

Trinity Lutheran School

Athletic Handbook

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Section 1 OVERVIEW

- 1.1 Philosophy** – The mission of Trinity Lutheran School is to develop well-rounded, lifetime Christian disciples. Trinity’s extra-curricular Athletic Program supports this mission by helping students grow physically, mentally, socially, and emotionally. But it is with the far greater purpose that God be glorified as athletes develop their God given gifts, talents, and abilities.
- Participation in extracurricular activities is a privilege, not a right, and it is contingent upon students maintaining satisfactory academic progress and attitudes as outlined in Section #2. Participating in extracurricular events should maintain the highest Christian standards in word and deed during competition, practice, and general school life. In both winning and losing, “we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28
- 1.2 Objectives** – The objectives of Trinity’s Athletic Program are to provide athletes with the opportunity to:
- Develop one’s own God-given skills and abilities
 - Develop and display a Christian attitude and spirit of sportsmanship
 - Develop and demonstrate loyalty and teamwork through hard work and dedication
- 1.3 Athletic Opportunities** - Additional details are provided in Section #5.

Sport	Season	Participants
Baseball	August - September	Boys
Golf	July - September	Boys and Girls
Cross Country	August – October	Boys and Girls Teams
Soccer	August – October	Co-Ed
Volleyball	August – October	Girls
Basketball	November – March	Boys and Girls Teams
Cheerleading	November – March	Co-Ed
Track	March – May	Boys and Girls Teams

- 1.4 Team Levels/Focus** – There are two different levels of teams, Junior Varsity (JV) and Varsity. Each has a different focus.
- 1.41 JV – Junior Varsity teams are the teams comprised only of 5th and/or 6th graders. There are JV teams in Volleyball, Basketball, Cheerleading, Track, and sometimes Soccer. These teams are set up for student athletes to learn and develop basic skills and acquire knowledge of the sport. Therefore, every player on a JV team can expect to participate in every JV level game or competition if they have met the expectations of athletes as set forth in this handbook (Section #2). See Section #5 for further clarification of JV and Varsity teams for each sport.
- 1.42 Varsity – Varsity teams consist of seventh and eighth grade, and when necessary, sixth grade students who have demonstrated the ability to compete at this level. This is for student athletes who have already developed some basic skills and have knowledge of game strategies. These teams place a higher emphasis on developing those skills and strategies in a more competitive environment. Varsity team members are not guaranteed a minimum amount of playing time in games. This applies to the Varsity teams in Baseball, Volleyball, Soccer, and Basketball. See Section #5 for clarification of team levels for each sport.
- 1.5 Schedules** – All schedules are maintained on the school’s activity information website which can be accessed through the church/school website, www.trinluth.org
- 1.6 Practice Information /Limits**
- A week is defined as Sunday through Saturday.
 - JV teams are limited to having practices or competitions on four days per week.
 - Varsity teams are limited to having practices or competitions on five days per week.
 - Practices will not exceed two hours in length. There may be some exceptions for teams preparing for tournaments or state competitions.
 - All practices and competitions will be completed by 5:30 pm on Wednesdays to allow students to attend church services or activities.
 - Due to limited gym space and availability, or coach’s personal work schedules, it may be necessary to schedule practices during the evening, on weekends, or during school holidays.
 - Regular season games or competitions are not scheduled on Sunday.
 - Some tournaments or State competitions do take place on Sunday. Trinity will attend only those that allow us the opportunity to worship, either at a tournament-sponsored service or at our own church. An example is the Lutheran State Volleyball Tournament holds a special service on Saturday night. Other tournaments have games begin on Sunday afternoon allowing us time to worship at our own church in the morning.
- 1.7 Conference Information** – Trinity Lutheran School is a member of the Central Illinois Lutheran Conference (CILCON). Currently, conference standings are kept only for the Varsity A level teams. Each school plays a minimum of one game against other member schools during the regular season. If more than one game is played, then a designated league game is established before the season. The conference winner is awarded a traveling banner to be showcased in the school’s gym for one year. The conference members are as follows:
- | | |
|---------------------------|---------------------|
| Bloomington, Trinity | Morton, Bethel |
| Mt. Pulaski, Zion | Pekin, Good Shepard |
| Springfield, Our Savior’s | Peoria, Christ |
| Springfield, Trinity | Peoria, Concordia |

