



SEATTLE LUTHERAN HIGH SCHOOL ATHLETIC HANDBOOK

“Seattle Lutheran High School provides a Christ-centered and student-focused environment that equips young people in their educational and spiritual journeys to be servant-leaders in the world.”

To participate as a member of a Seattle Lutheran activities or athletic teams is both a privilege and an opportunity. Enrollment does not guarantee the right to participate. A commitment beyond the classroom on the part of students and parents is required to be a Saint athlete.

Core Values:

“C”	Confidence
“H”	Hope
“I”	Integrity
“P”	Passion

PRIVILEGE OF PARTICIPATION

*“... they urgently pleaded with us for the privilege of sharing in this service to the Lord’s people”
2nd Corinthians 8:4*

Participation in the athletics program is an earned privilege that is open to any person who meets the standards established.

Since the athletics program is extra-curricular and since Seattle Lutheran High School seeks to educate the whole person - his or her spiritual, intellectual, physical, and emotional dimensions; students participating in SCS athletics should:

1. Possess or strive for higher skill level in sports, and want to have fun together .
2. Show evidence of effort in the academic aspects of the school program.
3. Show by their attitude and behavior evidence of spiritual and emotional development commensurate with their age level and the school standards.
4. Meet the standards set by the Washington Interscholastic Activities Association (WIAA), and the Sea-Tac League.
5. Seek to honor Christ Jesus through their efforts, attitudes, relationships and character development.

COMMITMENT

“Commit your work to the Lord, and your plans will be established.” Proverbs 16:3

To be a student/athlete representing Seattle Lutheran requires commitment, character, and a willingness to model a Christian lifestyle. Students must remember that they represent the School not only in public performances, but always. Consequently, Students must be ready to make the following commitments:

1. Exhibit Christian character and represent Seattle Lutheran in a Christian manner.
2. Demonstrate self-control and good sportsmanship.
3. Refrain from obscene, vulgar, sexist, racist, bullying, or other non-Christian language or actions.
4. Ready to show effort, cooperation, respect and support of team members and coaches.
5. Expected to attend all practices and games/performances. An athlete must inform captains and coaches in a timely manner, if you cannot attend.
6. Commit to abstain from the use or possession of alcohol, tobacco of any kind, and illegal drugs.
7. Expected to avoid activities for minors where alcohol and/or drugs (and smoking of tobacco or other products) are present or used. Whether involved in usage or not, participants who are found to be present at such activities may be subject to similar consequences as someone that has used.

VIOLATIONS OF COMMITMENT

It is a privilege to represent Seattle Lutheran High School in any activity. Students must consider all the preceding factors at the beginning of their sports season, to determine if they are ready to participate under this agreement. All students should do so in the spirit of trust and with a sense of truly belonging to and representing the community of Seattle Lutheran High School.

Furthermore, by signing this document, you and your parent and/or guardian understand that the failure to adhere to these policies and guidelines may result in consequences that include suspension, permanent expulsion from participation, and/or further disciplinary actions from SLHS administration.

- Violations of Commitments #1 – 5 will be dealt with on a case by case basis between student athlete, coach and Athletic Director and may result in suspension or removal from the team.
- 1st Violation of Commitment #6 or #7
 - Will result in a suspension of 1/2 the season (determined by the # of games in season). A suspension may run into the next season that the participant participates in if violation occurs at the end of a season. To fulfill the suspension, the participant must participate and positively contribute to all team functions and practices.
- 2nd Violation of Commitment #6 or #7
 - Participant will be suspended for 1 full sports season. Suspension can run into the next season that participant participates in.
- 3rd Violation of Commitment #6 or #7
 - Participant will be permanently suspended all athletics at SLHS.

