

FALCON ATHLETIC HANDBOOK

STUDENT-ATHLETE Program

Sierra Lutheran High School is a member of the Class IV Northern League of the NIAA. This league includes Coleville, Excel Christian, Mineral County, Pyramid Lake, Smith Valley, Sage Ridge, Virginia City and Whittell. Along with varsity competition, the Falcons also field teams at the junior varsity levels when numbers allow. The following is a listing of the Sierra Lutheran High athletics program:

Boys

FALL:	Cross Country	Varsity
	Football	Varsity
WINTER:	Basketball	Varsity, JV
SPRING:	Track	Varsity
	Golf	Varsity
	Baseball	Varsity

Girls

FALL:	Volleyball	Varsity, JV
	Cross Country	Varsity
WINTER:	Basketball	Varsity, JV*
	Cheerleading	Varsity
SPRING:	Track	Varsity

*Junior varsity squads will be represented if numbers allow.

Sierra Lutheran will continue to add sports as our enrollment grows and student interest allows.

ATHLETIC RULES AND REGULATIONS

A. Conduct

1. All athletes are to conduct themselves in a manner reflecting the Christ-centered objectives of Sierra Lutheran High School and will adhere to ALL school rules. Athletes should recognize that representing the school is a privilege, and as such, athletes can and will be held to higher standards than the general student population.
2. Anyone found using tobacco (any form), alcoholic beverages, illegal drugs, and/or anabolic steroids will be barred from participation in Sierra Lutheran's athletic program or other extracurricular teams for a determined amount of time in accordance with the Nevada Interscholastic Activities Association and the policies of SLHS. All students must sign an agreement to the policy before they are allowed to participate in any activity sponsored by the NIAA. Violations of the policy that occur while the athlete is representing the school will result in immediate removal from the team and subject the student to additional penalties. **Any athlete found guilty of giving, selling, or supplying these substances is subject to expulsion from Sierra Lutheran High. THIS RULE IS IN EFFECT FOR THE ENTIRE TWELVE MONTH YEAR, 24 HOURS A DAY, 365 DAYS A YEAR!**
3. The coach, and/or athletics director, or other administrator will deal with inappropriate/unsportsmanlike behavior or language at practice or a competition. Such conduct could result in suspension or expulsion from the team and/or school.
4. Coaching decisions are not based on personal feelings toward any athlete, but on what is best for the team. Coaches are not required to play every member of a team unless they deem it appropriate. Team competition is not synonymous with physical education and although coaches do try to get everyone in the game, winning and post-season competition are a major goal in athletic competition. If an athlete has a problem with a coach, he or she is to talk to that coach. If a parent has a problem with a coach, he or she is to talk to that coach. The athletics director and principal will not get involved until the proper channels have been followed.

5. Athletes are to be clean, neat and well groomed, in season or out. As an athlete, you are constantly in the public eye and represent Sierra Lutheran High School.

B. Requirements prior to practice and competition

1. An athlete must be registered at Sierra Lutheran High
2. An athlete **MUST** present his/her coach with a Falcon Card at the first scheduled practice. In order to receive the Falcon Card an athlete must have the following on file:
 - a. Physical (forms B & D)
 - b. Agreement to participate form
 - c. Copy of immunization record
 - d. Emergency cards
 - e. Consent to treat
 - f. Drug/alcohol form
 - g. Tuition Assistance form
 - h. \$100.00 participation fee paid (the participation fee is assessed each season in which an athlete participates)
 - i. **ATTENDANCE BY STUDENT AND PARENT AT PRE SEASON PARENT MEETING.** If you are unable to attend, you must schedule a time to meet with the coach to discuss expectations so that you are informed as well.
3. An athlete must attend the minimum number of required classes (5 complete class periods per day or 2.25 block periods).
4. An athlete must have his/her name and other required information on the NIAA eligibility roster.
5. By participating in a sport, the athlete is agreeing to follow the rules and requirements outlined in this handbook.

C. Equipment and Uniforms

1. Sierra Lutheran High School's athletic equipment is to be worn or used for the practice sessions and athletic contests only. Uniforms are to be worn to classes only when asked to do so for a special occasion by the coach.
2. **AN ATHLETE IS FINANCIALLY RESPONSIBLE FOR ANY AND ALL ATHLETIC EQUIPMENT ISSUED TO HIM/HER (uniforms, sweats etc.).**
3. An athlete should wear only the equipment issued to him/her and should not permit its use by another person. Equipment is school property and will be taken from an unauthorized wearer.
4. All equipment is to be turned in promptly.
 - a. Athletes who are no longer members of the team are to turn in their equipment within one week of leaving the team.
 - b. All athletes who complete the entire season in a sport are to turn in their equipment **on the days which are established by the Athletic Director, usually within one week of the completion of the season.**
 - c. Student report cards may be held until late fees or equipment/uniform replacements are paid in full.