- 1.8 Required Forms/Fees** – These required items must be submitted prior to the first practice.
- 1.81 Annual Athletic Physical Form – Required by IESA. Forms are available on the activity website.
 - 1.82 Annual Concussion Form – Required by IESA and IHSA. Forms are available on the activity website.
 - 1.83 Participant Fee – The Athletic program is entirely self-supporting. Fees cover the cost of equipment, uniforms, and tournament/competition entry fees. The fee is \$40 per sport per athlete. Fees can be paid at Registration or prior to the start of each season.
- 1.9 Additional opportunities** – To assist athletes who wish to further develop their skills and knowledge outside the sports seasons, Trinity offers various camps and open gyms. The sports camps in the summer include basketball and volleyball, and at times other sports too. Participation is encouraged, but not required. The goal of the camps is to provide an opportunity for athletes to develop skills, learn Trinity’s philosophy and game strategies. Some camps provide for extra competition in the form of summer league games and tournaments.

Section 2 Expectations of Athletes

2.1 Attendance

- 2.11 **Practices/Games** –Athletes are expected to attend all practices and games. If circumstances arise where the student cannot attend a practice or game, the parent/guardian must notify the coach prior to the event. Students who miss practices for any reason may be limited in their game time at the discretion of the coach. This applies to both JV and Varsity teams.
- 2.12 **School** – Students must be present at school for at least the last half of the school day in order to attend practice or play in a game that same day, with limited exceptions, such as medical appointments, that take place in the afternoon. However, the student must still be present for at least half the school day. Daily school attendance is recorded in the school office. Student-athletes who are absent on a Friday due to illness, but are recovered by Saturday, may participate in events that day. Game time may be limited at the discretion of the coach.
- 2.13 **PE classes** – Student-athletes are expected to fully participate in all PE classes. The PE teacher records and reports class participation. Game time may be limited at the discretion of the coach for lack of participation.

2.2 Grades –Trinity’s Grade Policy for participation in extracurricular activities is as follows:

God expects us to use our talents and abilities to glorify Him and further His kingdom. Therefore students are expected to perform their best in all academic areas. Grades should not suffer due to extra-curricular participation. To assist students, especially those in extra-curricular activities, grade checks will take place every 2 or 3 weeks, depending on timing within the quarter. Though parents are encouraged to set a higher standard if appropriate, a grade of C- or better must be earned by the student in all subjects. Students will be placed on one of the following three different steps or status levels, depending upon their grade checks.

- 2.21 **OK** - All students will begin at this level at the beginning of the school year. At this level the student may participate in all practices and games and should continue to work toward earning satisfactory grades. At a grade check while on this level, one of two outcomes may occur: the student earns all satisfactory grades and remains at the OK level, or the student earns one or more grades below C- and moves to Probation.
- 2.22 **Probation** – A student on probation may participate in practices and games, but should spend extra effort earning satisfactory grades for the next grade check. At the next grade check, one of the following two outcomes occur: a student earns all satisfactory grades and returns to OK status, or a student earns one or more grades below a C- and moves to Ineligible Status. Any change in status to “probation” takes effect the following day.
- 2.23 **Ineligible** – With care and concern for the whole student as a priority, the student may not participate in any game or competitions, however they may continue to participate in practices. The student-athlete, with the help of parents, teachers and coaches, is expected to put forth maximum effort on improving their grades. At the next grade check, one of the following two outcomes may occur: a student earns all satisfactory grades and moves back to Probation Status, or the student earns one or more grades below a C- and remains ineligible. Any change in status from probation to ineligibility takes effect the next school day.

A student-athlete is allowed to begin a new sport season on ineligible status. If a student is ineligible for three full grade check periods in a season, they will be dismissed from the team.

- 2.3 Conduct** – God has given us a most precious gift of eternal life through the death and resurrection of His Son, Jesus. As His redeemed children, we desire to live in a way that reflects His love for us. Part of this is appropriate conduct toward God and toward each other. Student- athletes are expected to comply with Trinity Lutheran School’s discipline guidelines as listed in the School Handbook.

Further, student-athletes are expected to comply with the Athlete Code of Conduct.

- Glorify God in thought and action.
- Respect, listen, and follow the directions of the coach.
- Respect and accept the decisions of coaches and officials with grace.
- Learn and obey the rules of the game.
- Support the team and play unselfishly for the benefit of the team.
- Demonstrate good sportsmanship whether winning or losing.
- Treat opponents, their coaches, and fans with grace and respect.
- Strive to excel in attitude and action.
- Never quit.

