

Athletic Handbook

*“Make known the love of Christ by word
and deed.”*



**2330 North Dale Street
Roseville, Minnesota 55113
(651) 484-9206**

www.kingofkingslutherschool.org

Twitter: @kokroseville

An NLSA Accredited School

Table of Contents

1. [Sports](#)
2. [Philosophy](#)
3. [Objectives](#)
4. [Interscholastic Sports Eligibility \(Grade checks and Conduct\)](#)
5. [Sports Physicals](#)
6. [Absences](#)
7. [Playing Time](#)
8. [Guidelines for Athletes](#)
9. [Guidelines for Coaches](#)
10. [Uniforms](#)
11. [Transportation](#)
12. [Spectator and Parent Guidelines](#)
13. [Cost and Fees](#)
14. [Conferences and Other Memberships](#)

Section 1 - Sports

Cross Country	Grades 4-8	August - October	
Co-Ed Soccer	Grades 4-6	August - October	
Co-Ed Soccer	Grades 7-8	August - October	
*Girls' Volleyball	Grades 5-6	August - October	
Girls' Volleyball	Grades 7-8	August - October	
Beams Football	Grades 7-8	August - October	hosted by CA
Girls' Dance	Grades 7-8	October - February	hosted by CA
Girls' Basketball	Grades 3-4	November - February	
Boys' Basketball	Grades 3-4	November - February	
Girls' Basketball	Grades 5-6	November - March	
Boys' Basketball	Grades 5-6	November - March	
Girls' Basketball	Grades 7-8	November - March	
Boys' Basketball	Grades 7-8	November - March	
Co-Ed Swimming	Grades 5-8	November - March	hosted by NHCA
Beams Track & Field	Grades 5-8	March - May	hosted by CA
Boys' Baseball	Grades 7-8	March - May	hosted by CA
Girls' Softball	Grades 7-8	March - May	hosted by CA
Boys' & Girls' Golf	Grades 7-8	March - June	hosted by CA
Track & Field	Grades 1-8	May (one day event)	PE requirement
Co-Ed Softball	Grades 5-6	May (one day event)	PE requirement
Co-Ed Softball	Grades 7-8	May (one day event)	PE requirement

*Students in 4th grade may be added to the roster to help provide a full team.

All school sponsored teams may change the grouping of the grades to help provide the best opportunity for the students.

Section 2 - Philosophy

King of Kings seeks to develop the whole child, including the physical aspects. Athletics offer opportunities to develop skills and talents in sports. The goal is to nurture these skills as a gift from God to be used for his praise and glory.

Sportsmanship is an important part of athletics. We strive to encourage the child to win with graciousness, and to lose without excuse, enjoying the opportunity to participate and to be active in sports. We encourage coaches, teachers, and parents to model these attributes to the participants in word and action.

We recognize our interscholastic sports program as an extra-curricular part of our instructional program, and expect that all participants will be students in good standing academically and behaviorally.

We believe as we work together, that our athletic program can help each child gain the proper skills and Christian attitude necessary to compete, and that these attributes will carry on in later life.

The vast majority of King of Kings students participate in a sports program. It is important for students to experience something new while competing against other schools. Understanding the value that this brings to your child and to the school, King of Kings highly encourages all students to participate in as many King of Kings sponsored sports teams that are offered. For the students who participates on other teams outside of King of Kings, they will experience something more meaningful when playing with their classmates.

Section 3 - Objectives

- To understand that the use of physical skills are a form of worship and praise to God.
- To have fun through physical activity.
- To give students the opportunity to improve their skills, physical conditions, and commitment to a team.
- To provide an opportunity for school and team spirit.
- To learn the rules and strategies of competitive sports.
- To help students become thankful to God for their abilities.

Section 4 - Interscholastic Sports Eligibility

It is considered a privilege to participate in athletics. Students involved in sports are required to maintain an acceptable level of academic achievement and Christian conduct.

Acceptable Level of Academic Achievement

A student not maintaining academic standards and making satisfactory progress in school may not be allowed to participate. This could include failing or below average grades, or

repeated incomplete homework. Parents will be notified by a school personnel if any athletic eligibility is in jeopardy.

