



Trinity Lutheran School Athletic Handbook

Purpose

The purpose of this handbook is to provide information to student-athletes, parents, and coaches regarding the Trinity Lutheran School Athletic Department. This document will serve as the general expectations for all Trinity Lutheran School teams. Coaches may have additional expectations and guidelines that pertain to their specific philosophy; those must be communicated early, clearly, and effectively. With this handbook, Trinity Lutheran School's Athletic Department intends to help create competitive athletics at all levels and to nurture young men and women of character, integrity, and faith, remembering "In all things...Christ preeminent" (Colossians 1:18).

Trinity Lutheran School Mission Statement

Through Jesus, Trinity Lutheran School strives for academic excellence, spiritual growth, and lifelong service to God, family, and community.

Trinity Lutheran School Purpose Statement

Trinity Lutheran is a private school providing a faith-based education for students in Pre-Kindergarten through 8th grade. We welcome all students: members of Trinity Lutheran Church, members of other churches and denominations, and those who are seeking a faith-based education.

Athletic Department Mission Statement

Athletics at Trinity Lutheran School are a vital part of the student experience and the development of young men and women. Athletics will assist in the overall mission of students growing spiritually, intellectually, and physically. The values of teamwork, commitment, dedication, servant leadership, sportsmanship, and fitness are crucial in this mission.

Goals of the Trinity Lutheran School Athletic Department

- Student-athletes subscribe to the idea of "Team First" (I Corinthians 12:20-25).
- Student-athletes learn the fundamentals of their sport.
- Student-athletes grow in their love of the game.
- Student-athletes learn how to be Godly men and women.
- Student-athletes exemplify the ideals reflected in a successful athletic program.

Expectations of the Trinity Lutheran School Athletic Department

Student-athletes participating in athletics as part of their experience at Trinity Lutheran School are held to high expectations regarding behavior and character. They represent Trinity Lutheran School and, above all, the faith that is essential to the school community. Student-athletes come in contact with many people on and off campus and should represent Trinity Lutheran School and Jesus Christ well at all times (Matthew 5:14-16).

Programs Offered

Trinity Lutheran School offers the following sports activities:

- Girls Volleyball (August-October)
- Girls and Boys Basketball (December-February)
- Girls and Boys Track (March-May)

Athletic Association (revised 11/2023)

Athletics at Trinity Lutheran School is open to all students currently enrolled in Trinity Lutheran School. Student-athletes who are homeschooled in the Fremont area or members of Trinity Lutheran Church are also eligible to participate in all Trinity Lutheran School sports based on program capacity with a \$50 fee in addition to any other required fees.

- Trinity Lutheran School is recognized as a club team in all sporting activities. This allows students to participate while following (Nebraska Dept of Education) NDE Rule 14.
- Having a “Club” Team status benefits students by allowing them to play more games including schools outside of LCMS schools. Trinity Lutheran School will be registered as Trinity Lutheran Fremont when entering these events.
- This “Club” Team status allows 5th & 6th graders to participate in sports at TLS, allows games to be played on Sundays, and allows students from Trinity Lutheran Church and student-athletes who are homeschooled to participate.
- Benefits of allowing student-athletes outside of TLS: Provides TLS students the opportunity to know future classmates which will help to ease the transition of changing schools beyond 8th grade. This also provides an opportunity to share our ministry as Christians.
- All Students who participate in sports at Trinity will adhere to the following rules set forth by the administration. These rules are also in accordance with the NDE (Nebraska Department of Education).

Notice of Fees

Each sport has an Athletic Participation Fee that is due before the end of the first week of practice for that sport and can be paid via check, cash, or your family TADS account. These fees help cover part of the referee costs and tournament fees.

Communication

We ask parents, coaches, and the Athletic Director to use email or a management platform such as “Sports You” as a form of communication. Please refrain from sending private text messages.

Uniforms

As part of their participation on a team, student-athletes will receive a team uniform at the beginning of each season. The upkeep and cleaning of the uniforms is solely the student-athlete’s responsibility. Any damages that occur must be relayed to the coach and Athletic Director immediately. At the conclusion of the sports season, the coach and/or Athletic Director will conduct a uniform turn-in. Students will be held personally and financially responsible for any uniforms that are not returned or are damaged at the conclusion of the sports season. All uniforms must be washed inside out in cold water and hung dried. If the uniform has a stain, please take it to a dry cleaner instead of setting the stain by washing and drying it.

