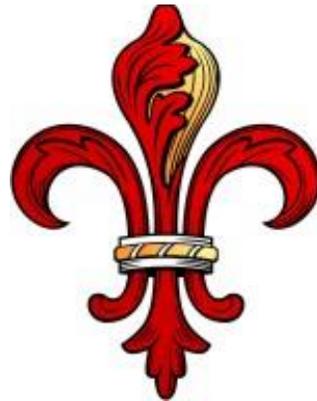


# Saint Paul SAINTS

2016~2017

## 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. All court penalties, fines, etc., must be finished before eligibility is granted.

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 ¾ majority in favor of the appeal, the student will be eligible.

#### MSHSAA Ruling

**3.13.2 Organized Non-School 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, team 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.

- a. **Same Season/Same Sport: A student shall neither practice nor compete** as a member of a non-school team or as an individual participant in organized non-school competition in that same sport, except as provided for specifically below.
  1. **Fall Non-School Competition Exception:** For fall sports, non-school competition may continue until the Tuesday following Labor Day, with prior approval by a school administrator.
  2. **Cross-Country, Golf, Tennis, Track and Field, and Wrestling:** During the school sport season, a student may, after fulfilling all requirements, practices and competitions of the school team, compete as an individual participant in two (2) organized non-school competitions.
    - (a) Priority shall be given to all school team practices and competition. Should a non-school 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 non-school competition if in direct conflict with the school program.
    - (b) No school time shall be missed to compete, practice or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator.
    - (c) The student shall not miss any MSHSAA sponsored postseason event that involves either the student or his/her school team to participate in such non-school competition.
  3. **Non-School Team Tryout:** With prior approval by a school administrator, a student may participate in a one-day, one-time non-school team tryout provided the tryouts are held on a day the students do not practice or play for the school team and provided the tryout is exclusively an experience in which a student is tested and screened for ability and placement on a roster and does not include any instruction, coaching, practice, workout, etc. Students may not participate in any game competition or scrimmages for the non-school team until after the high school team has completed its season by playing its last contest. Any non-school team tryout is limited to one day.
- b. **Same Season/Different Sport:** A student may practice or compete as a member of a non-school team or as an individual participant in organized non-school 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 non-school competition unless the absence is approved **in advance by the school administrator**.
  2. **The student shall not practice for or compete** in the non-school competition on the same date the school team practices or competes, **without approval of the school administrator**.
  3. **School Coaches:** If held during the school year but outside the designated school season for the sport:
    - (a) A high school coach of any sport may not provide any coaching or instruction to any student who currently attends or will attend the member high school (grades 9-12) the following year.
    - (b) A junior high school coach of any sport may not provide any coaching or instruction to any student who

- currently attends or will attend the member junior high school (grades 7-8; and grade 9 when included in a separate junior high school membership) the following year.
- (c) No coach may play on a non-school team on which members of his/her school team will be participating nor may he/she be directly involved in the actual administration of such games, including officiating.

**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 for more than ½ a day 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

If a student receives their varsity letter 1st, the JV Numeral is earned automatically. .

## 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.

### MSHSAA Ruling

#### **3.13.6 Sport-Specific Instruction (Camps, Clinics, Lessons) - General 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) shall be provided by the student or the student's parents. School transportation may be provided at no cost to the students, at the discretion of the school.
- c. No school owned uniforms or player equipment shall be used in any camp, clinic, or lesson other than as outlined in By-Law 3.15.6. 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, other than outlined in By-Law 3.15.
- d. 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.
- e. A student may be invited to and accept an invitation to only one specialized sport camp, clinic or lesson which is based on athletic accomplishments, per sport during the school year, as long as such participation meets the provisions applicable to the student's interscholastic season participation status. A student may attend as many "open" (not by invitation) camps/clinics or lessons as desired, as long as such participation meets the provisions applicable to the student's interscholastic season participation status.

### MSHSAA Ruling

**3.13.7 Sport-Specific Instruction (Camps, Clinics, Group Lessons) -Same Season/Same Sport:** During the school year and within the school sport season for the sport concerned, a student may attend a **school or non-school sponsored** specialized sports camp/clinic program, involving coaching and instruction, provided:

- a. The primary emphasis shall be on teaching individual player skills and there is no competition other than limited

- scrimmage situations;
- b. Travel to and from and participation in the camp, clinic, or group sport lesson does not result in any loss of school time;
  - c. The invitation to attend such camp/clinic is extended to the school coach and approved by the school administrator;  
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  - d. If school or school-district sponsored, only students enrolled in the sponsoring school or school district may attend.
  - e. A student may attend **only one** camp, clinic or group sport lesson which meets all of the above requirements **without** being accompanied by at least one approved faculty or non-faculty school coach. For any subsequent camp, clinic or group sport lesson, the student must be accompanied by at least one approved faculty or non-faculty school coach.