- 2.4 Skill development** - Athletes who have participated on the JV level are expected to have a commitment to improving their God given abilities if they plan to continue to the Varsity level. Athletes should demonstrate the desire to improve by working on skills on their own time, attending open gyms and/or attending some sports camps. A good Biblical reference is the parable of the talents.

Section 3 Expectations of Parents

- 3.1 Worship** – Parents/guardians are to be the spiritual leaders in the home so they should make regular family worship a priority.
- 3.2 Forms/Fees** – Parents need to make sure that a current sports physical form is on file with the school office for every child participating in sports. These sports physicals are good for 13 months. They also need to make sure a signed concussion form has been turned in and should pay all participant fees in a timely manner.
- 3.3 Volunteer Requirements** – Trinity’s Athletic Program cannot exist without the help of many people. Parents are required to sign up to help perform some of the duties associated with hosting games such as working concessions, taking admission, keeping the scorebook, running the scoreboard and cleaning up. Needs and expectations are communicated to parents at the beginning of the season. We currently use Sign-up Genius to organize this process. **Uniforms are not issued until this requirement is fulfilled.**
- 3.4 Parent Meeting** – Each sport begins with a parent meeting. It is the parent’s responsibility to attend the meeting(s) so they are fully informed of team expectations. If they cannot attend, a time needs to be set to meet with the coach, and possible the AD, to get the information that they missed. **Uniforms are not issued until this requirement is fulfilled.**
- 3.5 Transportation** – It is the parent’s responsibility to secure transportation for the athlete to and from games. Due to liability concerns, coaches are not allowed to transport athletes (unless the coach is also a parent transporting their own athlete). It is also the parent’s responsibility to be on time for practices and prompt in picking up after practice.
- 3.6 Coaches** – Parents can help coaches by working together to teach the athletes so many of the valuable life skills that are offered through participation in sports. An important lesson is how we deal with one another, especially when mistakes are made. We all are sinful and make mistakes, but should treat one another with love and respect. This is done when a parent speaks respectfully of a coach, recognizing the authority of the coach.
- 3.61 **Support the coach**– This includes reinforcing the skills taught, respecting the coach’s decisions and authority, and demonstrating grace and forgiveness. Parents should encourage athletes to discuss sport related questions or concerns directly with the coach. Parent’s involvement should be limited to scheduling issues and the health of the athlete.
- 3.62 **Communication** – Parents should clearly outline any injury or health concerns with the coach. Doctor’s notes should be discussed in person or on the phone with the coach. Clear instructions must be provided from the parent (not the athlete) regarding practice or game limitations.
- 3.63 **24 Hour Rule** –If a parent desires a meeting with a coach due to a disagreement, the meeting will not be scheduled until 24 hours have passed from the point of disagreement. The meeting will be scheduled at the convenience of the coach, and will not take place before a game, after a game, or during practice time. If the issue is not resolved, an additional meeting with the coach and the athletic director may be requested.
- 3.7 Game Conduct** – Being that we are all Christians we should strive to avoid some of the accepted practices of fans in other settings. Parents, and other adults, especially should be models of good

behavior. They model good behavior by respecting and supporting the decisions of the coaches, accepting the calls of the officials, and treating the opposing players, coaches and fans with courtesy and respect.

3.71 **Unacceptable Behavior Policy** – In an effort to maintain a Christian atmosphere at athletic events, Trinity Lutheran School wants to discourage unacceptable behavior. Unacceptable behavior is any conduct that would cause an official to instruct a spectator to remain seated, remain silent, or to leave the premise. It also includes any physical or verbal intimidation or abuse by a spectator toward players, coaches, or other spectators.

First Violation – a conference will be held including the offender, parents/guardians if the offender is a minor, the Athletic Director, and possibly a coach or Athletic Council member. The purpose of the meeting will be to discuss the recent event and what steps need to be taken to prevent any further incident.

Second Violation – A conference will be held including the offender, parents/guardians if the offender is a student, the Athletic Director, the Principal, and possibly a School Council member. The purpose of the meeting will be to discuss the second event of unacceptable behavior and what steps need to be taken to prevent further unacceptable behavior to ensure that a positive Christian atmosphere is maintained at sporting events. A possible consequence may include the loss of the privilege to attend school sponsored athletic events for the remainder of the school year. Any additional action taken related to this matter will be at the discretion of the School Council.

3.8 **Overnight Tournament Expectations** – Several Varsity teams attend tournaments that require a one or two night stay in a hotel. These tournaments provide our teams the opportunity to compete against different schools and in State tournaments.