Athletic Transportation

Parents are responsible for getting their student-athletes to and from the games. If there is an issue with rides, please reach out to other parents or the coach. Prior to an event, each student-athlete's parent must inform the coach that permission has been given to allow their player to ride with another Trinity Lutheran School parent, coach, or employee to that event.

Postponements/Cancellations

If bad weather is evident, a decision about the game will be announced sometime before 1:00 pm on the day of the game. Cancellation notification will happen as soon as possible. If not notified, assume the game is still being played.

Academic Eligibility

- Student-athletes on Trinity Lutheran School sponsored sports teams must maintain at least a 70% GPA or higher in every class. Grades are checked each Monday morning during the sports season. If a student-athlete has any low grades, coaches will be notified on Monday before practices, games/meets for that week.
- If a student-athlete's grade in any subject is below 70% but higher than 65% he/she may still practice but cannot participate in games/meets during that week. They are encouraged to attend practices and use this time to work on assignments to raise their grades. Once the assignments are completed, they will then watch practice.
- If the grade is below 65%, the student-athlete will be ineligible to practice or participate in any games/meets during that week. Students can work hard to bring the grade up for the next Monday's grade check.
- Parents are strongly encouraged to monitor their student-athletes' grades on the Sycamore Family Portal.

Sports Physical

The safety of our student-athletes is paramount to the Athletic Department at Trinity Lutheran School. Student-athletes are required to turn in a sports physical **BEFORE THE FIRST PRACTICE**. Student-athletes will not be allowed to practice or participate until it is turned in to the coach or school office.

Concession/Admission/Volunteers

Throughout each sports season, we require that each parent/guardian work a minimum of two home games. Positions include the following: Line judging, scorebook, admissions, concessions, etc. There will be a volunteer sign-up opportunity before game day. If the parent/guardian does not sign up by the requested date, slots will be assigned accordingly. It will be the responsibility of the parents to find their own replacements if they are unavailable to work their assigned shift. Grandparents are welcome to help if needed. Students will always need an adult sponsor with them.

Stewardship

Student-athletes should demonstrate stewardship in the way they take care of equipment and facilities that are the property of Trinity Lutheran School. Appropriate treatment of Trinity Lutheran School possessions and resources demonstrates thankfulness for what God has provided (Matthew 25).

Doors/Gym Accessibility

The East school doors will be unlocked for 15 minutes prior to the start of each practice and will be locked afterwards, for the safety of the players and the school. Please do not prop open the doors. If you arrive after practice starts, contact a coach to gain access to the building.

Practice and Game Schedule/Tournaments

At the beginning of each sport season, the coaches will distribute practice and game/tournament schedules. Coaches will post the game information on the “Sports You” app at least 2 days prior to game day. In the post will be the following information: day of game, location (address), and what time the player needs to arrive.

- Practice times are not to exceed 1 hour 45 minutes including warm up.
- Only 3 practices should be held in a week. Should a game fall on the normal practice day the game will take the place of practice. The practice will not be made up on a different day.
- **Before leaving the property, coaches must make sure each student-athlete has been picked up.**
- Teams may hold practices on Saturdays, but not on Sundays. Trinity Lutheran School believes that families should observe the tradition of the Sabbath, taking Sunday to rest and spend time with loved ones. Coaches should consider the commitments of student-athletes and their families when scheduling Saturday practices. Games and competitions may be scheduled on the weekends if the schedule dictates.

Holidays

When Trinity Lutheran School is not in session (Christmas break, seasonal breaks, federal holidays, professional days, etc.) teams may hold a “non-mandatory” practice. This allows families to attend events or go on trips. Likewise, families should honor their player’s commitment to the team’s needs when they are scheduling trips and events. The schedule of games or competitions and practices may include dates when Trinity is off. This occurs because other schools involved may not have any other openings.

Practice and Game Attendance

Athlete attendance for practices and games is vital to the success of the sports program and each team. Players do better when all team members chip in for success and they are prouder of their school. Excessive absences hurt the team and the player. Naturally, the absence will lower playing time or even cause dismissal from the team (School Athletics Policy).