ELIGIBILITY FOR ATHLETICS

"How much better to get wisdom than gold, to get insight rather than silver!" Proverbs 16:16

1. A grade check of all "in season" athletes will be done every three weeks by the Athletic Director.
2. Student athletes who have a 72% (C-) or lower grade percentage in any class will receive official notification from the Athletic Director. This notification will include:
 - a. Verbal conversation and placement into a "grace week" status.
 - b. Student athletes will be given a grade sheet with current status.
 - c. Written warning to athlete's parents relaying their child's "grace week" status.
 - d. Teacher notification of student athletes with "grace week" status.
 - e. Coaches notified of student athletes with "grace week" status.
3. Student athletes with "grace week" status are expected to attend study hall, attendance to be taken by faculty monitor, after school from 3:20 – 4:00pm or until practice begins; with the intent that they work on missing, incomplete, or failing work.
Student athletes on "grace week" status are still eligible for all practices and competitions.
4. The "grace week" period will last one week.
5. At the end of the "grace week" period, the student athlete will be deemed ineligible if:
 - a. They have not raised their overall percentage to at least 70% (C-) in any of their classes.
 - b. Their teacher has determined that their effort/work are not adequate for passing the class.
6. Any student athlete deemed ineligible, is ineligible for two weeks.
Ineligible student athletes are **required** to report to study hall after school from 3:20 – 4:00pm with the intent that they work on missing, incomplete, or failing work.
The ineligible student athlete may participate in practices but not competition during the week of ineligibility. Ineligible student athletes may not travel to away contests/competitions.
7. Student athletes will be reinstated to full competitive status if:
 - a. Grades are at or above a 70% (C-).
 - b. Their teacher has determined their effort/work deem them eligible to compete.
 - c. The student athlete verifies status with Athletic Director via documentation.
8. If a student athlete remains ineligible for 3 consecutive weeks, they will be removed from the team for the remainder of the season.

LETTER STANDARDS

Standards for earning a varsity letter vary from sport to sport due to the length of season, opportunities to participate and the number contests each sport offers. The School reserves the right to make exceptions to this policy in its sole and absolute discretion.

Soccer: Must play in 50% of the Varsity matches and practice/participate for the full season.

Volleyball: Must play in 50% of the Varsity matches during the regular season and practice/participate in the full season.

Cross Country: Lettering is based upon points earned. Must practice/participate in the full season.

Basketball: Must play in 50% of the quarters of the Varsity games in the regular season and practice/participate for the full season.

Baseball: Must play in 50% of the Varsity games and practice/participate for the full season.

Golf: Must be one of the top six golfers on the team or finish in the top twenty in the district tournament. Must practice/participate for the full season.

Track: Must qualify for the district track meet and practice/participate in the full season.

(NOTE: Unexcused absences/adverse behavior/citizenship in practices or games as determined by the School may affect the athlete's ability to letter. The final decision to letter an individual lies with the respective head coach and the Athletic Director.)

P.E. CREDIT FOR ATHLETICS

Students in grades 10, 11, and 12 may apply and receive one semester of P.E. credit for the successful completion of a full athletic season at SLHS. Credit will be given on a pass/fail basis and not affect the student's G.P.A. Seniors are encouraged to ensure the credits necessary to graduate are completed by the end of the 1st semester their senior year.

Students must apply and receive supervisory approval from the coach, the athletic director, and turn in completed application requests to the registrar within the 1st two weeks of the particular sports season. In order to receive P.E. credit, the student athlete must complete a minimum of 75 hours of active participation in the sport, including practices and competitions. At the conclusion of the sports season, the coach and athletic director will sign and date this form attesting to active hours completed and P.E. credit granted.

PARENTAL/ GUARDIAN ROLE

“Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.” Titus 2:7-8

Parents' actions greatly contribute to the character development and success of their student athlete. ***It is Seattle Lutheran's endeavor to join with*** parents to support their student on and off the field of competition. Our values are: Family, Academics, Sport in that order.

