

# Christ Lutheran School

## Athletic Handbook

### 2025-2026



## Philosophy and Objectives

Athletics is an important part of Christ Lutheran School's program. It provides an opportunity to develop emotionally, socially, mentally, and physically. Participation in athletics is encouraged to assist in developing positive Christian attitudes. High aspirations and goals are necessary for attaining success in all life situations, not just those "in-season" or in the contest area. The following guidelines will aid in the development of individuals who contribute to society by building the desirable qualities of a good citizen and setting a Christian example as stated below.

1. **Christian Sportsmanship** To display only the best in attitude, desire, acceptance of authority decisions, and to display self-control in the areas of competitive activities.
2. **Leadership** To develop the ability to be a positive leader in life and be willing to set examples for others to follow.
3. **Self-discipline** To sacrifice time and energy to develop a strong mind and body.
4. **Team Unity** To accept and develop the philosophy that to be a positive force in society one must learn to work and share with others.

It is a **privilege** to participate in interscholastic activities. Lessons can be learned that cannot be taught in the classroom, and attitudes can be developed that will be carried throughout life.

## Organization of Competitive Group Activities

1. The coach/athletic director has the determination in who may dress/play/compete at any particular time. The coaches shall have a major responsibility to continually encourage students to participate.
2. Playing time is earned, but not guaranteed at all levels. Coaches are encouraged to utilize all players as much as possible. Playing time may vary depending on grade level, game situation, tournaments, etc.

## Worship

Since one of the goals of our athletic program is to promote high Christian standards, we expect all athletes to worship regularly with fellow Christians. This is also emphasized with all of our students and prayerfully stressed at home as well. Students participating in an out-of-town tournament over a weekend are required to attend worship services.

## **Conduct of Participants**

All students are expected to conduct themselves in a Christian manner at all times. Athletes are highly visible representatives of our school and therefore should be even more aware of their conduct during athletic activities. Therefore, those participants must represent the highest moral, emotional, and physical values set by the school and adhere to the following rules:

1. All participants are expected to dress properly at school on game day (guidelines to be set by the coach and athletic director) or when traveling to a competition. Any member of the team who is attending, but not participating in the event, shall follow the same dress guidelines.
2. Participants will be expected to display good sportsmanship at all times. Students that display poor sportsmanship will be benched. If the problem persists, he/she may be removed from the team.
3. A student receiving two detentions in one school week will lose the privilege of participating in any and all extra-curricular events for five school days and/or non-school days on which activities fall. These five days exclude holidays.
4. Students receiving detentions from teachers will serve them on Tuesday or Thursday from 2:40 – 3:20 pm.
5. Any student receiving an in-school suspension or out-of-school suspension will not be allowed to participate until after the suspension is served.

## **Conduct of Parents and Fans**

Parents and family members represent the school and therefore need to demonstrate Christian behavior at games, meets, etc. In addition, parents are examples for their children and need to demonstrate positive behavior. Poor parent behavior can result in the student athlete being removed from the team. 24 hour rule goes here

## **Practice Sessions**

1. Practice times will be provided in advance you may check the School Calendar on the school website, [www.clspeoria.org](http://www.clspeoria.org)
2. The athletes are expected to be dressed and ready to participate at the proper time.
3. If a participant must miss practice, he or she must inform the coach prior to the practice that he or she will miss it. An excused absence from school does not necessitate a call to the coach.
4. Coaches will not tolerate any profane language during practice sessions or competition.
5. No horseplay (which will be described by the coach) will be allowed in the practice area and the dressing rooms.
6. Violations of practice rules will be dealt with fairly by each coach. Repeat violations will be considered to be serious.
7. Practice sessions are to be attended by the athletes only. Siblings, friends, etc. are not allowed to attend practices unless special permission has been granted.

## **Athletic Fees**

Athletic Fees goes towards different needs in our athletic program. Uniforms, equipment, gym usages, tournament fees, etc.

**Home Team/Jv Team.....\$25**

**Competitive Team/Varsity Team.....\$35**

## **Academic Eligibility**

1. Academic eligibility will be determined on a weekly basis. If a student is ineligible, he or she will be ineligible for 1 week (7 days.).
2. All students must be passing all classes and maintain an overall “C” average in order to be eligible.
3. If a participant becomes ineligible, that athlete may not practice until he or she becomes eligible.
4. Participants must be in school at least a half day on the day of the competition to be eligible that day/evening. These absences must be excused. Excused absences on Friday will have no bearing on Saturday and Sunday competitions. Unexcused absences on Friday will result in ineligibility on the weekend.
5. School insurance is a requirement for all students and is included in the school registration fee.