- Trinity coaches should be informed when a student-athlete is participating on a different recreational, club, or organized team. Those players and their parents should understand that Trinity Lutheran School is the priority team and coaches expect team members to be at practices and games.
- Tardiness to practices or games is unacceptable as punctuality is expected at all times. Tardiness will be handled first by the coach. Excessive tardiness may result in additional discipline or removal from a team, as directed by the coach and/or Athletic Director.
- Determination of whether an absence or tardy is excused or unexcused will be made by the coach and the Athletic Director.

Playing Time

The coach and Athletic Director reserve the right to restrict play time at any level due to absence, tardiness, behavior issues, poor attitude, or poor commitment level. Playing time is non-negotiable at any level.

- Coaches strive to give players quality playing time as close to equal as possible. In varsity games, we like to be competitive, and we know the kids want to “go for the win!” An example of this would be tournament games. Coaches consider many factors for substitutions, but the first is the success of the team.
- Coaches emphasize the development of athletic fundamentals and the skills of each sport. Building team camaraderie is important in teaching social skills. We encourage players to stick with it throughout the full season. Parents should encourage them to “finish something they start.”

School Attendance for Game Day

Students must be present for at least a half-day of school to be eligible for participation in that day’s practice/competition. Student-athletes who did not attend school on Friday are still eligible for play on the weekend. We ask that if the student-athlete is still sick, parents keep him/her home, so the illness does not spread to the entire team.

Game Day Attire

Game jerseys are not allowed to be worn during the school day. Game day attire will include a warmup shirt (which can be purchased) with bottoms that are approved in the Trinity dress code.

- The only exception to this would be on the final home game of the sport where the 8th grade player may choose to break the dress code and dress up using the following guidelines from the Trinity Lutheran School Handbook.
- Dress Up Day:
 - Sweater
 - Dress Pants
 - Dress Shirt
 - Midriffs, chest, shoulders, and upper thighs are adequately covered (meaning shorts, skirts, and dresses at mid-thigh) at all times.
 - Clothing is not modified in unapproved ways (rolled, knotted, tied, etc.)

Concussion Policy (revised 11/23)

Trinity Lutheran School holds the safety and protection of each athlete as the highest priority. All coaches of every sport are required to complete the yearly CDC Concussion Awareness training prior to the first practice. Online courses can be found and taken at:

<http://www.cdc.gov/headsup/youthsports/index.html>

At each pre-season parent/athlete meeting, all attendees will receive a concussion information sheet. Information includes definition, signs, symptoms, and suggested parent actions. This document will also be available on the school website.

Concussion Management Protocol (revised 11/23)

The goal of this protocol is to safely return the student-athlete to academics and play following a concussion through the implementation of a comprehensive concussion management program in accordance with Nebraska Legislative Bill 782 (LB 782).

NEBRASKA CONCUSSION AWARENESS ACT (LB 782)

The State of Nebraska Concussion Awareness Act (LB 782) is an extension of LB 260. It states:

- All schools need to make training available to coaches on how to recognize a concussion or brain injury and how to seek proper treatment.
- Concussion information needs to be supplied on an annual basis to athletes and parent/guardian prior to practices and competitions. This information should include, but is not limited to:
 - Signs and symptoms of a concussion.
 - Risks posed by sustaining a concussion.
 - Actions a student should take if they receive a concussion.
- A Return to Learn Protocol should be implemented for athletes who have sustained a concussion. This should include, but is not limited to:
 - Any formal or informal accommodations in school.
 - Modifications of curriculum (i.e. extensions on homework, alternate testing dates)
 - Monitoring by medical and academic staff until the athlete is fully recovered.
- Athlete needs to be removed from activity immediately if he/she is suspected of having a concussion and may not return to activity that day.
- If an athlete is suspected of having a concussion, the parent/guardian needs to be contacted with the date and approximate time of the injury.
- Athlete will not be allowed to return to any school supervised team athletic activities until he/she has:
 - Completed the Return to Learn Protocol.
 - Completed the Return to Play Protocol.
 - Been evaluated by a licensed healthcare professional. (**A licensed healthcare professional is defined as a physician, an athletic trainer, a neuropsychologist, or some other qualified individual who is registered, licensed, certified, or otherwise statutorily recognized by the State of Nebraska to provide medical treatment and is experienced in the diagnosis and management of traumatic brain injuries among a pediatric population.)
 - Received written clearance by a licensed healthcare professional.
 - Submitted written clearance to participate in athletics signed by the athlete and parent/guardian.

