



# Student Athlete Handbook

Girls: Volleyball, Cross Country, Basketball, Dance Line,  
Softball, Track, Golf

Boys: Football, Cross Country, Basketball, Baseball,  
Track, Golf

Co-op Girls: Tennis, Soccer, Gymnastics

Co-op Boys: Soccer, Hockey, Tennis

# Table of Contents

Philosophy of the MVL Athletic Department	3
Mission of the MVL Athletic Department	3
Objectives of the MVL Athletic Department	3
Priorities	4
Scholastic Eligibility/Academic Eligibility	4
MSHSL Eligibility Requirements	5
Limiting Squad Size	5
Training Rules	5
Hours	6
Letters/Certificates	6
Transportation	7
Dress and Grooming	7
Equipment	7
Locker Rooms	7
School Attendance	7
Practice s	8
Practice Attendance	8
Game Attendance	8
Injuries	8
Sit as a Team	8
Practice Wear	8
Summer	9
Officials	9
Impressions	9

## **PHILOSOPHY OF THE MVL ATHLETIC DEPARTMENT**

The foundation of all interscholastic athletic programs at Minnesota Valley Lutheran High School is the Word of God. The coaches that direct these programs and the student athletes that participate will be guided by this foundation.

## **MISSION OF THE MVL ATHLETIC DEPARTMENT**

In keeping with Minnesota Valley Lutheran High School's mission to train student for Christian lives, the athletic department strives to train our youth through unique learning opportunities difficult to duplicate in other areas of school life. Interscholastic sports provide another experience for students blessed with God-given abilities in athletics to develop their spiritual, intellectual, physical, social and emotional skills and values in the light of God's Word.

## **OBJECTIVES OF THE MVL ATHLETIC DEPARTMENT**

1. Spiritual Development
  - a. Provide a Christian environment where student athletes can grow in faith.
  - b. Encourage student athletes to let their light shine through great effort and good sportsmanship, properly representing their Savior and doing all to God's glory.
2. Intellectual Development
  - a. Student athletes learn to put school work before their athletic involvement.
  - b. Learn exercises, skills and rules specific to their sport.
3. Physical Development
  - a. Student athletes learn to respect their bodies as temples of the Holy Spirit.
  - b. Student athletes discipline and train themselves according to the physical needs of their sport.
  - c. Develop strength, stamina, and skill abilities in student athletes.
4. Social Development
  - a. Provide an environment where team play, cooperation, and respect for teammates and opponents is a priority.
  - b. Learn self-discipline, service, and humility as attitudes of team play that carry over into life.
  - c. Encourage friendships between teammates as they strive to reach their athletic potential.
  - d. Instill in student athletes the fact that participation in interscholastic athletics is a privilege with accompanying responsibilities.
  - e. Foster in student athletes an attitude that they faithfully commit themselves to all training rules.
5. Emotional Development
  - a. Student Athletes learn to cope in a Christian manner with feelings they experience in competition such as winning, losing, anger, trust, jealousy, frustration over injury, etc.
  - b. Understand that winning is doing their best with their God-given talents, both individually and collectively.
  - c. Develop in the student athlete the sense of satisfaction and joy that comes from using their God-given talents to their fullest.

## **PRIORITIES**

Athletes are first and foremost students at MVL. They are encouraged to strive to be the best student that they can be. The coaching staff will be in communication with the athlete's teachers concerning their classroom attitude and grades. Teammates, parents and coaches should help communicate and support each other in the athlete's constant evaluation of priorities as many other things like jobs, social life, etc., enter into the battle for the stewardship of time.

## **SCHOLASTIC ELIGIBILITY/ACADEMIC ELIGIBILITY**

This policy operates under the assumption that MVL will review the current overall semester grade.

If a student earns more than one D or any F's at the end of a midterm, quarter or semester, he/she will be declared academically ineligible on the day following the end of that marking period. The Dean of Students will personally inform each student of the ineligibility and also present the student with the appeal form. The student and his/her parents will then have one week to file an appeal with the Dean of Students. The student will be ineligible during the appeal process.

The following Wednesday, the faculty will meet and offer their input regarding those students who have been declared ineligible. The Dean of Students will then convene a meeting of the Appeal Committee on the second Wednesday following the end of the midterm, quarter, or semester. The Appeal Committee will be chaired by the Dean of Students and will also include the Registrar, Guidance Counselor, and Learning Coordinator.

If an appeal is granted, the student and parents will then be informed of the reinstatement. That reinstatement will be immediately effective.

Anyone receiving an incomplete is declared ineligible for co-curricular activities until the work is complete. If the incomplete is due to a justified absence (i.e. illness), the classroom teacher and Dean of Students will meet to determine the student's eligibility.

If a student's grades are a cause of concern, he/she may be declared academically ineligible by the faculty at any regularly scheduled faculty meeting.