## **Uniforms**

1. Individuals are responsible for the care and cleaning of the uniform assigned to them. Cold water washing is suggested. (During some seasons, the coach will collect the uniforms on the last games of the season.) If the uniform is lost or damaged beyond normal wear and tear the athlete or the athlete’s parents will be charged a \$100 lost/damaged uniform fee.
2. An activity fee will be collected from each athlete prior to the issuing of uniforms.

## **Sports Physical**

Physical examinations are required each year for all student athletes. Physical examinations are good for only one year from the date of the last examination and must be on file with the school office before the student will be allowed to participate in team activities. 6th Grade full physical can be used as a sports physical.

Here is a list of links to required health forms

[Sports Physical](#) (required only if participating in a school sport)

# CONCUSSIONS

## Concussion Management Policy

The purpose of this policy is to safeguard student athletes by (1) educating student athletes, school personnel and parents/guardians about concussions, (2) requiring that a student athlete be removed from play when a concussion is suspected and (3) requiring a licensed healthcare professional to provide clearance for the student athlete to return to play or practice.

This policy applies to athletic play occurring in school-sponsored sports programs regardless whether the sports program is intramural, interscholastic, after school or provided during the summer (e.g. summer sports camp). This policy applies regardless of whether the sports activity or program is offered by or through a Lutheran consultant, vendor or partner.

## Concussion Signs and Symptoms

A concussion is a traumatic brain injury that interferes with normal brain function. A student athlete does not have to lose consciousness to have suffered a concussion. Signs and symptoms of a concussion include the following:

Signs Observed by Others	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or “pressure in head”
Appears confused	Nausea
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, opponent	Sensitivity to light or noise
Moves clumsily	Double or fuzzy vision
Answers questions slowly	Feeling sluggish or slowed down
Loses consciousness (even briefly)	Feeling foggy or groggy
Shows behavior or personality changes	Does not “feel right”
Can’t recall events prior to hit or fall	Concentration or memory problems
Can’t recall events after the hit or fall	Confusion

## Removal and Return to Play

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game or practice and shall not return to play until cleared in writing by a licensed healthcare professional. If a healthcare professional is not immediately available at the athletic event or practice and an injured student athlete has any of the described signs, symptoms or behaviors of a concussion, he/she shall be promptly taken to a facility for appropriate medical evaluation and care.

A player must be removed from an athletic practice or competition immediately if one of the following persons believes the player might have sustained a concussion during the practice or competition:

- A coach
- A physician
- A game official
- An athletic trainer

- The student's parent or guardian or another person with legal authority to make medical decisions for the student
- The student

A student removed from an athletic practice or competition may not be permitted to practice or compete again following the force of impact believed to have caused the concussion until:

- The student has been evaluated by a treating physician (chosen by the student or the student's parent or guardian) or an athletic trainer working under the supervision of a physician;
- The student has successfully completed each requirement of the "return-to-play" and "return-to-learn" protocols established for the student to return to play;
- The treating physician or athletic trainer working under the supervision of a physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play and return to learn; and
- The student and the student's parent or guardian have acknowledged that the student has completed the requirements of the "return-to-play" and "return-to-learn" protocols necessary for the student to return to play; have provided the treating physician's or athletic trainer's written statement and have signed a consent form indicating that the person signing has been informed and consents to the student participating in accordance with the "return-to-play" and "return-to-learn" protocols and understands the risks associated with the student returning to play and returning to learn and will comply with any ongoing requirements in the "return-to-play" and "return-to-learn" protocols.

### **Return-to-Learn**

A student's best chance of full recovery from a concussion involves two critical components: cognitive and physical rest. Continued research has focused on the fact that cognitive rest is essential to the quick resolution of concussion symptoms. Cognitive stimulation includes: driving, video games, computers, text messaging, cell phone use, loud and/or bright environments, television, reading and studying; these must be limited, and in most cases, completely avoided. Physical activity such as physical education, sports activities, and strength or cardiovascular conditioning must be regulated or avoided while recovering from a concussion.

It is important to note that the recovery from a concussion is a very individualized process. Caution must be taken not to compare students with concussions as they progress through the recovery process. It is recommended that students who are experiencing concussion-like symptoms be examined by their physician. A student may start at any phase in "return-to-learn" as symptoms dictate and/or as recommended by a physician.