DEFINITION OF CONCUSSION/MILD TRAUMATIC BRAIN INJURY (MTBI)

A concussion/MTBI is a type of brain injury that can range from mild to severe and can disrupt the way that a brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other,

the ground, or obstacles. Concussions occur with or without loss of consciousness, but the vast majority occurs without loss of consciousness.

Although most concussions are short lived, experience has shown that if a second injury occurs during the recovery phase of the initial injury, an uncommon phenomenon known as “second-impact syndrome” can occur. Second-impact syndrome is often fatal. If an individual survives, he/she may suffer life-long neurologic deficits.

SIGNS AND SYMPTOMS OF A CONCUSSION/MTBI

Below are listed the signs and symptoms of a concussion. This is not an exhaustive list of all signs and symptoms. If these are observed or reported, take the following actions listed in this protocol.

SIGNS OBSERVED BY TEACHER/COACH/PARENT/OTER	SYMPTOMS FELT/EXPERIENCED AND REPORTED BY STUDENT-ATHLETE
Appears disoriented: dazed or stunned	Headache or “pressure” in head
Nystagmus: Uncontrolled eye movement	Nausea or vomiting
Generalized confusion: forgets instruction, slowed responses, vacant/glassy stare	Balance problems or dizziness
Troubles concentrating: easily distracted, repeatedly asking questions	Vision Disturbances: Double or blurry vision
Uncoordinated movements: clumsy movements, slurred speech, balance problems	Photosensitivity: Sensitivity to light
Sleep disturbances	Tinnitus: Ringing in ears. Hyperacusis: Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior, mood, or personality changes such as; agitation, irritability, depression, emotional instability	Concentration or memory problems: fatigued, drowsiness, difficulty concentrating or remembering
Anterograde amnesia: Unable to recall events before injury	Confusion
Retrograde amnesia: Unable to recall events after injury	Just not “feeling right” or “feeling down”
Seizure activity	Increased emotions: nervousness, anxiety, sadness

ACTION PLAN OF SUSPECTED CONCUSSION

1. Remove the student-athlete from the activity immediately.
 - o If the following signs/symptoms are seen, 911 is to be called and the student-athlete transported to the nearest emergency department:
 - Loss of consciousness
 - Deterioration of neurologic function: Difficulty in talking, swallowing and facial weakness
 - Decreasing level of consciousness

- Decrease or irregularity in respiration and/or pulse.
- Any signs or symptoms of associated injuries, spine or skull fracture or bleeding
- Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation.
- Seizure activity
- Any other signs/symptoms that the coach/parent/etc. feels require immediate medical attention.
- The student-athlete is not permitted to return to activity that requires physical exertion until evaluated by a licensed healthcare provider who is experienced in the diagnosis and management of traumatic brain injuries.
- The student-athlete will be kept under constant supervision by a teacher, coach, or other school employee looking for signs of any change in mental status.
- Once removed from the activity the parent or guardian, athletic director, principal, and Director of Ministry will be notified of the date, time, extent of injury, and any actions taken.
- Any student-athlete suspected of having a concussion should refrain from operating any motorized vehicle (includes but is not limited to automobiles, ATV, UTV, scooters, etc.) on the day of the suspected concussion

POST-CONCUSSION PROCEDURES

1. When a student-athlete receives a concussion the teacher or coach overseeing the student-athlete during the incident will notify all designated people and document the incident.
2. The student-athlete must complete the Return to Learning Protocol before he/she can advance to Return to Practice Protocol.
 - Progression is individual and steps may be skipped or take longer depending on the student-athlete's symptoms.
3. A student-athlete who sustains a concussion should take the first post-injury neurological test administered by a licensed healthcare professional when asymptomatic.
4. When the student-athlete passes the Return to Learning Protocol, is asymptomatic, and performs within the normal limits on the neurological test, he/she can begin the Return to Practice Protocol.
 - Asymptomatic is defined as being free of symptoms for at least 24 hours without any medications used to alleviate concussion symptoms.
 - If signs or symptoms appear during the functional progression, the activity should be stopped immediately, and the student-athlete monitored until all signs and symptoms resolve. No further activity should be performed that day. The progression will begin again at least 24 hours after symptoms have resolved and will begin at the previous phase where the student-athlete did not experience symptoms.
 - Each phase should be at minimum 1 day apart.
5. The student-athlete will not be cleared for participation until he/she has completed the Return to Learning Protocol, completed the Return to Practice Protocol, and has written clearance from parent/guardian. Any additional notes received from another healthcare professional will be

considered supplemental documentation in Trinity's final decision to allow athletic participation.