All parents who participate in Seattle Lutheran activities/athletics:

1. Will understand that the team comes first. (“We before me.”)
2. Will refrain from coaching their child or other players during games and practices.
3. Will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field, and will take time to speak to coaches at an agreed upon time and place.
4. Will remember that student athletes participate to have fun and that the game is for youth, not adults.
5. Will help teach their child that doing one's best is more important than winning, so that the student/athlete will never feel defeated by the outcome of a game or his/her performance.
6. Will demand that their child treats other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
7. Will promote the emotional and physical wellbeing of the student athletes ahead of any personal desire they may have for their child to win.
8. Will not encourage any behaviors or practices that would endanger the health and wellbeing of the student athletes.
9. Will be a positive role model for their child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players' coaches, officials, and spectators at every game, practice or sporting event.
10. Will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.

Parents or guests in violation of the code of conduct may be dismissed, suspended, or permanently expelled from future athletic contests.

SOCIAL MEDIA GUIDELINES AND POLICIES

“Those who guard their mouths and their tongues keep themselves from calamity.” Proverbs 21:23

Participation in activities or athletics at Seattle Lutheran High School is a distinct privilege. Student athletes are held to the highest standard of sportsmanship and conduct. SLHS student athletes are expected to reflect Christian character while representing Christ, SLHS and themselves at all times.

Student athletes who choose to make use of social media must exercise extreme caution and be fully aware that coaches, school administrators, counselors, college admissions officers, future employers, the local media and even child predators access social media in order to view personal information online. Inappropriate, threatening, and/or offensive use of social media in any form (e.g. posts, tweets, texts, comments, etc.) will be addressed and may be cause for suspension or expulsion from athletic teams and may also result in further disciplinary actions from SLHS administration.

Examples of inappropriate, threatening and/or offensive behaviors may include, but are not limited to, the following;

- Unsportsmanlike, derogatory, sarcastic, demeaning, and/or threatening content directed to any individual, group, school, etc.
- Vulgar language, inappropriate comments, and/or harassment content directed to any individual, group, school, etc.
- Photos, videos, comments, or postings displaying or suggesting the use of alcohol, drugs, tobacco, and/or contraband
- Photos, videos, comments, or postings that are of a provocative, suggestive or sexual nature.

It is Seattle Lutheran High School’s intent to educate and protect our student participants from the danger of social media. Parental support and involvement in monitoring student use of social media is expected. By signing below, you affirm that you understand the SLHS School Social Media Guidelines for student athletes and will not take part in, condone, support, or encourage inappropriate activities online.

CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms of concussion may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

Signs observed by teammates, parents and coaches may include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

If you think your student athlete has suffered a concussion, or shows the signs and symptoms of concussion, they should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is key for the student-athlete’s safety.

No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

SUDDEN CARDIAC ARREST INFORMATION

What is sudden cardiac arrest?

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports.

What causes sudden cardiac arrest?

SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult.

SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED).

AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



SEATTLE LUTHERAN HIGH SCHOOL ATHLETIC AGREEMENT & COMMITMENT

Seattle Lutheran High School believes participation in athletics and activities improve physical fitness, coordination and self-discipline while giving students valuable opportunities to learn important social and life skills; including leadership, teamwork, and service.

With this in mind, it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student, you play a vital role in protecting participants and helping them get the best from sports and activities.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness information. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Seattle Lutheran High School athletics and activities. If you have questions regarding any of the information provided in the pamphlet, please contact Glenn Hoogerhyde, Athletic Director.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS INFORMATION.

I HAVE READ AND UNDERSTAND THE PRECEDING ATHLETIC AGREEMENT AND HEREBY DECLARE MY INTENT TO PARTICIPATE IN ATHLETICS AT SEATTLE LUTHERAN HIGH SCHOOL, AND I COMMIT MYSELF TO THE PRINCIPLES AND POLICIES AS STATED IN THIS ATHLETIC HANDBOOK.

PRINTED Name of Student/Participant

Signature of Student/Participant

Date

PRINTED Name of Parent/Guardian

Parent/Guardian Signature

Date

NOTE: Parent/Guardian – Please sign this Agreement as indication of your understanding and support of your Student’s adherence to this Agreement as well as confirmation you have read “The Role of Parents in Athletics,” “Sudden Cardiac Arrest Information,” and “Concussion Information.”

This Agreement must be signed and submitted prior to participating in athletics at SLHS.