An academically ineligible student is not allowed to participate in any practice, meeting, game, or performance of any co-curricular or service activity until the end of the next marking period when eligibility has been regained. A student declared academically ineligible after fourth quarter will serve his/her ineligibility for co-curricular activities at the beginning of the following year.

Co-curricular activities include participation in athletics, cheerleading, Spirit Squad, Dance Line, drama, speech competition, Math team, Knowledge Bowl, serving as a class officer, serving as a member of the Student Council, intramurals, Art Club, National Honor Society, serving as a student librarian, serving as a peer tutor, Chargaliers, Jazz Ensemble, or other musical auxiliaries.

## **MSHSL ELIGIBILITY REQUIREMENTS**

All students participating in interscholastic sports must have on file, in the office, the following forms before they can practice:

1. Physician approval form for participation in interscholastic activities.
2. Parent's permission and health questionnaire.
3. Athletic eligibility information bulletin.

These forms are made available by the MSHSL by contacting either the Athletic Director or Coach at MVL. They are also available by download on your TADS account.

## **LIMITING SQUAD SIZE**

It is the intent of MVLHS to encourage maximum participation in activities programs; however, the number of participants on a squad must be manageable and safe. Coaching staffs in grades 9-12 shall be allowed to determine the established squad sizes. Should squad sizes exceed the number of positions available on a team, tryouts will be held to determine team membership.

## **TRAINING RULES**

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." (1 Corinthians 6:19-20)

Minnesota Valley Lutheran High School is a member of the Minnesota State High School League (MSHSL). Therefore, all MSHSL rules and regulations will be enforced. They are explained in detail in the athletic eligibility information bulletin. The rules as stated in this bulletin are adopted by the MVL Board. These rules incorporate more stringent penalties than the MSHSL. **THEY ARE IN COMPLIANCE WITH THE MSHSL** and are on file with the League office.

When an athlete is coming out for a sport at MVL, it will be understood that they are promising to faithfully keep these training rules. The school regards the signatures of both the student and parents as commitments to the school, coaches, and teammates. Any violation of these rules will be considered as a breach of confidence established when a student participates in athletics.

MVL, along with the MSHSL, recognizes the use of controlled substances to be a growing problem in our society. We urge our athletes to stick together as a TEAM and be ready to "Just Say No!" ahead of time. Parents also play an important role by providing firm and proper supervision of social gatherings that they host as well as sharing information on parties that their children will attend.

A large part of the success of our athletic program is based upon a commitment by all who are involved in keeping the training rules. We all need to cooperate in training our youth to help make athletics a positive experience.

We also expect our athletes to leave a situation where a controlled substance is present.

## **HOURS**

Athletes must get the proper rest to be able to perform at their best. Plan ahead for school work, activities and games. They must be willing to discipline themselves to get the rest they need to maintain peak performance. Our athletes are to be home at these given hours:

1. 10:30 on the nights before a game
2. 11:00 on all practice nights

Parents play a key role in achieving these curfews. Please check with coaches in advance if there are any questions or exceptions to be made to these guidelines.

## **LETTERS/CERTIFICATES**

The following criteria are considered in determining the awarding of the school letter for Minnesota Valley Lutheran High School.

1. Amount of playing time.
2. Effort demonstrated by the player in practice and in competition.
3. Attitude demonstrated by the player in competition and/or on the bench.
4. Practice attendance.
5. Value to the team as a team player as opposed to an individual player attitude. This also includes statistical value to the team.
6. Faithful participation on the part of a senior during the years of high school.

The final decision for the awarding of a letter rests with the head coach of each sport and the activities director.

Managers are considered for the awarding of a school letter when they have faithfully served in one of those capacities for two sports or two seasons of a single sport. This is up to the discretion of the coach.

Any student athlete who faithfully completes his or her commitment to a sports team to the end of the team's season receives a certificate of participation. If the coaches and Athletic Director have justified allowing a player to join the team late, that athlete would also receive a certificate. Likewise, an injured player who faithfully continues to attend practices and games to the end of the season would receive a certificate.

The following are a list of awards and certificates that may be won by our student athletes:

1. Spotlight on Scholarship
2. Perfect practice attendance certificate
3. All-Conference, All-State
4. Academic All-Conference, All-State
5. Team certificates (MVP, Best Defense, Charger, etc.)
6. Local radio and newspaper awards
7. Conference Championship Certificates

The following would be reasons a student athlete would be denied a certificate/letter:

1. If the student athlete quits a team, even if he/she is allowed to rejoin.
2. If the student athlete becomes academically ineligible, even if eligibility is restored before the season ends.
3. If a student athlete violates a training rule.

If a student begins to serve a penalty at the end of a season but must finish serving the penalty in the next season, the student will not receive a letter for the season in which the penalty was enforced.