Grade Checks will happen throughout the school year on the following dates:

Fall Season - Thursday of week 6 and week 8

Winter Season - Thursday of week 16, week 20, and week 23

Spring Season - Thursday of week 30 and week 33

Students with poor grades at the time of a grade check will be allowed to practice but are ineligible to participate in any contests until the grade has been improved or is OK'd by the teacher.

D = discussions will happen to determine eligibility status

F = ineligible for the whole game

Timelines for the grade check will always happen at the end of the designated week.

If a student receives a poor grade at the grade check, the ineligibility status of the student goes into effect the following Monday.

(ex: The grade check date is a Thursday. If a student receives an F at the checkpoint, the student can still play in any weekend games, but will become ineligible starting on Monday.)

Regaining Eligibility can happen immediately once the teacher notifies the athletic director that the student's grade has improved, has turned in all assignments, or has been committed in working with the teacher. Teachers are allowed ample amount of time to grade any school work once it is turned in. A guideline for this will be one working day per assignment. If teachers need more time to grade an assignment based on their workload and personal schedules, it will be communicated to the student.

Second Loss of Eligibility within the same season will result in one week of ineligibility from all contests. The start date will be the following Monday from the grade check and will last through Sunday. Students can improve their grade during this week but will not be eligible to participate in a game until the full seven days have ended. Students will still be allowed to practice with the team during this time. The coach and parents will decide if it is best to have the student sit on the bench during games.

Third Loss of Eligibility within the same season will result in a suspension from all team's practices and contests starting the following week and a mandatory parent conference with the athletic director and/or principal to determine if participating on the team is what's best for the student.

Exemptions from receiving an ineligibility status will be:

1. All students who are in 4th grade or younger. Instead of losing playing time, the teacher will be in contact with the parents and can decide an appropriate action needed to help the student succeed in the classroom.
2. All students who have been receiving additional accommodations through an IEP or ICE. The athletic director or principal will meet with the parents to determine the cause of the poor grade and will develop a plan to help maintain eligibility.

Christian Conduct

A student whose conduct in class and school falls below Christian expectations of the teacher may be declared ineligible for a team until the conduct of the student has improved sufficiently. In such circumstances, parents will be notified by the homeroom teacher and/or athletic director.

Section 5 - Sports Physicals

All students participating in athletics are encouraged to have a physical on file in their health folder. Students in 7th and 8th grade will use the [Minnesota High School League Sports Physical Form](#) and it is valid for 3 years.

Section 6 - Absences

A student absent for more than half a day will not be allowed to participate in practice or a game on that day. Other absences will be considered on an individual basis. Extenuating circumstances will be taken under consideration. Students absent from practices should be communicated by a parent to the coach or school office. A student with continual unexcused absences may be asked not to participate any longer.

Section 7 - Playing Time

Playing is a privilege and must be earned. Players are expected to attend all scheduled practices, unless there is a legitimate reason for being absent such as: illness, emergencies, funerals, etc. "Too much homework", "I didn't feel like practicing", or attending another athletic team's event are examples of unacceptable reasons for missing practices or games. A student with continual unexcused tardies for practice may lose playing time. Every effort should be made to notify the coach in advance when a student will miss a practice or game. Coaches will follow these playing time guidelines:

Lower Grade Level Teams: Coaches are expected to play all eligible players in each game and to aim for similar playing time.

Top Grade Level Teams: Coaches are expected to make their best effort to give each player a dignified amount of playing time throughout the entire regular season. Playoffs are subject to the discretion of the head coach.

Exceptions will be made on both levels to the above guidelines when one or more of the following applies:

1. Missing team practice(s)
2. Prioritizing another team's events over KOK's practices or games
3. Poor attitude and lack of effort
4. Lack of desire to compete
5. Violation of team rules
6. Violation of interscholastic sports eligibility (as noted in this handbook)
7. The number of players on the team

Section 8 - Guidelines for Athletes

- Athletes are expected to show a love for their Savior and reflect that in games and practices.
- Athletes are expected to come to practice with the purpose of improving their skills as individuals and as team members.
- Athletes are expected to give priority to King of Kings athletic teams over other teams.
- Athletes who do not show commitment to the team by missing practice and games will receive the natural consequences of decreased playing time and, possibly, being removed from the team.
- Athletes are to be at all games and practices unless they have been excused.
- The athletes must listen to their coach and do as asked or instructed.
- Positive attitudes toward the coach are to be demonstrated, without any yelling, arguing or complaining.
- Whether winning or losing, athletes should respect their coaches, teammates, opponents, and the officials in their speech and in their actions.

