



HEPHATHA  
LUTHERAN CHURCH & SCHOOL

# ATHLETIC HANDBOOK

Expectations for student-athletes, parents, and coaches

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## Hephatha Lutheran School Mission Statement and Purpose:

Hephatha's mission statement is, by the grace of God, to build-up the family of Christ, to grow in faith, to assist families in "discipling" their children in a Christian community, and to provide an educational experience wherein all will find identity, and power for their life in Christ by living in grace and in the knowledge of Him as their personal Lord and Savior.

As a Lutheran school, we desire to teach and encourage Christian conduct and sportsmanship among our student-athletes. In addition, our goal is to encourage participation while allotting sufficient supervision, practice, and playing time for the members of the squad. Participation in athletics is a privilege and not a right. As such, a challenge is set before you to work hard and to make sure that your actions reflect the standards that are established by the Athletic Department.

The athletic program is designated to promote healthy participation in sports for boys and girls in grades 5 through 8. Hephatha is part of the Lutheran Orange County Athletic League (LOCAL), which is made up of the following schools: Salem-Orange, St. John's-Orange, Zion-Anaheim, St. Paul's-Orange, Christ-Costa Mesa, Abiding Savior-Lake Forest, St. Paul's-Garden Grove, Prince of Peace-Anaheim, Christ-Brea. Sportsmanship is expected from all involved, and should always reflect a Christian lifestyle. Hephatha believes that all parents, coaches, and teachers have the responsibility to develop these characteristics in each and every student-athlete.

## **Overall objectives of Hephatha Lutheran's Athletic Program**

The overall philosophy of Hephatha's after-school athletic program is an extension of the overall philosophy of the school. These programs are used to develop and implement Christian lifestyles and attitudes. In addition, coaches and school officials aim to provide assistance in developing basic skills and talents while providing support in the development of excellence, and effort regardless of outcome. It is also a goal to emphasize the purpose of a team, and to help develop leadership skills, confidence, and dedication. Most importantly, Hephatha's athletic program promotes school spirit, good sportsmanship, and a reflection of Christ.

## **Sports Offered**

### Fall (September - November)

Boys' Flag Football (5<sup>th</sup>-8<sup>th</sup>)  
Girls' Basketball (5<sup>th</sup>-8<sup>th</sup>)

### Winter (November-March)

Boys' Basketball (5<sup>th</sup>-8<sup>th</sup>)  
Girls' Volleyball (5<sup>th</sup>- 8<sup>th</sup>)

### Spring (March-May)

Boys' and Girls' Track and Field (4<sup>th</sup>-8<sup>th</sup>)

## **Game Days**

- 5<sup>th</sup> and 6<sup>th</sup> grade teams have games on Tuesdays, Thursdays, and some Fridays.
- 7<sup>th</sup> and 8<sup>th</sup> grade girls have games on Tuesdays, Thursdays, and some Fridays.
- 7<sup>th</sup> and 8<sup>th</sup> grade boys have games on Tuesdays, Thursdays, and some Fridays.

\*\*Exceptions would include rescheduled games, un-cooperative weather, and weekend tournaments. Away games may require student-athletes to be dismissed from school early. When this happens, it will be noted on the schedule and in the Hephatha Happenings.

## **Student-Athlete Conduct**

Student-athletes agree to conduct themselves in a manner reflecting the Christ-centered objectives of Hephatha Lutheran. The expectations are that all members of the athletic teams will be respectful to teammates, coaches, and to the opposing team's players and coaches. They will abide by the decisions of the referee or official. Furthermore, they will avoid the use of profanity, abusive language, or inappropriate gestures in dealing with opponents, officials, or spectators. Student-athletes will accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves and the school.

## **School Conduct/Grade Criteria**

Student-athletes will be a positive leader in the school and will follow school and classroom rules. Failure to do so could affect playing/practice status, which will be determined by the athletic director or principal.

- Two (2) lunch detentions (per week) will result in one (1) week suspension from participation in practice and games.
- Three (3) after-school detentions (per trimester) will result in suspension for the remainder of season.

Also, student-athletes must be passing classes at all grade checks, according to the following criteria to remain eligible; in addition, they will keep their grades at or above a C-. If student-athletes fail to comply with these standards they will be ineligible until they can show that their grades have met the expected standards by presenting a progress report signed by the student-athletes' parent/guardian requesting reinstatement.

## **Practice Attendance**

Practices are an important key to make a season successful. Therefore, it is expected that a student-athlete attends all practices. Excused absences are for sickness and doctors' appointments only. Anything else will be left up to the discretion of the coach or the Athletic Director. It is the student's responsibility to PERSONALLY inform the coach or athletic director in advance of any anticipated absence or tardiness from practice. Failure to do so may affect the student-athlete's playing time/status. If there are three unexcused absences, the student-athlete is off the team.