MSHSAA Ruling

**3.13.8 Sport-Specific Instruction (Camps, Clinics, Group Lessons) -Same Season/Different Sport:**

- a. A student shall not participate in a camp, clinic or lesson during a season in which he/she is competing in a **different** school sport, without prior approval from the school administrator.
- b. Only **non-school** sponsored camps, clinics, or lessons may be attended.
- c. Travel to and from and participation in the camp, clinic, or lesson does not result in any loss of school time;
- d. 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
- e. No camp, clinic, or group sport lesson is attended within seven (7) days of the start of the first allowable practice for the school sports season for the sport concerned.

**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:

MSHSAA Ruling

**3.13.4 College Tryout, Audition or Evaluation Event:** A college tryout, 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.

- a. **Same Season/Same Sport:** An athlete shall not participate in any college tryout, audition or evaluation event during the school sports season for the sport concerned under any circumstances.
- b. **Same Season/Different Sport:** The student may participate in a college tryout, audition or evaluation event during a season in which he/she is competing in a different school sport, under the following conditions:
  - 1. Approval by the school administrator is granted in advance.
  - 2. 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.
  - 3. The student may be invited to and accept an invitation based on athletic accomplishments to only one evaluation event per sport during the school year; however, there is no limit on college auditions and/or try-outs which are directly sponsored by a collegiate institution or try-outs held during the summertime (By-Law 3.15). Open (not by invitation) evaluation events are not restricted in number.
  - 4. The student shall not miss a MSHSAA-sponsored post-season athletic event in any sport to travel to and from or participate in the event.

MSHSAA Ruling

**3.14.4 College Tryout, Audition or Evaluation Event:** (Defined in By-Law 3.13.4) A student may participate in a college try-out, audition or evaluation event, as defined in 3.13.4, during this period, provided:

- a. 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.
- b. The student may be **invited** to and accept an invitation based on athletic accomplishments to **only one** evaluation event per sport during the school year. There is no limit on college auditions and/or try-outs which are directly sponsored by a collegiate institution or try-outs held during the summertime (By-Law 3.15). Open (not by invitation) evaluation events are not restricted in number. If the student is a participant in a different interscholastic sport at the time of the event, please refer to the restrictions in By-Law 3.13.4.
- c. The student may attend as many "open" (not by invitation) evaluation events as desired during a period the student is not a member of a school sport team.

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. \*\*\*

**DEADWEEK**

MSHSAA requires that all high schools have a mandatory week during the summer when there is no activity whatsoever in the school gymnasium or with school facilities. ie ... baskets, sleds, soccer goals, weight room, etc.

MSHSAA requires that there be a week before each seasonal sport where no sport activity can use any facilities. ie ... baskets, sleds, soccer goals, weight room, etc.

MSHSAA Ruling

**3.11.3 Contests involving high school graduates or students with no eligibility remaining in the sport concerned:** Provided the event occurs after the completion of the school sport season for the sport concerned and involves only students with no

eligibility remaining in the sport concerned or graduates, a member school may permit the use of its school-owned facilities and equipment (i.e. net standards, wrestling mats, etc), personal player uniforms and equipment (helmets, pads, jerseys, etc.), or employees to be involved in no more than two all-star events, per sport, per year. Employees may be involved either directly or indirectly through coaching (including enrolled students), promoting, organizing, administering or player selection of any such all-star team or contest. MSHSAA registered officials may officiate all-star contests provided such event occurs after the completion of the school sport season for the sport concerned and involves only students with no eligibility remaining in the sport concerned or graduates. Provided, however, the organizer of the all-star contest must assume sole responsibility in writing for supervision and use of these facilities, uniforms, equipment and employees, during any practice for or during the all-star contest and provide the school with a certificate of liability insurance with limits and coverage for athletic participation satisfactory to the school. **Editor's Note:** *No MSHSAA catastrophic insurance coverage is in place for such contests*

#### MSHSAA Ruling

**3.13.5 All-Star Contests:** An athlete shall not participate in any All-Star contest, as defined in By-Law 3.11, prior to eligibility in the sport concerned being exhausted. A senior athlete who has **completed** his/her eligibility in an interscholastic sport may compete in no more than two All-Star contests, as defined in By-Law 3.11, and maintain his/her eligibility under the following conditions:

- a. He/she shall be permitted to participate in no more than two All-Star events per sport during his/her senior year, following the conclusion of the school sport season of the sport concerned and provided the provisions of By-Law 3.13.2.b above are met.
- b. He/she shall not be permitted to miss

### EXPECTATIONS OF GYM/WEIGHT ROOM USE

MAY BE USED UNTIL 5:00 pm unless being used by a team for practice.

A coach must be in the building in order to use the weight room.

You must have a partner to lift.

#### **No Coach - No Partner - No Lifting**

No black-soled shoes should be worn on the gym floor.

Equipment/trash must be put away in the gym & weight room.

The sound system in the gym is not to be used.

Foul music/language is not allowed in the weight room.

Not leaving the gym/weight room when asked will not be tolerated and could result in losing privileges.

Abusing any of these expectations will result in the loss of the privilege to use the gym or weight room for any extended period of time.

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 assistant 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