6. Upon being cleared for participation by administration the student-athlete and parent/guardian will acknowledge the clearance by signing a Clearance to Participate form.

RETURN TO LEARN PROTOCOL (This could take 0 days up to months)

Phase 1: Home: Cognitive and physical rest.

- No driving (ATV, UTV, etc.) limited mental exertion-significant limitation to almost zero time on computers, texting, video games, homework, etc.

Phase 2: Home: Light mental activity

- Up to 30 minutes of mental exertion, no prolonged concentration

Phase 3: School: Part-time, maximal adjustments, shortened day/scheduled breaks.

- Provide a quiet place for scheduled mental rest.
- Lunch in a quiet environment.
- No standardized testing.
- Modify, rather than postpone academics.
- Provide extra time, help and modified assignments.

Phase 4: School: Part-time moderate adjustments, shortened day/schedule

- No standardized testing.
- Modified classroom testing.
- Moderate decrease of extra time, help and modification of assignments.

Phase 5: School: Full-time, Full academics, no adjustments.

RETURN TO PLAY PROTOCOL (5-6 day protocol depending on sport)

Phase 1: Light activity: walking, exercise bike, light jog...no resistance training

Phase 2: Moderate activity: anaerobic exercise, continuous jogging, sport specific exercise

Phase 3: Heavy activity: sprinting, running 20 to 30 minutes.

Phase 4: Non-contact sport specific drills

Phase 5: Full contact participation: full contact practice

Phase 6: Full participation in competition

Coaches

Quality coaching will lend to the success of the team and the development of the student-athletes.

Coaches should be knowledgeable in their sport, be able to pass a background check, and have prior experience playing or coaching in their assigned sport. Coaches represent our school and our Lord. They should conduct themselves in a Christian professional manner. They should have a positive moral standing and show evidence of their faith while they are leading these young Christians to grow in skills, character, and faith.

- Coaches are required to complete the Ministry Safe Training and CPR/First-Aid/BBP training prior to the sport season beginning.

- Trinity Lutheran School requires a minimum of two adult coaches per team **present at every practice/game**. If a coach cannot attend a practice or game, another adult needs to be present.
- It is preferred to have one coach be a paid Trinity school, church or ECC staff member and the other coach(es) can be a volunteer (parent, relative, trusted acquaintance).
- **Before leaving the property, coaches must make sure each student-athlete has been picked up.**
- A background check will be required for all coaches.

January 2024

Ejection/Penalties

Any coach or student-athlete who receives a technical foul or is ejected from competition will be subject to a suspension from competition imposed by the Athletic Director. Coaches are required to notify the Athletic Director of any infractions of the rules within 24 hours.

- If a student-athlete is ejected from a competition, she/he will be suspended for the next competition (Example: a student-athlete will not be eligible to play in the next game or first game of a tournament).
- If the head coach is ejected from the game, he/she will not be allowed to coach the next game or first game of a tournament. The assistant coach will step up to head coach along with another adult supervisor.
- Coaches who are ejected from the game are required to complete a course on sportsmanship online at <https://nfhslearn.com/courses/teaching-and-modeling-behavior> prior to the next game. The cost for this online course is \$20 and will be paid for by the coach. Coaches may still lead regular practices.
- The Athletic Director reserves the right to implement additional disciplinary strategies if necessary.

Conflict Resolution

Trinity Lutheran School expects all constituents to follow the Biblical principle of conflict resolution found in Matthew 18:15-17. Conflicts should be addressed directly with the coach/teammate with whom there is an issue before involving other coaches, the Athletic Director, and other administrators. Open, clear, and direct communication is Christ-like and healthy for believers who should always strive to be of one accord (Philippians 2:1-11).

Should a conflict arise, the procedure to follow is:

1. Parent addresses the grievance with the coach involved, if not resolved...
2. Parent concerns are addressed with the coach and athletic director...
3. Parent addresses the grievance with the coach, athletic director, and Principal...
4. If still not resolved, parents can contact the Trinity Lutheran School Council Chair to ask for the grievance to be discussed at the next Trinity Lutheran School Council Meeting. At this level, the decision of the board is binding.