## **TRANSPORTATION**

Everyone will ride to and from the games on the team bus. If the athlete is riding home with parents or other parents, permission is required. This permission is to be in written form and given to the coach before the activity. Forms are available from the Coach or Athletic Director in advance, or are available at the event. No requests will be honored for an athlete to drive his/her own car or with another student.

Departure times will be posted and strictly observed.

## **DRESS AND GROOMING**

A neat appearance goes a long way in representing your school. MVL teams always dress up on game days, at school, and to and from the game. Take pride! All team members will be neat and well groomed in appearance. No blue jean clothing, caps, or tattoos of any kind may be worn as part of dressing up. The athlete's dress should follow the guidelines in the *Student Handbook*, with the exception of no blue jeans or blue denim shorts. Girls may wear a denim skirt or dress as long as it follows the *Student Handbook*.

## **EQUIPMENT**

Everyone is expected to assist the coaches in taking care of the equipment, especially all equipment and uniforms that are issued. It is a responsibility that we must all share. The athletes will be held responsible for all lost items and washing uniforms.

## **LOCKER ROOMS**

We will always leave visiting locker rooms/dugouts cleaner than the way we found them. At MVL our locker rooms should always be picked up and everything be placed inside the athlete's locker. Nothing should be left out and lockers locked at all times.

## **SCHOOL ATTENDANCE**

It is required of our students that they be in school ALL DAY on the day of a game in order to play. Any scheduled appointments should be avoided if at all possible. Should appointments be necessary, communication with the Coach and the Dean of Students in advance is imperative for the athlete to be able to participate.

A student must be in school at least four (4) class hours to attend practice. Valid excuses may include doctor appointments, funerals or emergencies.

## **PRACTICES**

Coaches will communicate with parents and students about practice dates and times. According to MSHSL policy, coaches may not schedule practices, individual or group workouts on Sundays. They are days meant for families.

## **PRACTICE ATTENDANCE**

It should be the goal of every member of a team to be at all practices. Improvement within a team comes from everyone being at each practice and working hard together. If an athlete has to miss a practice for a valid reason, then he/she should excuse in person to the coach in advance. Unexcused misses should never happen. This is out of consideration for practice planning. We must all strive for 100% practice attendance. All injured players must be in attendance at practice.

## **GAME ATTENDANCE**

Every member of a team is expected to be at all scheduled contests. Every athlete is considered an integral part of the TEAM concept taught at MVL. The coaching staff does not measure the value of an athlete according to statistical output. Instead, each athlete is taught that he/she is an equal fractional part of the TEAM whole. Everyone contributes to the unified TEAM effort and success. This commitment is necessary for the progress of MVL TEAMS and the consistency of the athletic program.

If emergencies arise, the coach should be contacted as far in advance as possible. This communication is important to make sure everything can be handled to the best interest of the family, athlete and athletic department. If unexcused absences arise, the athlete likely will be dismissed from the team.

## **INJURIES**

All athletes should report injuries to their coach immediately. There must be communication between doctors, parents and coaches. MVL also has assistance of an athletic trainer. For more details, ask the Athletic Director or Coach. If a student goes to the doctor, they **must** have a note clearing them to play.

## **SIT AS A TEAM**

For indoor sports, Varsity players/cheerleaders are expected to sit together as a team during the JV games and support them. JV players/Spirit Squad members are to participate likewise during the Varsity games. It may be that a parent feels it is important to have a son/daughter leave for home to do school work before the varsity competition is done. In such cases, parents may speak to the coach, and their wishes will be honored.

## **PRACTICE WEAR**

Practice wear should be comfortable, allow for movement, and in good condition (i.e. no rips, tears or holes). No clothing that advertises controlled substances, music groups, or contains objectionable pictures or slogans may be worn. This complies with the school dress code outlined in the Charger HANDBOOK. This means boys should always wear a shirt for practice and girls should wear a t-shirt or tank top over their sport bra.



## **SUMMER**

Coaches may not conduct practices from June 1– July 31. There is a one week “No Contact Period” where coaches and athletes are not to coach, watch film, or conduct conditioning sessions of any kind. It is a time for students to be with family and take a break for the summer. This time is around the 4th of July. Dates for each year will be published in the May and June/July issues of the *Parents Newsline*. You may also contact your activities director for future dates.

## **OFFICIALS**

“Officials are always right” and our athletes should not question their judgments or decisions. Any communication with the officials will be carried on through the coach.

## **IMPRESSIONS**

As athletes, fans and coaches we must always be mindful of the fact that we are representing our Savior and MVL at athletic contests. As ambassadors who publicly represent MVL, we will be identified by the ‘LIGHT’ we let shine. Many times the only contact that other schools and communities have with MVL is through athletic contests. Our appearance, conduct, sportsmanship and play will leave an impression with them. This is one way we can show our love for our Lord and Savior.