



ATHLETICS/ACTIVITIES AGREEMENT FOR PARTICIPATION AT SEATTLE LUTHERAN HIGH SCHOOL

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."
Philippians 4:8*

To participate as a member of a Seattle Lutheran activities or athletic teams represents Seattle Lutheran, is both a privilege and an opportunity. Enrollment does not guarantee the right to participate. A definite commitment on the part of students and parents is required for participation in interscholastic activities.

Core Values:

"C"	Commitment
"H"	Humility
"R"	Respect
"I"	Intensity
"S"	Sacrifice
"T"	Teamwork

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*

1. Seattle Lutheran is a Christian school. As such, participants have the privilege of representing their school, as well as their Lord and the Christian faith.
2. Participants will experience the joy of physical activity, competition, and development of individual and team skills
3. Participants will develop sportsmanship and leadership skills.
4. Participants will travel with the team, visit other schools and communities, meet fellow athletes and interact with other individuals.
5. Participants can work to towards earning a school letter and wearing the school letter jacket with pride and distinction.



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COMMITMENT

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

To be a Student in Saints activities that represent 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 also at all times. Consequently, Students must be ready to make the following commitments:

1. Must exhibit Christian character and represent Seattle Lutheran in a Christian manner.
2. Must be able to demonstrate self-control and good sportsmanship.
3. Must refrain from obscene, vulgar, sexist, racist, bullying, or other non-Christian language or actions.
4. Must be ready to show effort, cooperation, respect and support of team members and coaches.
5. Are expected to attend all practices and games/performances. And inform your captains and coaches in a timely manner, if you cannot attend.
6. Are expected to avoid and not participate in activities for minors where alcohol and/or drugs (and smoking of tobacco or other products) are present or used. Whether actually 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.
7. Participants in an activity at Seattle Lutheran High School must make a commitment to completely abstain from the use of alcohol, tobacco of any kind, and illegal drugs. This also includes the possession of above.



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VIOLATIONS OF COMMITMENT

It is a privilege to represent Seattle Lutheran High School in any activity. Students must consider all of the preceding factors at the beginning of the fall season, to determine that 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.

- 1st Violation of #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. In order to fulfill the suspension, the participant must participate and positively contribute to all team functions and practices.
- 2nd Violation #6 or #7
 - Participant will be suspended for 1 season. Suspension can run into the next season that participant participates in.
- 3rd Violation #6 or #7
 - Participant will be permanently suspended all athletics at SLHS.



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ELIGIBILITY FOR CO-CURRICULAR ACTIVITIES

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

A Student must maintain a minimum GPA of 2.0 in order to be eligible for co-curricular participation. Grades will be used to calculate GPA for eligibility every third week. Students with one or more grade of "F," regardless of GPA, are considered ineligible.

- Grades are officially checked every three weeks on Wednesday. Grades are calculated according to a student's current grades in *Schoology*. It is the student's responsibility to make sure his or her grades are up to date, assignments should be submitted on time so his or her grades are correctly reflected in *Schoology*.
 - If a student has a grade that he or she believes to be incorrect, a grade check sheet may be completed and submitted on Friday.
- Grade Check Dates: Sept. 17, Oct. 8, Oct. 29, Nov. 19, Dec. 10, Feb. 18, Mar. 11, Apr. 1, Apr. 29, and May 20

Grade Categories

- **If a student has a 3.0 or higher:**
 - The student's grades will be officially checked every three weeks (see above dates).
- **If a student has a 2.0 -2.99:**
 - The student will have his/her grades checked every week on Wednesday using *Schoology*.
 - In subsequent grade checks, a student may move up or down on the grading category.
 - Study hall is recommended. Study Hall is available in student center daily from 8:00 – 8:40 am and 3:00-4:00pm.
- **If a student has a 1.99 or below or has one or more "F" grades:**
 - Study hall is mandatory each day the student's GPA falls below a 1.99
 - Study Hall is available in the student center daily from 8:00 – 8:40 am and from 3:00-4:00pm.
 - If the student comes to Study Hall in the morning he or she may practice but may not participate in any contest while their GPA remains at a 1.99 or below
 - If a student does not come in for Study Hall he or she will not be able to practice and be expected to make up study hall in the afternoon.
 - The student may turn in a grade check at any time to prove eligibility for participation in contests.
 - At the time the student demonstrates they have a 2.0 or above, he or she is immediately eligible for contests.
 - Students who raise their grades to a 3.0 or higher will not be checked until the next official grade check (see schedule).

*It is ultimately the student's responsibility to make sure work is turned in a timely manner. This will help ensure the student's grade is accurate. **If a student falls below a 2.0 GPA or if a student feels their grade(s) are incorrectly reflected on Schoology, the student is responsible for obtaining, getting signed and turning in grade checks.***



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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.

All parents who participate in Seattle Lutheran activities/athletics:

1. Will understand the student comes first.
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 my child will never feel defeated by the outcome of a game or his or her performance.
6. Will demand that their child treat 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 I may have for my own 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.



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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 participants are expected to reflect Christian character while representing Christ, SLHS and themselves, whether on or off-campus.

Student-participants 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.) 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.



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AGREEMENT AND COMMITMENT

I have read and understand the preceding and hereby declare my intent to participate in activities at Seattle Lutheran High School, and I commit myself to the principles and policies as stated in this Athletics/Activities Agreement:

Signature of Student/Participant

Date

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.”

[This Agreement is to be turned in at the beginning of the School year, or on registration day, for all Students participating in any athletics/cheer, music or other SLHS program during the year.]