**\*\*NOTE:** Athletes need to report to their coach at the designated location for practice. Athletes are to be on time. Athletes should be picked up immediately after practices or games. If they are not picked up within 15 minutes, they may be sent to School Age Care at the parent/guardians expense.

### **Game/Contest Attendance Policy**

In order to participate or compete in a contest or a practice student-athletes must be present on that day. In addition, they must be signed in by noon (12:00 P.M.) in order to participate. Students who sign out may not come back later for practice or a contest without the approval of the Athletic Director (doctor/dentist appointment, etc.) The Athletic Director or School Principal will make exceptions to this policy on an individual basis.

### **Communication**

Sport schedules will be given out at the beginning of each season, will be listed weekly in the "Hephatha Happenings", and will be posted with a calendar on the school website ([www.hephatha.net/school/athletics](http://www.hephatha.net/school/athletics)). All practices and competitions will be noted with the given times and locations. All away game directions are available through the School Office. If a practice or game is cancelled, student-athletes will be allowed to call and inform their parents of the change. Please do not call the office in regards to cancelled practices/games; please wait to hear from your child. Parents, if there are questions or concerns in relation to your child and their team, please contact Mr. Duerr at [pduerr@hephatha.net](mailto:pduerr@hephatha.net).

### **Safety and Supervision**

The following are guidelines to ensure the safety of all athletes:

#### Home Games:

1. Athletes must report to their coaches following school dismissal at a location designated by their coach
2. Athletes are not to leave the school property without adult supervision

### Away Games:

1. Athletes are under the supervision of their coach and the parents who are transporting them to and from the competition
2. Athletes may be released to the supervision of their parents or another adult designated by the parent/guardian

**\*\*Athletes are not allowed to leave any sporting event (Home or Away games) without notifying their coach.**

- All players should properly warm-up and stretch before each practice or game
- Athletes are not allowed to wear any jewelry (watches included)
- First aid kits will be available for each team. If supplies are low, coaches will inform the Athletic Director.
- Any athlete with a bleeding injury cannot return to the game until the bleeding has stopped and the injury has been properly covered.
- All athletes will abide by safe playing techniques and rules. If any athlete is noted as playing excessively rough, they will be pulled from the competition and have to speak with the Athletic Director before resuming participation.

### **Awards**

The following honors will be awarded to student-athletes based on their achievements:

*Christian Athlete Award:* "to a student athlete that displays encouragement, good sportsmanship, respects all authority, and is a positive role model on the team"

*Athlete of the Year (8<sup>th</sup> Grade):* "to an 8<sup>th</sup> grade student athlete that excels in multiple sports, reflects a Christian attitude on the field/court, and is a positive role model on the team" The student must also participate in all three (3) sports for the year."

*Most Improved Award:* "to a student that demonstrates focus and dedication throughout the season while making noticeable improvements in a variety of skill sets."

## Final Notes

- Students must turn in their uniforms at the end of the sports season when the final game has been played (*WASHED*). Failure to turn in a jersey after the assigned date will result in detention until the uniform is turned in. If a student fails to turn in a uniform, the student will then be charged for the uniform. Failure to pay for the uniform results in a withheld report card.
- If a student does not turn in a jersey from a prior sports season, that student will not be permitted to participate in the next sports season.

### *Final Student-Athlete Expectations:*

- **Your # 1 responsibility is to God.** Everything you do should be God pleasing. If at any time you questions whether something is God pleasing or not, it probably **should not be done**
- **Your # 2 responsibility is to be respectful.** It is clearly stated in the 4<sup>th</sup> Commandment. You are to obey your parents. You are also to obey those in authority (coaches and officials)
- **Your # 3 responsibility is to your team.** You are to love your neighbor as Christ loves you. You are also expected to provide positive leadership for the team.

In the event that a student-athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that they do not have sufficient desire to participate in the interscholastic athletic program at Hephatha Lutheran. Therefore, they may be denied the privilege of participating until such time as they prove that desire. Student-athletes should also understand that every case will be handled on an individual basis, and that repeated irrational behavior may result in a meeting with parents, the Athletic Director, and student-athlete.

Please keep this handbook as a reference for the upcoming athletic season. Please keep Hephatha and all of our athletes, coaches, and parents in your prayers as we work hard to reflect Christ in all of our efforts.

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As a Christian Athlete at Hephatha Lutheran School, I have read and understand the athletic Code of Conduct and will abide by it.

Signature of Athlete \_\_\_\_\_ Date: \_\_\_\_\_

As a parent of the athlete named above, I have read and discussed this athletic Code of Conduct with my Child(ren). I understand the role that I play in my Child's(ren's) practices and games. Furthermore, I will support and promote good Christian sportsmanship as discussed above.

Signature of Parent \_\_\_\_\_ Date: \_\_\_\_\_