3.81 **Hotel Accommodations** – Families are responsible for their own expenses. For the Lutheran State Basketball Tournament, Trinity teams are required to stay in a designated hotel. It is in the rules put forth by the Lutheran Sports Association, organizers of the tournament. For all other overnight competitions, a block of rooms is reserved at a hotel. Since cost can be a concern, allowances are made for those who choose to stay with family or friends in the area.

3.82 **Schedule** – The head coach will set a schedule for the tournament weekend. It will include times to arrive at games, devotion times, curfew, and any other team activities. Where possible, families should plan to participate in team activities regardless of overnight accommodations. Parents are asked to abide by the guidelines set forth by the coach and assist in enforcing the expectations.

3.83 **Worship** – If the overnight tournament has games on Sunday, all coaches and team members will worship together at a church service. This may include a service offered by the host team's church, or a church in town. Our priority remains taking time to worship our Lord and Savior, Jesus Christ.

3.84 **Parent/Chaperone Expectations** – Parents, chaperones, and family members represent Trinity Lutheran Church and School at overnight tournaments. Adults should

be conscientious of how their words and actions reflect upon Trinity, and should use discretion in the consumption of alcoholic beverages. Parents and chaperones are expected to help athletes follow the guidelines set forth by the coach.

Section 4 Expectations of Coaches

- 4.1 With Athletic Director** - The Athletic Director and coaches will meet to go over expectations, those set forth by Trinity and those set by outside organizations. Currently coaches must comply with the school policy for all volunteers. They also must comply with State expectations regarding the dangers of a concussion and the protocols set forth by the school when one has occurred.
- 4.2 With Athletes** – As role models and instructors, coaches provide direction and set the example. In terms of dealing with athletes, coaches are expected to:
- Attend worship and encourage athletes to worship and grow in their faith.
 - Assist athletes in balancing education and athletic priorities by reinforcing the importance of school work.
 - Demonstrate and encourage healthy living habits.
 - Comply with all school policies and rules.
 - Teach the rules, skills, and strategies of the sport to all, regardless of their abilities.
 - Treat injured players with care.
 - Report injuries to parents and Athletic Director.
- 4.3 Communication with parents** – It is preferred that coaches communicate schedule changes, arrival times, etc. with the players and also directly with the parents. At the beginning of the season they will set forth guidelines for communication between players, parents and coach. In the case of injuries, they should communicate with parents any injuries that may occur and follow any restrictions communicated from parents.
- 4.4 Code of Conduct** – As role models and leaders, coaches provide direction and set the example in their words and actions. In addition to the guidelines with athletes listed in 4.2, they are expected to adhere to the Coaches Code of Conduct:
- Be faithful in worship.
 - Glorify and honor God by words and actions, maintaining self-control.
 - Enforce the rules of the game and the spirit of good sportsmanship
 - Treat all players, coaches, and officials with dignity, courtesy and respect.
- 4.5 Overnight Tournaments** – If the team has an overnight tournament, the coach will provide the participants a schedule of events including game times, devotion time, curfew, and any other activities. The coach will inform the players and parents of conduct expectations and help everyone maintain proper discipline. If the tournament extends to a Sunday, the coach will worship with the team at a church service. This may be a service provided by the host school or a church in town.

Section 5 Sports

5.1 Baseball – available to boys entering grades 6-8. Currently Trinity has a co-op with Cornerstone Christian for this sport.

5.11 **Season** – The season usually begins on the first Monday in August. The first games begin taking place before the first day of school and continue for five weeks to the middle of September when the Illinois Elementary Sports Association (IESA) Tournament begins. The single elimination tournament continues through the State finals held the beginning of October. Games are typically scheduled three days per week.

5.12 **Tryouts** – Baseball is a dangerous sport that requires players to have a certain skill level to play safely. Given the difference in size and ability of boys in grades 6-8, tryouts are conducted. Tryouts take place the first week of practice when coaches evaluate the skill level of each player. Players who try out should have prior playing experience, either with a league (PONY, BNBA) or on a travel team.

5.13 **Equipment needed/Uniform** –

Trinity Provides: Jersey

Athlete Provides: Baseball pants - white,
Baseball cap (purchased from Trinity)
Cleats
Belt
Socks
Helmet
catcher's gear
and bat (optional)

5.14 **Playing time** – Playing time is not guaranteed. The rules for IESA also do not allow for free substitutions, which is the common practice in the summer leagues. Some B games (Saturday) or extra B innings (weeknight) are played so players who have not started can get some additional experience.