D. Eligibility, Passing Grades in All Courses; Weekly Grade Checks

Pursuant to this option any student who participates in a NIAA sport must maintain a minimum GPA of 2.0 and no F's.

- a. Student progress in all academic courses will be checked weekly.
- b. A student who receives a failing grade in an academic course, or has a GPA below 2.0 at any grade check, shall be placed on probationary status for one full week.
 1. A student on probationary status remains eligible to attend practice and compete in the sport during the probationary week.
 2. If a student on probationary status has a failing grade or a GPA below 2.0 during the following grade check, then that student shall be declared ineligible the following Tuesday through the following

Monday.

- c. If a student is ineligible a second time during a season, the student must have a meeting with the AD and/or the Executive Director. Continued eligibility problems may result in the student not being able to participate in other extra-curricular activities at SLHS. Academics are the priority for all SLHS Students.
- d. If a weekly eligibility grade check is set to occur on the day prior to a recognized holiday or vacation, the following shall apply.
 1. If a student is declared academically ineligible before the holiday or vacation, then he / she will remain academically ineligible for the duration of the vacation or holiday.
 2. A student on probationary status prior to a holiday or vacation is academically eligible until the next grade check.
- e. A student who either withdraws from a class with a failing grade or is excluded from class with a failing grade at any time during a semester shall be declared academically ineligible for one week beginning the following Monday and continuing through the following Saturday. This one time per class penalty should be administered immediately after the records become available; however the student must still comply with the minimum two (2) units of credit requirement.
- f. Pursuant to NAC 386.802 and NAC 386.805
 1. If a student has less than a 2.0 or has not passed at least 4 classes, the student will be declared ineligible for 9 weeks.
 2. During this 9 week suspension, if the student has not raised their GPA or passed the required 4 classes, they will be declared ineligible for the rest of the semester.

Academically Ineligible Students

If a student is declared academically ineligible, they are subject to the following rules.

- The student MAY practice through the duration of the ineligibility period
- The student may NOT participate in any meet or contest
- The student may not travel to any games with their SLHS team

E. Attendance

1. Class attendance should be excellent. Excessive absences or tardies could result in lower grade, ineligibility and/or loss of position on the team.
2. A student must attend a minimum of 5 regular class periods or 2.25 block periods to be eligible to practice or participate in a contest that day.
 - a. Exceptions would be doctor's appointments. If your student needs to go to the doctor, we will not punish them for trying to be healthy.
3. On a day when a team must leave school early, an athlete must turn in work due in all classes he/she will be missing that day prior to leaving campus. Homework assignments for the next day must also be picked up prior to leaving campus. This is not an absence and due dates are to be adhered to.
4. Athletic participation at Sierra Lutheran High is a privilege and should be treated as such. Athletes who get to bed late due to an athletic event during the week **WILL ATTEND SCHOOL THE FOLLOWING DAY IN ITS ENTIRETY**. God comes first, family second, education is third and extracurricular activities rank fourth at SLHS. If an athlete cannot get to school on time after a competition, he/she should not be participating.

F. Medical Care

1. SLHS is **not responsible for injuries** of any type, whether they are received in the sports program or not, unless it may be proven that an improper technique was taught on the part of the coach.
2. Athletic injuries should be immediately reported to the coach so that he/she might recommend the first aid that should be administered for the injury. **THIS ACTION IS IMPORTANT OR MORE SERIOUS IMPAIRMENT MIGHT RESULT.**

3. Injuries requiring immediate attention will be treated by the coach or at an emergency room in a hospital, if it is impossible to contact the family, unless a parent indicates otherwise in writing prior to the start of the first practice.
4. Athletes who are physically unable to practice for five consecutive days due to illness or injury, must present to the Athletic Director a statement from a physician, holding an unlimited license to practice medicine, that they are again physically fit to participate in inter school athletics. **Any athlete who has surgery, breaks a bone or has any other severe type of injury must have a medical release on file with the athletics director prior to returning to competition or practice.**

G. Transportation

1. Athletes will travel to "out-of-town" events with the team.
2. If an athlete wishes to ride home from a contest with their parents, they must fill out a bus release form for each contest. These forms are to be in the office by noon of the contest date. This form may be found on our website.
3. Athletes and parents will be given a practice schedule that will inform them of practice times. Coaches will follow the schedule and parents are expected to pick up their student promptly. **Parents MUST pick their student up promptly. Continual failure to be picked up on time may result in an athlete being removed from a team.**
4. Practice and game schedules are subject to change. We will do our best to make them minimal.
5. The coaches, Athletic director and administration reserve the right to search the athlete or his/her belongings taken on any away/overnight trips.

