



IMMANUEL LUTHERAN
— CHURCH AND SCHOOL —

EXTRA CURRICULAR ACTIVITIES HANDBOOK

For Students, Coaches & Parents



(Above are the official mascot logos of Immanuel Lutheran School-Wentzville. All team-wear and spiritwear needs to be pre-approved by administration)



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[Mission and Vision Statement](#) of church and school. All Extra-Curricular programs should at all times support the mission and vision of Immanuel Lutheran Church and School.

Extra Curricular Philosophy

The Eagles Extra Curricular program is a ministry of Immanuel Lutheran School and is designed to promote participation for both boys and girls. ILSW believes and expects their student-athletes to emulate Jesus Christ in everything they do, including competition. Their sportsmanship and gamesmanship should flow from the basic principles of a Christian lifestyle. ILSW believes parents, coaches, and the athletic director have the responsibility to develop this concept of the whole child through academics, athletics, and the fine arts.

We believe that the opportunity for participation in a wide variety of activities is a vital part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the activity, to the school, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his/her education.

ILSW student activities are considered as extracurricular activities to the school program of education, and as such the activities provide experiences that will help to develop each young person physically, mentally, spiritually, socially, and emotionally. The program satisfies several of our schools desired outcomes, namely that "students have confidence in selecting and participating in individual and group activities"; "students have an



environment that is safe, challenging, comfortable, and nurturing”; and “students have an environment which nurtures faith and self-discipline, teaches respect for those in authority, and fosters dignity and empathy for their peers”.

Members of the Varsity teams are not guaranteed playing time while we strive for members of the Junior Varsity teams to get somewhat equal playing time in games. Playing time is discussed more specifically below. This is consistent with the policies of our St. Louis Lutheran Athletic League.

Extra Curricular Objectives

1. To provide a superior program of athletics and extracurriculars that includes appropriate competitions for those that wish to participate.
2. To provide a Christian environment for students to share with the community their God-given abilities
3. To allow students to witness their Christian faith through the extra curricular experience.
4. To provide opportunity for a student to desire and experience success in a sport or activity that he/she selects, at a level appropriate to their skills and God-given ability.
5. To instill strong Christian character in all students.
6. To encourage and promote school spirit and good sportsmanship.
7. To practice self-discipline and emotional maturity in learning to make decisions under pressure.



8. To be socially competent and to operate within a set of rules, thus gaining a respect for the rights of others.
9. To develop an understanding of the value of extra curricular in a balanced educational process.
10. Coaches need all team attire designs to be approved by the school's activities director or administrator.
11. *Expect parents/coaches to model and follow the above objects while supporting all student participants.*

Team Information

It is our goal at ILSW to have faculty and staff members as the head coach in each program. Any vacancies will be filled with other qualified individuals who are willing to serve in this ministry. All head coaches are at least 19 years of age.

Any student at ILSW that wishes to participate in one of our sports programs is welcome to attempt to do so. This is achieved usually by having the youngest teams (B teams) complete at their grade level and our upper grades' teams being composed of older athletes and those who show by their ability the necessary skills to play at that level. ILSW competes at the top level in each activity. This team is referred to as the Varsity. There is no guarantee of playing time on this team, meaning it is possible that some members may not play in a given game. However, coaches will strive to find value in all students.

Philosophy of the Junior Varsity focuses more towards development and participation. Goal in J.V. is for students to receive comparable playing time. On the B levels (5th and 6th grades), students will also receive closer to equal playing time.



Playing time on all teams is based on the student being in good standing. This means that the athlete is following team rules and guidelines as communicated by the coach and expressed in the school handbook. This concept of game competitiveness and participation is consistent with the policies of our St. Louis Lutheran Athletic League. Team positions for Varsity and JV teams are determined through tryouts conducted by the head coach of the team. The selection of team members is made by the head coach. The final decision is left to the head coach but he/she may involve assistant coaches and the athletics and activities director in the decisions. B teams are generally grade specific teams. There are circumstances where the coaches and administration may need to mix grade levels to fill a roster. These athletes have the ability to play up and may be invited to try out for the Varsity or JV teams. If such an athlete makes the team, he/she would fall under the same playing time guidelines as other members of that team. The decision by the coach and the athletic director to move players up is made considering the best interests of the player, teams involved, and the program.

We operate under the philosophy that, ideally, all student-athletes who wish to participate will have an opportunity to play with a team at an appropriate level for them. However, there are times when there are more interested students than the maximum number of spots available on a team (the maximum will fluctuate depending on the sport and the level). Such as Robotics and Academic/Scholar Bowl teams are activities that have a set number of students on their rosters. If feasible, additional teams will be formed so that more athletes may participate.