5.15 **Practice/Game Limits** – This is a Varsity level team and can have practices or games on five days out of a week. There will not be practices or games on Sundays. There will not be games on Wednesdays with the possible exception of tournament play that is rescheduled.

5.16 **Tournament** – Currently the team participates in the IESA State Tournament Series. All teams are placed in Regionals and seeded. The tournament is single elimination.

5.17 **Multi-sport Participation** – The season for baseball is short which provides players the opportunity to participate in another Fall sport (cross country or soccer) full time when baseball ends. Any athlete wishing to participate in two sports should work out a plan for any conflicts between the sports and present this plan to the coaches involved.

5.2 Cross Country – available to boys and girls in grades 5-8

- 5.21 **Team Levels** – Cross Country is unique and isn't totally JV or Varsity level. There is the JV level component of learning the fundamentals of the sport and everyone getting to compete in every meet (except Nationals). There is the Varsity level component of practice/competition on 5 days per week and earning the right to run in the varsity races based on ability and effort.
- 5.22 **Season/Schedule** – The season officially begins the first week of school and concludes the end of October. Optional “Fun Runs” are held prior to the start of school. Practices or meets take place five days per week. Practices are typically held right after school. Most meets are on Saturday mornings.
- 5.23 **Equipment Needed/Uniform-**
- Trinity provides: Uniform- jersey and shorts
 - Athlete Provides: Running Shoes
 - White undershirt (long or short sleeved)
 - Black tights/undershorts
 - Running Spikes – optional, some available from school supply
- 5.24 **Playing Time/Races** – All athletes have the opportunity to participate in every meet with the exception of the Lutheran National Championships. The smaller meets have only two races, one for all the girls and one for all the boys. The larger meets have four races; varsity girls & varsity boys, (up to seven runners each) and open girls & open boys (all other runners).
- 5.25 **State Meet Participation** – Trinity Lutheran School hosts the Illinois Lutheran State Cross Country meet. All runners will have the opportunity to participate. At this time there are three races at the State meet. The two Varsity races (girls and boys), allow up to ten runners per race. The Open race allows all remaining runners the opportunity to compete at the State level.
- 5.26 **National Meet Participation** – Teams or individuals can qualify to participate in the Lutheran National Championships, held at Concordia University Wisconsin, based on their finish in the Illinois Lutheran State meet. Team members selected to compete at the National level have demonstrated their ability to do so.
- 5.27 **Multi-sport Participation** – Athletes can participate in cross country and another sport. Baseball, golf and soccer tend to offer the fewest conflicts. Girls who wish to play volleyball and run cross country will find managing both schedules more difficult. Any athlete wishing to participate in two sports should work out a plan for any conflicts between the sports and present this plan to the coaches involved.

5.3 Soccer – available to boys and girls in grades 5-8

- 5.31 **Team Levels** – The number of Soccer team participants has varied over the past years making it difficult to have distinct JV and Varsity team levels. Games are scheduled with an eye on the total number, grade level, and experience of participants. Usually there is one combined practice for all grade levels. Games are designated as JV or Varsity. JV games will include all 5th and 6th grade players. Varsity games will include all 7th and 8th grade players and any 5th or 6th graders the coaches feel can handle that level of competition.
- 5.32 **Season/Schedule** – The soccer season officially begins the first week of school and continues through mid-October. As mentioned in 5.31, the number of JV and Varsity games scheduled can vary based on the age and experience of the team members. Practices and

games are limited to four or five days per week depending on the team level. Most games are on weeknights in the late afternoon, early evening. Some games are on Saturdays.

5.33 **Equipment Needed/Uniform**

Trinity provides: Uniform (Home and Away)
Athlete Provides: Cleats – Trinity has a limited supply of used cleats
Black socks
Shin guards

5.34 **Playing Time** – This can vary based on the number of players and the team level. In JV games everyone will play at least half the time. In Varsity games coaches will provide the athlete as much playing time as the situation as their ability allows. All of this is contingent on athletes fulfilling the expectations set forth in this handbook (Section #2) and by the coach.

5.35 **Multi-sport Participation** – Due to the number of sports offered in the Fall, soccer players are allowed to do other sports. Baseball, golf and cross country tend to have less conflicts than volleyball. Any athlete wishing to participate in two sports should work out a plan for any conflicts between the sports and present this plan to the coaches involved.

5.4 Volleyball – available to girls in grades 5-8

5.41 **Season/Schedule** – The season officially begins the first week of school in August. It continues through most of October for JV and the Varsity season could extend into early November. Matches are typically played on Tuesdays, Thursdays and Saturdays.