H. Quitting a Sport

Any athlete who participates in athletics at Sierra Lutheran High School and has completed the first eight practices has AGREED TO FINISH THE SEASON for the sport with which he/she is involved. Should a student elect to quit the team, he/she will not be eligible for any other sport during that season and will be held out of the consecutive season in which he/she participates for the pro-rated amount of time in the prior sport.

F. Gymnasium

1. Students are NOT permitted in the gymnasium without a coach present. This includes before and after school.
2. Students are not to bring food or drink into the gymnasium except for water or sports drink for practice.
3. Lockers and locks will be assigned to students participating in athletics. These are school property and are to be returned at the conclusion of the season. Lockers will be assigned at the beginning of the school year.
4. Students will be expected to store their practice clothes/equipment in this locker NOT THEIR VEHICLE.

AWARDS

A. Letter and certificate awards

1. Numbers for the athlete's year of graduation are given to non-lettering participants of a team at season's end.
2. All athletes desiring to letter must meet the following basic requirements:
 - a. Attend practices, squad meetings and contests regularly and promptly.
 - b. Demonstrate to coaches, teammates, the school and the community his/her loyalty, cooperation, sportsmanship, and **Christian** citizenship.
 - c. Meet the specific letter standards for each sport for all managers, statisticians, and athletes.
 - d. Managers and statisticians will receive a letter if they perform the following successfully:
 - Attend ALL GAMES or MEETS
 - Attend 80% of practices
 - Fulfill all duties that the coach required (which will be made known in advance).
3. SLHS athletes may qualify for "letter" awards. Criteria for lettering will be set by the coach and athletic director. The athlete will be informed of the criteria necessary for lettering by his/her coach. Please

contact individual coaches with respect to questions.

4. SLHS will provide varsity letters in the following succession:
 - a. 1st time lettering the athlete will receive a letter and pin
 - b. 2nd–4th time lettering in the same sport, the athlete receives a bar
5. Scholar athlete patches are awarded to any junior or senior who has a cumulative GPA of at least 3.5 through his/her sophomore year. The scholar athlete award is a one-time award.

B. Letter Jackets

1. A Falcon letter jacket may be purchased and worn only ***AFTER an athlete has earned a varsity letter.***
2. Varsity letters and other patches, pins, awards etc. earned while participating in SLHS athletics may ***ONLY*** be worn on an **official letter jacket**.
3. Approved letter jacket colors are as follows:
 - a. Boys' jacket may have a maroon body with navy blue or cream/off-white sleeves. The body of the jacket may also be navy, but with cream/off white colored sleeves only
 - b. Girls' jacket may have a maroon body or navy blue body with cream/blue hood. Girls may purchase a boy's jacket as outlined above. In addition, our young ladies may choose to purchase a letter sweater. Any other color jacket/sleeves will not be allowed to be worn.
 - c. Students may put only first or last names on letter jackets. Nicknames need to be pre-approved by the administration. The school reserves the right to prohibit the wearing of jackets at school or school events if this rule is not followed.
4. If you are in doubt about what is acceptable, please talk to the athletic director PRIOR to purchasing the items.

AWARDS NIGHTS

A. Proper Attire

All students must dress appropriately for awards nights and/or banquets. Proper attire is required at all events honoring the student's accomplishments, whether in sports or for Academic Awards Night. Proper attire means dresses or nice slacks for the ladies and dress slacks and sport shirts for the gentlemen (ties are optional, unless requested by the coach). Students who arrive inappropriately dressed will be sent home to change clothes. (Awards night attire includes any awards ceremony and not just athletics)

B. Attendance

Awards nights are scheduled well in advance. Athletes are required to attend an awards night in order to receive their certificate and/or awards, just as they are required to attend a practice or game. Athletes unable to attend must contact their coach and/or athletics director. Exceptional cases are left to the discretion of the coach and/or athletics administrator.