. No school owned uniforms or player equipment shall be used in any camp, clinic, or group sport lesson other than team camps as outlined in 241 –i-4 below. Member schools may not rent, sell, lease, or loan their uniforms or player equipment for use in non-school sponsored camps or clinics or contests. FOOTBALL: Participants may wear shoulder pads, practice jerseys and helmets in a member school sponsored football camp. Contact is permitted only with blocking sleds and dummies and no body-to-body contact among players is allowed. Member schools may not rent, sell, lease, or loan their uniforms or player equipment for use in nonschool sponsored camps or clinics.
- F. No summer specialized sports camp involving a fall season sport shall be attended after July 31.
- G. A student may not attend a school or nonschool sponsored specialized summer sports camp(s) (team or individual camp) in any one sport for longer than two calendar weeks in one calendar year where the student receives instruction or coaching from a member of the coaching staff of the school the student attends or will attend the following year. A calendar week for sport camp eligibility is defined as any seven consecutive days regardless of which actual day of the week the sport camp begins.
- H. A student may be invited to and accept an invitation based on athletic accomplishments to only one specialized sport camp/clinic or group lesson per sport per year. A student may attend as many "open" (not by invitation) camps/clinics or group lessons as permitted in By-Law 241.
- I. SCHOOL SPONSORED SUMMER SPECIALIZED SPORTS CAMPS – A member school or school district may sponsor its own summer sport(s) camp(s) (team and/or individual camp) during the time school is not in session in accord with the above standards provided the following criteria are met:
  1. A camp sponsored by a member school shall be approved by the principal or

designated school administrator who shall be responsible for seeing that there is adherence to all provisions of this section.

2. The school's coach may conduct the camp, school facilities and game equipment may be used; however, no uniforms or player equipment shall be used except participants in football camps may wear shoulder pads, practice jerseys, and helmets provided contact is permitted only with blocking sleds and dummies and no body-to-body contact among players is allowed.
  3. Except for a team camp, sponsored for grades 9-12, only students enrolled to enter the 9<sup>th</sup> grade who will attend the school or current students in grades 9-12 in the sponsoring school or school district may attend.
  4. For a team camp, each school team participating in the camp shall be coached and supervised at all times by a member of that school's coaching staff.
  5. A school may sponsor a youth aged camp open to any student to attend up to and including the summer preceding entry into the eighth (8<sup>th</sup>) grade. (See 3 above.)
  6. An individual student's participation in a member school sponsored summer specialized sports camp (team and/or individual camp) in a particular sport shall be limited to a maximum of two calendar weeks in one calendar year.
  7. The camp program does not include any type of competition other than customary intra-camp practice/scrimmage situations.
  8. No contact football camp shall be held.
- J. NONSCHOOL SPONSORED SUMMER SPECIALIZED SPORTS CAMPS – With the exception of paragraph G. above there is no restriction on the number of nonschool sponsored specialized sports camps an individual athlete may attend during the summer (when school is not in session) provided all of the standards in this By-Law are met.
- K. INSTRUCTION DURING THE SCHOOL YEAR OUTSIDE THE SCHOOL SPORT SEASON – During the school year, a student may attend a nonschool sponsored specialized sports camp, clinic or participate in a **group sport lesson** outside the school sport season (defined in 235.1-1-1) provided: 1) It is not a team camp per se in that primary emphasis shall be on teaching individual player skills; 2) There is no competition other than limited scrimmage situations incidental to the teaching of individual player skills in which no more than two students from the same school are participating on the same team; 3) Travel to and from and participation in the camp, clinic, or **group sport lesson** does not result in any loss of school time; 4) No member of the coaching staff of the school the student is attending or will be attending the following year is involved in any way in the organization, sponsorship, administration, or instruction of the camp, clinic, or **group sport lesson**; and 5) No camp, clinic, or **group sport lesson** is attending within 14 days of the start of the first allowable practice for the school sports season for the sport concerned.
- L. DURING THE SCHOOL YEAR AND WITHIN THE SCHOOL SPORT SEASON – During the school year and within the school sport season (defined as beginning with the date of the school's first practice with any part of a sports squad and ending with the school's last contest), a student may attend a specialized sports camp/clinic provided: 1) The standards in K-1 through K-3 above are met; 2) The student is accompanied by his/her school coach(es); 3) The invitation to attend such camp/clinic is extended to the school coach and approved by the school administrator; and 4) If school, or school district sponsored, only students enrolled in the sponsoring school, or school district, may attend.

- M. Private one-on-one instruction provided by a person not affiliated with the school a student attends or will attend the following year may be received at any time. Such instruction shall not interfere with the practice schedule of the school team nor serve as a substitute for the school team's practice sessions.
- N. The penalty for violation of this section shall be ineligibility for 365 days from the date of the violation in the sport in which the violation occurred.\*\*\*

### **COLLEGE TRYOUTS**

A student may participate in a college try-out, audition or evaluation event outside of the school sport season of the sport concerned under the following conditions:

#### \*\*\*242.0 COLLEGE TRYOUTS, AUDITIONS AND EVALUATION EVENTS

242.1 College try-out, audition or evaluation event defined: A college try-out, audition or evaluation event is an event which is conducted by a collegiate institution(s), on behalf of the collegiate institution(s) or by an independent organizer in which one or more students participate in physical activity for the purpose of revealing, demonstrating or displaying the student's athletic abilities in a specific sport.