For the "return-to-learn" protocol to be initiated, the student must be evaluated by a healthcare professional and documentation must be provided to the school. For every day the student is within Phases 1-3, they will be granted the same number of days to complete missed academic work. The student will be granted adequate time to complete missed academic work based on the amount of time needed for complete recovery. Students can remain in any phase as long as needed. Symptom free means no lingering headaches, sensitivity to light/noise, fogginess, drowsiness, difficulty concentrating, etc. If symptoms worsen a student may return to the previous step.

<b>Phase</b>	<b>Home Activity</b>	<b>School Activity</b>
Phase 1 Home	Rest quietly, nap and sleep as needed. Avoid bright lights if bothersome. Drink plenty of fluids and eat healthy foods every 3-4 hours. No mental exertion. No “screen time”. No driving. No physical activity. Avoid reading and studying.	No school.  No tests, quizzes or homework.
Phase 2 Home	Set a regular bedtime/wake up schedule. Allow at least 8-10 hours of sleep and naps if needed. Drink a lot of fluids and eat healthy foods every 3-4 hours. Limit “screen time” to less than 30 min a day No driving. May begin easy tasks at home. Soft music and ‘books on tape’ ok. Once student can complete 30-60 minutes of light mental activity without a worsening of symptoms he/she may go to the next phase.	No school.  No tests, quizzes or homework.

Phase 3 Return to school Partial or Full Day (dependent on individual needs)	Allow 8-10 hours of sleep per night. Avoid napping. Drink a lot of fluids and eat healthy food every 3-4 hours. “Screen time” less than 1 hour per day. Spend limited social time with friends outside of school.	Gradually return to school. Start with a few hours/half day. Avoid loud areas (music, band, choir locker room, cafeteria, gym, etc.). No PE or school sports. All breaks, as mutually decided by student and staff. Modify rather than postpone academics. Provide extended time for work completion. Complete necessary assignments only. No test or quizzes. Avoid heavy backpacks.
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Phase 4 Return to school Full Day	Same as Phase 3	<p>Gradually increase demands by increasing amount of work, length of time on work, and type or difficulty of work.</p> <p>Progress to attending classes for full day of school.</p> <p>Gradual exposure to loud areas.</p> <p>No PE or school sports.</p> <p>Allow breaks, as mutually decided by student and staff.</p> <p>No more than 1 test or quiz per day.</p> <p>Give extra time or untimed homework or tests.</p> <p>Moderately decrease modifications and accommodations from Phase 3.</p>
Phase 5 Return to school Full Day	Same as Phase 3	<p>Accommodations can be removed when a student can function fully without them.</p> <p>Construct a plan to complete missed academic work.</p> <p>Keep stress levels low.</p> <p>Gradually increase to more than one test per day.</p> <p>Return to PE refer to “return-to-play” protocol.</p>
Full Recovery	Return to normal home and social activities.	Return to normal school schedule and course load.

*A coach of an athletic team may not authorize a student's return-to-play or return-to-learn.*

*Licensed Health Care Professional for purposes of this policy means physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.*



## Concussion Information Sheet

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:

- |                                    |   |
|------------------------------------|---|
| * Headaches                        | * Amnesia   |
| * “Pressure in head”               | * “Don’t feel right”  |
| * Nausea or vomiting               | * Fatigue or low energy                                       |
| * Neck pain                        | * Sadness   |
| * Balance problems or dizziness    | * Nervousness or anxiety                                      |
| * Blurred, double, or fuzzy vision | * Irritability  |
| * Sensitivity to light or noise    | * More emotional  |
| * Feeling sluggish or slowed down  | * Confusion   |
| * Feeling foggy or groggy          | * Concentration or memory problems<br>(forgetting game plays) |
| * Drowsiness                       | * Repeating the same question/comment                         |
| * Change in sleep patterns         |   |

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 in-coordination
- \* 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

# Concussion Information Sheet

## **What can happen if my child keeps on playing with a concussion or returns too 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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's 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/>

## Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding **concussions**.

### Student

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Parent or Legal Guardian

Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

\*\*Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.

### ☒ Parent/Guardian Acknowledgment

I have read and understand the rules, responsibilities, and expectations outlined in the Athletic Handbook. I agree to support my child in upholding these standards and understand the consequences if these rules are not followed.

Parent/Guardian Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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### ☒ Student-Athlete Acknowledgment

I have read and understand the rules and expectations outlined in the Athletic Handbook. I agree to follow them and understand that failure to do so may result in disciplinary actions, including suspension or removal from the team.

Student Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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### Coach/School Staff Use Only

Received by: \_\_\_\_\_

Date Received: \_\_\_\_\_