

# ATHLETICS AGREEMENT FOR PARTICIPATION AT SEATTLE LUTHERAN HIGH SCHOOL



## SEATTLE LUTHERAN ATHLETIC HANDBOOK

*"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:

<b>"C"</b>	<b>Commitment</b>
<b>"H"</b>	<b>Humility</b>
<b>"R"</b>	<b>Respect</b>
<b>"I"</b>	<b>Intensity</b>
<b>"S"</b>	<b>Sacrifice</b>
<b>"T"</b>	<b>Teamwork</b>

### ***PRIVILEGE OF PARTICIPATION***

*"... they urgently pleaded with us for the privilege of sharing in this service to the Lord's people"  
2<sup>nd</sup> 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.

## 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.

- 1<sup>st</sup> 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.
- 2<sup>nd</sup> Violation #6 or #7
  - Participant will be suspended for 1 season. Suspension can run into the next season that participant participates in.
- 3<sup>rd</sup> Violation #6 or #7
  - Participant will be permanently suspended all athletics at SLHS.

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## ELIGIBILITY FOR ATHLETICS

*"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 to be eligible for co-curricular participation. Grades at the end of every four weeks are used to calculate GPA for eligibility. Students with one or more "F" grade, regardless of GPA, are considered ineligible.

### • **Mid Semester Grade Checks**

- Grades are officially checked every four weeks. Grades are calculated according to current grades in *Schoology*. It is the student's responsibility to make sure grades are up to date. Students should make every effort to turn in assignments on time so their grades are correctly reflected in *Schoology*.
- At the end of the four week grading period if the student athlete's GPA is below 2.0, he/she is ineligible for competition until the next grade check.
  - Ineligible students are not allowed to miss class for athletic contests or practices.
  - Students athletes are expected to participate in practices and support their team at games unless otherwise directed by a coach.
- Two weeks into the next grading period, the student athlete's grades are rechecked.
  - If the student's GPA is above 2.0, the student is eligible to return to contests and games the following week.
  - If the student's GPA is below 2.0, he/she remains ineligible until the next grade check.

### • **End of Semester Grade Checks**

- If, at the end of the semester, a student's GPA is below 2.0 or he/she has one or more "F" grades, the student is suspended.
  - Ineligibility lasts through the fourth week of the new semester. If, at this time, the student's GPA is above a 2.0 with no grade of "F", he/she will regain eligibility.

### • **Continuous Grade Checks**

- All students not currently participating in athletics are subject to Grade checks.
  - All students are continuously monitored for eligibility to participate in sports/activities.
    - For example, if a student is below the 2.0 GPA requirement after a grading period, and they choose to participate in a sport that follows that grade check, the guidelines outlined in the "Mid Semester Grade Checks" apply.

### • **Miscellaneous eligibility policies:**

- To participate in a practice or a game, the student must attend 50% of their classes that day.
- More than five unexcused absences or five unexcused tardies to school in a 4 week grading period may result in the student becoming ineligible for contests.

### • **Grade Check Calendar**

- **In semester Checks**
  - Grades are checked on the following dates:
    - Semester 1: September 25, October 28, and November 25.
    - Semester 2: January 29, February 26, March 24, and April 29.
  - Grades are calculated over the corresponding breaks with the dates listed above.
  - Students are notified if they are ineligible the first day of the new grading period.
  - Late work turned in the week of the grade check, may be graded at the teacher's discretion.
  - Work turned in on time and late work turned in the week prior to the grade check are graded and calculated into the student's grades.
- **Recheck policy and timeline**
  - Ineligible students, after the scheduled grade check, are eligible to have grades rechecked after two weeks.
  - Students may have grades reexamined at the end of the third week to determine eligibility.

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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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## **CONCUSSION INFORMATION SHEET**

*O Lord my God, I called to you for help and you healed me.*

*Psalm 30:2*

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 may include one or more of the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same</li></ul> |
|--|---|

### **Signs observed by teammates, parents and coaches 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

## **ATHLETICS AGREEMENT FOR PARTICIPATION AT SEATTLE LUTHERAN HIGH SCHOOL**

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

Athletes with the signs and symptoms of concussion 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 the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. 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. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

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

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>

## **SUDDEN CARDIAC ARREST INFORMATION**

*O Lord my God, I called to you for help and you healed me.  
Psalm 30:2*

**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!***



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## ***AGREEMENT AND COMMITMENT***

Seattle Lutheran High School believes participation in athletics improves physical fitness, coordination and self-discipline while giving students valuable opportunities to learn important social and life skills.

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 sport.

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. If you have questions regarding any of the information provided in the pamphlet, please contact David Sleighter, athletic director, at SLHS.

**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 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.**

\_\_\_\_\_  
**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,” “Sudden Cardiac Arrest Information,” and “Concussion Information.”

[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.]