Extracurricular Teams

All Year Round

Robotics: Grades 6-8th, Aug-Apr. (varies on qualifications)

National Honors Society: Grades 6th-8th, Aug-May

Student Council: Grades 6-8th, Sept-May

Band: Grades 3rd-8th, Aug-May

 Beginning Level

 Intermediate Level

 Advanced Level

Fall Season

Soccer: 5-8th, Aug-Oct

Girls Volleyball: Varsity, JV, B teams, Aug-Oct

Boys & Girls Cross Country: Grades 1st-8th, Aug-Oct

Choir: Grades 6th-8th, Aug-Dec

Winter Season

Boys & Girls Basketball: Varsity, JV, B teams, Nov-Mar

 Varsity/JV Nov-Feb

 B1/B2 Jan-Mar

Cheerleading: Grades 1st-8th, Nov-Mar

Academic/Scholar Bowl: Grades 6-8th, Sep-Feb

Musical: Grades 6-8th, Jan-May



Spring Season

Boys Volleyball 6th-8th Mar-Apr

Boys & Girls Track 4th-8th Mar-Apr

Musical: Grades 6-8th, Jan-May

Parent Information

The following information is to assist parents as they work with the teachers and coaches in working to make the Eagle Extra Curricular program the best it can be!

1. Students will be charged an activities fee for each sport in which he/she participates to the families' Vanco account.
2. Students will be required to sign the Eagles Code of Conduct form. This outlines the basic expectations of every student, and represents the commitment they are making as a member of their respective team. A parent signature is required.
3. Parents are representing our church and school. As such, parents are expected to maintain high standards of behavior just as the students are. Any unchristian and/or unsportsmanlike behavior, relative to other fans, the visiting players, officials, or coaches could result in being asked to leave the building, or in the worst case, asked to not return to campus for any future event.



4. We hold to the 24-hour rule. If you have something to discuss with your child's coach about a game, please do not do it immediately prior to a game or within 24 hours after the game.
5. Parents are expected to support and respect coaches. Our coaches spend a great deal of time and energy attempting to do what is best for each individual student and the team. It is important to understand that the desires of the individual and the team sometimes do not align. Coaches are charged with making decisions in these situations according to their best judgment. If there is a concern, communication would be to the athletic/activities director.
6. Parents are also expected to show respect for opposing school officials when the ILSW is visiting a team for a competition. This includes following that school's building procedures and regulations.
7. There's no such thing as a perfectly officiated game, coached game, or played game. Conversations and behavior at games should reflect this. By directing our energy to cheering for our team and supporting all those involved with the activity, we uphold our goal of demonstrating Christian love and sportsmanship and teach our students personal accountability. Please be sure also to keep this in mind as you talk with your son or daughter after games and at home.
8. Parents are responsible for providing transportation to and from games. Unless arrangements have been made with other drivers, parents are to pick up their child at the end of the activity at the activity site.
9. Competitions held in the gym require more supervision than the coach is able to provide during the game. Because of this, all parents need to be in control of siblings that they bring to home games at all times.
10. During halftime, students will not be allowed to shoot on the basketball hoops unless instructed otherwise by administration at the site.



11. 7th and 8th graders can be dropped off at the time of the event; any other grades, students will require parent supervision at the competition/event.
12. Players need to attend practices. Practices are closed to parents and they are instructed to stay in the lobby of the gym until coaches release their students. Parents and/or students should inform the coach if a player cannot attend a practice or game due to a conflict. If a player is absent from school due to illness, notification does not need to be sent. A natural consequence for a player who misses practice may be to lose some playing time in the following game. Injured players should attend practices and games when possible.
13. In order to carry out the various tasks associated with hosting games, parent assistance is needed. This includes volunteering for scoreboard operation, bookkeeping, concession stand duty, and live streaming of games. Needs may vary for different activities. Sign-ups for seasonal needs will be made available.

Extra Curricular Schedules

1. All scheduling will be finalized by the athletic director. Any changes coaches may make in their schedule must be cleared with the athletic/activities director.
2. The athletic/activities director will coordinate and assign practice times and locations. Team practice locations are generally on campus or a designated park.



3. ILSW utilizes TeamSnap for all of its teams. TeamSnap is a cloud-based team management tool used to communicate rosters, schedules and any important team news.

Eligibility Policy for Participation

To be eligible (in good standing) to participate in extracurricular activities and events, the following requirements must be met:

The student must meet academic eligibility qualifications. A student earning a cumulative quarterly grade in any subject lower than a C- may be suspended from participation in competitions. The administration will review the academic progress of all students who are involved in athletics on a weekly basis, beginning in the fourth full week of the quarter. Students earning a grade lower than a C- due to missing/incomplete assignments or a lack of effort, as concluded by teacher and administrator, may be declared ineligible for one week. Students may not participate in practices or games. They may attend games and sit with the team on the bench, but they may not dress out in a uniform for the game. Students may regain eligibility the following week when eligibility is checked again, should they correct their academic status. Administration may exercise the right to reinstate eligibility at any given time.



A student who is absent from school (unless it is approved by administration) is ineligible to participate in after-school sports for that day. To be eligible the student must at least be in attendance for a half-day or have an extreme circumstance that will be approved on a case-by-case basis..

(2023-24 version)