5.42 **Equipment/Uniform –**

Trinity provides: Jersey
Athlete Provides: Black shorts
Volleyball shoes
Knee pads
Team Warm up
Team Socks

5.43 **JV Level** – One team comprised of 5th and 6th grade players. The JV team can have practices or games on four days per week. If the numbers are large enough, the team will be split for matches and tournaments.

5.431 **Game Limits** – The JV team is limited to 14 matches and one tournament per season Extra B matches or tournament that may be scheduled due to large team size will not count toward the limit. No player should play in more than the match/tournament limit.

5.432 **Playing Time** – JV team players can expect to play in at least one game per match, both regular season or tournaments. When the team is large enough, extra matches, extra games, or even an extra tournament are scheduled to allow everyone the opportunity for game experience.

5.44 **Varsity Level** – One team comprised of 7th and 8th grade players. The team can have practices or games on five days per week.

- 5.441 **Tryouts** – If the number of players is excessive, then tryouts may take place to set the total number of players at 12-14. Although it is not desirable to cut the number of participants, it is necessary in order to provide everyone the opportunity to get playing experience. If needed, the coaches will conduct tryouts the first week of the season.
- 5.442 **Game limits** – The Varsity team is limited to 14 matches and two tournaments per season. Only one of the tournaments can require an overnight stay. The game limits do not apply to extra “B” matches, “B” tournaments, or the Lutheran State Tournament.
- 5.443 **Playing time** – There is no guarantee of playing time at the Varsity level. When possible, “B” matches or extra games are scheduled to increase playing time for players who normally don’t start.
- 5.444 **State Tournament** – The Varsity team can apply to play in the Lutheran State Tournament that takes place the first full weekend in November. Doing so implies that our team is above average and worthy of the experience. In order to apply and attend, the team must have a .500 record or better against Illinois Lutheran Schools or be in the top half of our conference standings. There is a two-three week period between the application due date and the acceptance of teams. It is the coach’s discretion whether a qualifying team actually applies and whether the application remains for consideration. See the Lutheran Sports Association (www.luthsports.org) website for more information on the State Volleyball Tournament.

5.45 **Multi-Sport Participation** – Multi-sport participation is difficult for volleyball players. Players wishing to participate in volleyball and another fall sport need to discuss this with coaches of both sports. The players, parents and coaches will need to come up with a plan that is agreeable to all parties and makes sure multi-sport participation will not interfere with studies.

5.5 Boys Basketball – available to boys in grades 5-8

5.51 **Season/Schedule** – The season officially begins the last week of October or first week of November. Games begin mid-November and continue through mid-February for the JV teams. The Varsity season may extend until the first week of March.

5.52 **Equipment/Uniform –**

Trinity provides:	Uniform (Home and Away)
Athlete Provides:	Basketball shoes
	Team Warm up

5.53 **JV Level** – There are currently two teams at this level, a 5th grade team and a 6th grade Team.

- 5.531 **Practice/Game Limits** – The JV teams can practice or play games on no more than 4 days out of a given week. They are limited to 13 regular season games of which no more than 5 can be out of town. They can play in one outside tournament and a second tournament provided it is at Trinity.
- 5.532 **Playing Time** – Because the emphasis for JV level is skill development, all players will get the opportunity to play in every game if they fulfill the player expectations as outlined in Section #2 and by the coach. This does not mean

equal playing time, but players can expect to play the equivalent of at least one quarter per game (6 minutes).

5.54 **Varsity Level** –One team consisting of 7th and 8th grade players

- 5.541 **Tryouts** – If the number of players interested exceeds 15, then tryouts may take place to set the number of players at a reduced number. (The Lutheran State Tournament limits teams to 15 players.) Although it is not desirable to cut players, it is our experience that having too many team members reduces the ability to make everyone feel like a valuable part of the team. If needed, the tryout process will take place the first week of the season and will be at the coach’s discretion.
- 5.542 **Practice/Game Limits** – The Varsity team can practice or play games up to 5 days in a given week. They have a limit of 15 regular season games and two tournaments. Only one of those tournaments can require an overnight stay. The game limits do not apply to any extra “B” games, “B” tournaments, or the Lutheran State Tournament.
- 5.543 **Playing Time** –There is no guarantee of playing time at the Varsity level. When possible, “B” games are scheduled to provide playing experience for those who do not get to play much in the “A” games.
- 5.544 **State Tournament** – The Varsity team can apply to play in the Lutheran State Tournament that takes place the first full weekend in March. In order to apply and attend, the team must have at least a .500 record in games against Illinois Lutheran Schools or be in the top half of our conference standings. The coach and Athletic Director have the final say whether a qualifying team actually applies or attends the tournament based on the team dynamics. See the Lutheran Sports Association (www.luthsports.org) website for more information on the State Basketball Tournament.