Section 9 - Guidelines for Coaches

- Good sportsmanship is to be encouraged at all games and practices. Good Christian attitude is the primary goal.
- Attitudes consistent with our Christian faith are to be displayed at all times.
- Accept the referee's decisions without arguing or making non-verbal gestures beyond appropriate interactions and disagreements.
- The language of the coach and team should reflect our Christian faith.
- Prayer is encouraged to be part of each pre-game.
- You are teaching and coaching children. Patience and discipline are a part of that.
- As a coach you're in charge of your team. Make your best effort to give each player a dignified amount of playing time.

- Throughout the whole season, prioritize player development and help players strengthen their love for the game.
- As a coach you are responsible for building security if the athletic director or principal is not present. After games and practices check to see that all equipment is put away, doors are locked, and lights are out. Be sure all students have been picked up before you leave. Do not leave students unattended.

Section 10 - Uniforms

Uniforms are issued by the school. Undershirts and sweatbands are to be neutral or school colors. The uniform is to be properly cared for, washed according to instructions, and hang dry. If a uniform is lost or damaged by use, the parent will be assessed the cost of the uniform. Uniforms will be returned to coach at the end of each season.

Section 11 - Transportation

Parents are responsible for arranging transportation for their child students. If car pools are arranged, parents must communicate with each other first before taking any student in their vehicle. Each child that is transported must wear a seat belt. It is the coach's responsibility to make sure every student is picked up, so please make arrangements to have this happen immediately after practices or games.

Section 12 - Spectator and Parent Guidelines

- Spectators at our games should at all times behave in a Christian manner.
- Cheering will be positive. Refrain from yelling at the referees. They are doing the best job they can.
- Accept the referee's decisions without arguing or making non-verbal gestures beyond appropriate fan reactions. Never yell in a negative and harsh manner. You also represent King of Kings.
- Spectators are to be kind and polite to opposing teams, coaches, and fans.
- Fans should be humble in victory and gracious in defeat.
- Parents are encouraged to instruct their children that their Christian witness and fair play are more important than winning.
- Set priorities for a balanced life: church time, school time, family time and friend time. Doing too much is not healthy for your child, family, and teams.
- Maintain the perspective that sports are a part of life and not life itself.
- Support your child and the team by driving for away games, working the games by running the clock, keeping the books, working the concessions stand, or helping clean up after the game.

- If there are questions or concerns please talk to the coach first utilizing Matthew 18 principles. If your concern is not resolved please bring it to the athletic director. If your concern is still not resolved, request a meeting with the principal. Please remember our coaches are volunteering their time and doing their best. We also have young coaches and parents that may be less experienced than others.
- Be a Christian example and role model in all you do. Sportsmanship is contagious. Let others catch it from you.
- Support the coach in his/her decision making.

Section 13 - Cost and Fees

Part of the cost and fees for the athletic program are covered by an athletic fee. Athletic fees are \$125.00 per sport per student. Cross Country is \$50.00 per student. Swimming has a base fee of \$175.00, but could fluctuate. If a student wants to play multiple sports in the fall season, only one fee will be applied.

Section 14 - Conferences and Other Memberships

Inter-scholastic competition is scheduled with area Christian Schools. King of Kings is a member of the Catholic Athletic Association in volleyball, soccer, basketball, and swimming. Cross Country and the one day physical education events (softball, track and field) will compete against other Lutheran schools. Additional non-conference competitions may be scheduled outside of the regular season schedule. All Concordia Academy and BEAMS teams are managed by Concordia Academy. All participants must abide by their rules, guidelines, and expectations. The 3rd and 4th grade basketball teams are members of the Minnesota Youth Athletic Services (MYAS).

When inter-scholastic events are held at King of Kings, parents are encouraged to attend. For the purpose of safety and control students must be in the care of a parent. Children participating in an athletic event are to be picked up no later than 15 minutes following the event or practice. Students not picked up within 15 minutes will be taken to extended care. Parents will need to come into the school to pick up their children.

Directions will be provided on the King of Kings' school calendar. They are also available on the Catholic Athletic Association and Concordia Academy's websites.