242.2 A student may participate in a college try-out, audition or evaluation event, as defined above, outside of the school sport season of the sport concerned under the following conditions:

- A. The student shall not participate in such a "try-out" during a season in which he/she is competing in a different school sport, without prior approval from the school administrator.
- B. No school time is missed to travel to or participate in the college try-out, audition, or evaluation event, unless the absence is approved in advance by the school administrator.
- C. The student may not miss an MSHSAA sponsored postseason athletic event to participate in or travel to and from such a "try-out" as defined above.
- D. The student may be invited to and accept an invitation based on athletic accomplishments to only one evaluation event per sport per year. The student may attend as many "open" (not by invitation) evaluation events as permitted in By-Law 242. There is no limit on college auditions and/or try-outs which are directly sponsored by the institution.

242.3 The penalty for violation of this section shall be ineligibility for the student for a period not to exceed 365 days from the date of violation in the sport concerned. \*\*\*

### **NON ATHLETIC INTERSCHOLASTIC USE OF THE GYM**

A Saint Paul Lutheran High staff member must be present to open the gym, during the time the gym is used and must be the last person out to lock the door. **OTHERWISE NO STUDENT(S) IS TO BE IN THE GYM!**

During the time when a staff member is present, the student(s) may use only the room(s) specified by the staff member. In the weight room, **THERE MUST ALWAYS BE TWO PEOPLE** for safety considerations. The locker rooms usually should not be used.

Students are encouraged to bring a separate pair of gym shoes for use on the gym floor to help reduce dirt and wear on the floor.

Students are not to use any equipment, other than the weight room and that equipment which the faculty supervisor permits. Obviously, all equipment will be put back into the room and order that it was found. PLEASE NOTE - Take the tension off the volleyball net after use, put away if outside of volleyball season.

There is a separate policy which is now in place to be followed for adults and students who are not from Saint Paul. Saint Paul Lutheran High staff is responsible for execution of this policy. YOU ARE TO ASK THE SAINT PAUL LUTHERAN HIGH STAFF SUPERVISOR BEFORE YOU EXTEND AN INVITATION.

Turn on only those lights needed. For instance, sometimes only half the lights need to be on. For evening use, only light #5 on each side.

Be sure all lights, including bathroom lights, are off before leaving.

Check ALL outside doors before leaving - be sure they are actually latched. All inside doors (gym, locker rooms, weight room) should also be locked.

## **ST. PAUL LUTHERAN HIGH SCHOOL CODE OF ETHICS**

### **SCHOOL'S MISSION STATEMENT**

**TO PROVIDE CURRICULAR AND CO-CURRICULAR EXPERIENCES IN A  
CHRISTIAN ENVIRONMENT THAT EQUIPS STUDENTS FOR JOYFUL, FAITHFUL SERVICE  
TO CHRIST AND HIS WORLD.**

As a student selected to represent St. Paul Lutheran High School, I will sincerely endeavor to contribute my best to the success of that program. Therefore, I agree to abide by the provisions of the following "Code of Ethical Behavior". I am also aware that if I do not live up to this agreement, I must accept the consequences, which may include dismissal from the activity in which I am participating.

I realize that if school policies are violated, the procedure and penalties of those policies may take precedence over or be in addition to those described in the following rules of conduct for participants. This policy is in effect from the first day of pre-season camp to the end of school or end of the official season, whichever is later.

- I. GENERAL STANDARDS OF CONDUCT
  - A. Student must meet all MSHSAA standards of scholarship, eligibility, school attendance, etc.
    2. Student must be a good citizen and demonstrate Christian behavior.
    3. Cheating and classroom conduct will be dealt with by each coach.
    4. Student must be responsible for proper use and the return of all equipment and uniforms entrusted to him/her.
    5. Student must create, promote and maintain the elements of good sportsmanship.
  - B. The coach and/or Athletic Director determine penalties for violation of any of the preceding.
- II. CHEMICAL ABUSE INCLUDING TOBACCO AND ALCOHOL USE OR

POSSESSION. This includes being in the presence of alcohol or other drugs.

A. Any violation of the above will result in:

1. **First offense:** parent will be notified and athlete will be suspended for 30% of regular season scheduled contests. (Example: if an athlete plays varsity and junior varsity football, it would be 30% of each schedule. The athlete would sit out both the varsity and junior varsity game that week. If a violation occurs during the post season a player will still be suspended for the number of post season games equivalent to 30% of regular season contests. This is equivalent to: soccer 6, football 3, cross country 3, volleyball 8 games, girls golf 3 matches, football cheerleading 3, basketball 7 games, basketball cheerleading 7 games, baseball 7 games, softball 5 games, track 3 meets, girls soccer 4. Keep in mind these numbers may change with adding or dropping games.
2. **Second offense:** parent will be notified plus suspension from all athletic co-curricular activities for the rest of the season.

Note: Being in the presence of alcohol or other drugs is subject to appeal with the principal, athletic director and head coach.

The purpose of the Code of Ethical Behavior is to allow the student the privilege and honor of being part of a team dedicated to serving our Savior Jesus Christ, to give the student an opportunity to become a better competitor, and to instill in each student the sense of responsibility for their conduct. We believe in glorifying God with our performance in and outside of competition.

**I John 1:5-7**

**This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.**

**\*\*I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE ABOVE. ALL DECISIONS BY THE ATHLETIC DIRECTOR REGARDING THE ADMINISTRATION OF THIS POLICY ARE FINAL.\*\***

xxxxxxx

This is an example please don't sign

\_\_\_\_\_  
DATE

\_\_\_\_\_  
STUDENT SIGNATURE