5.6 Girls Basketball – available to girls in grades 5-8

5.61 **Season/Schedule** - The season officially begins the last week of October or the first week of November. Games begin in mid-November and continue through mid-February for the JV team. The Varsity season may extend to the first week of March.

5.62 **Equipment/Uniform** –

Trinity provides: Uniform (Home and Away)
Athlete Provides: Basketball shoes
Team Warm up

5.63 **JV Level** – There is currently one JV team comprised of 5th and 6th grade players.

- 5.631 **Practice/Game Limits** – The JV team can practice or play games on no more than 4 days out of a given week. They are limited to 13 regular season games of which no more than 5 can be out of town. They can play in one outside tournament and a second tournament provided it is our own.
- 5.632 **Playing Time** – Because the emphasis for JV level is skill development, all players will get the opportunity to play in every game if they fulfill the player expectations as outlined in Section #2 and set by the coach. This does not mean equal playing time, but players can expect to play the equivalent of at

least one quarter per game (6 minutes). If the team is very large, it may be divided into squads or even into two teams for games. Players will rotate dressing for games therefore the playing time expectations apply only to the games in which the player dresses.

- 5.633 **Multi-sport participation** – Girls can do both basketball and cheerleading at the JV level. When there are conflicts in the schedule between practices or games, it is the responsibility of the player (and parents) to communicate with all the coaches involved. The purpose of allowing dual participation is so girls can make an informed decision which sport they prefer before reaching the Varsity level.
- 5.64 **Varsity Level** – There is one varsity team consisting of 7th and 8th grade players. Sixth graders can be invited up if there is a need for a given year.
- 5.641 **Tryouts** – If the number of players interested exceeds 12, then tryouts may take place to reduce the number of players. If needed, these tryouts will take place the first week of the season and at the coach’s discretion. Although it is not desirable to cut players, it is necessary in order to provide adequate experience to everyone on the team. Unlike boys basketball, the girls have little opportunity to play extra “B” games with local schools due to the Lutheran sports schedule for girls not matching the IESA schedule of the local schools.
- 5.642 **Practice/Game Limits** – The Varsity team can practice or play games up to 5 days in a given week. The team can play up to 15 regular season games and in two tournaments. Only one of the tournaments can require an overnight stay. The game limits do not include any “B” games or the Lutheran State Tournament.
- 5.643 **Playing Time** – This is not guaranteed at the Varsity level. When possible and when the team is large, some “B” games are scheduled which can be used to provide experience to players who don’t get much time in the “A” games.
- 5.644 **State Tournament** – The Varsity team can apply to play in the Lutheran State Tournament that takes place the first full weekend in March. In order to apply and attend, the team must have at least a .500 record in games against Illinois Lutheran Schools or be in the top half of our conference standings. The coach and Athletic Director have the final say whether a qualifying team actually applies or attends the tournament based on the team dynamics. See the Lutheran Sports Association (www.luthsports.org) website for more information on the State Basketball Tournament.

5.7 Cheerleading – available to boys or girls in grades 5-8

- 5.71 **Season/Schedule** – The season officially begins the very end of October/beginning of November and runs through the middle of February for JV and early March for the Varsity. The teams cheer mostly for home boys basketball games and some tournaments so the schedule is linked closely to the basketball schedule.
- 5.72 **Equipment/Uniform**

Trinity provides:	Uniform
Athlete Provides:	Cheer shoes, appropriate undergarments
	Team Warm up
	Hair bow

5.73 **JV Level** – All cheerleaders who are in 5th or 6th grade, and are not on the competition squad, are members of the JV squad. Emphasis is on learning the basics of cheerleading and how to perform stunts safely.

5.731 **Multi-sport participation** – Because this is the beginning level for athletes, they may not know which sport they prefer, basketball or cheerleading. It is for this reason that we do allow JV cheerleaders to participate in both sports. Accommodations are made when practices and games overlap. It is the responsibility of the athlete to communicate conflicts with the coaches.

5.732 **Practice/Game Limits** – Athletes are limited to four days of practices/games per week. Cheerleaders cheer for most JV boys home games. Sometimes they cheer or an away game if it is at a local school.

5.74 **Varsity level** – One team comprised of 7th and 8th graders, and any 6th graders who have made the competition squad. These 6th graders will be part of the varsity squad, not the JV squad.

5.741 **Competition Squad Tryouts** – Cheerleaders in grades 6-8 can choose to try-out for the competition squad. Those selected for this squad may compete in several competitions both locally and at the State level. There is no set number of cheerleaders for this squad, but there are expectations in ability and commitment. Selection to the squad is the coach's decision and happens the first week of the season.

5.742 **Practice/Game limits** – The varsity squad can practice or cheer at games on five days out of a week. They cheer for home varsity games, girls or boys, and also for selected away games and tournaments.

5.743 **Competitions** – Currently the competition squad competes in the IESA State, the Christ, Peoria Tournament, and the Lutheran State Competition.

5.8 Track – available to boys and girls in grades 5-8

5.81 **Schedule/Season** – The track season begins in mid-March, Meets typically take place on Saturdays in April and May. The season ends with the State meet the third weekend in May. Practices usually are right after school. At times they may be later to use a local track.

5.82 **Equipment/Uniform –**

Trinity provides: Uniform

Athlete provides: Running shoes

White undershirt

Black tights/shorts

Spikes (not required but Trinity has some to loan)

5.83 **JV Level** – This is for 5th and 6th grade athletes who are either beginning the sport or are not ready to compete at the Varsity level. The emphasis is on learning the basics of various events and discovering their talents.

5.831 **Practice/meet limits** – The JV athletes will practice or compete no more than four days per week. They have a limit of 6 meets.

5.84 **Varsity Level** – The Varsity level includes all 7th and 8th grade athletes plus 5th or 6th grade athletes who have demonstrated the ability, both physically and emotionally, to compete at the Varsity level.

5.841 **Tryouts** – 5th and 6th graders can be considered for the Varsity level. Athletes are evaluated during practices and meets based on coach's discretion, which can result in movement to the Varsity level at any time. When this occurs, the coaches will communicate this with both athlete and parent.

5.842 **Practice/Meet Limits** – The Varsity team can practice/compete up to five times per week and has a limit of 9 track meets, excluding the Lutheran State Meet.

5.843 **State Meet Participation** – The Lutheran State Track Meet takes place over two days at Concordia University, Chicago and often requires a one or two night stay in a hotel. There are qualifying standards that need to be met or exceeded in order to be eligible. Coaches will determine which of the eligible athletes will compete at the State meet based on overall attitude, improvement, and skill demonstrated throughout the Track season.

5.9 Golf - available to boys and girls in grades 5-8.

5.91 - **Schedule/Season** - The season is very short but begins with some practices over the summer. There is the IESA sectional tournament in early September followed by the State Tournament a week later. Practices will be held either after school or during the early evening hours.

5.92 - **Equipment/Uniform** -

Trinity provides:	N/A
Athlete provides:	Proper golf attire: Shorts, Skirts or Pants(not jeans) Shoes(tennis shoes are fine) Trinity Golf shirt, purchased through Trinity. Players are allowed to keep their shirts for as long as they can still wear them.

5.93- **Extra Costs/Fees-**

Sectional Tournament:

IESA requires that each individual playing, pay their own greens fees for the day. This is usually around \$20. Schools are not allowed to pay for their participants, so if this is a problem, please contact a coach or the Athletic Director.

Practice:

All practices will be free for team members, unless a practice round will be played. There will only be 2 or 3 practice rounds, and players will be responsible for their costs-these will be optional, but if there is a financial issue, please contact a coach or the Athletic Director.

5.94 - **Level** - golf is open to all 5-8 graders regardless of playing experience. This is considered a Varsity sport

5.941- **Tryouts/Qualifying**- IESA limits schools to 6 Sectional spots for each Boys/Girls team. Trinity will only sign up for the number of spots that we have interest for by the deadline of June 1. If there are more players interested than spots available, then tryouts to determine who qualifies will be held.

Qualifying will be based on, but not limited to: Playing experience, Avg. 9/18 hole scores(and courses played), and coach evaluation

5.95 - **Multi-Sport Participation**- If a student-athlete is competing in multiple fall sports, please communicate with the coaches, as the 2 tournaments(Sectionals, State) may fall on dates that conflict with other sports. All coaches need to be communicated with to work out a plan that is in the best interest of all parties. Per practices: if a student cannot come to practice based on homework load, or other commitments, please try to communicate that to a coach at least 24 hours in advance, when possible.