Sportsmanship

Coaches, student-athletes, and fans must always conduct themselves in a manner that represents Trinity Lutheran School and Jesus Christ, whether on the court, sidelines, or field. Sports are intended to be

competitive, but that should never extend past the field of play. Coaches, players, or fans shall comply fully with the rulings of the officials. In no way shall they demonstrate dissatisfaction with a decision made. Obscene language or gestures, inciting violence, and general inappropriate behavior are unacceptable at any time and are unbecoming of a student-athlete, coach, or fan of Trinity Lutheran School.

Spectator Expectations

Spectators should be mindful that their privilege and responsibility is to be encouraging and uplifting during attendance at athletic competitions. Athletics are a way for student-athletes to learn and develop, therefore spectators should do their best to encourage these individuals/teams and to assist in the development of young men and women. Spectators are to be respectful of all players, coaches, referees, officials, and fans at all times, just as they would like to be respected (Matthew 7:12). Spectators should respect the judgments and decisions of contest officials, recognizing the fact that they are human and admiring their willingness to assist in the development of the student-athletes. Spectators engaging in inappropriate behavior may be asked to leave the premises of the event.

October 2023



Trinity Lutheran School Sports Player/Parent Agreement

I, (players name) _____ have read and understand the Trinity Lutheran School Athletic Handbook. I understand all that is asked of me for the purpose of helping me be a better Christian student-athlete. Failure to comply could result in a temporary or permanent suspension from the team.

Player's Signature: _____ **Grade:** _____

I, (parents name) _____ have read and understand the Trinity Lutheran School Athletic Handbook. I agree that I will serve as a guide and be a positive Christian example for my student-athlete. I will support the team by working the required volunteer shifts and helping at athletic events. I give my permission for emergency medical treatment by trained professionals if my child is injured and I cannot be reached. I release the school or any staff members from claims of injuries that may be sustained.

Parent/Guardian Signature: _____

Cell Phone (Mom): _____ Cell Phone (Dad): _____

Email(s): _____



Code of Conduct for all coaches of Trinity Lutheran School Fremont, NE

In order to advance the principles of sportsmanship and fair play and to promote mutual respect among players, coaches, referees, and spectators Trinity Lutheran School has established this "Code of Conduct" (hereafter referred to as "the Code").

The Code of Conduct shall govern the actions of coaches and assistant coaches. The Code is intended to provide behavioral guidance and establish clear expectations for all involved. The Code was not conceived to address every possible behavioral circumstance; however, it shall serve as Trinity Lutheran School standard for behavioral evaluation.

It shall be the obligation of ALL program coaches and assistant coaches to comply with the terms and provisions of the Code of Conduct. Any person violating the Code shall be subject to administrative action, up to and including termination of his/her privilege to participate in or attend, any or all Trinity Lutheran School sponsored activities.

Coaches and Assistant Coaches shall remain unconditionally supportive of Trinity Lutheran School's commitment to the ideals of Christian faith, good sportsmanship, team play, honesty, loyalty, courage, and respect for authority. Likewise, coaches shall remain sensitive to the physical and emotional well-being of the players on their teams. In order to adhere to these doctrines, the coaches and assistant coaches agree as follows:

- Coaches will be positive role models.
- Coaches will display and instill in their players the principles of good sportsmanship and team play.
- Coaches will conduct themselves in a manner that best serves the interests of the players.
- Coaches will do their best to provide the players with a positive and fun experience.
- Coaches will ensure that winning and/or losing teams do so in a manner which exhibits respect and good sportsmanship.
- Coaches will treat all players, parents, spectators, opposing coaches, league officials, and referees with respect.
- Any physical contact in an aggressive manner, profanity, verbal abuse, obscene gestures will not be tolerated.
- Coaches will provide instruction in a manner that is constructive and supportive.
- Coaches will not ridicule or demean players, other coaches, or referees.
- The Head Coach Only may initiate discussions with a referee in a civil manner. Under No Circumstances will a coach storm the field/court or yell at game officials or referees.
- Coaches will not tolerate behavior that endangers the health or well-being of a child.
- Coaches will comply with the decisions of league officials and observe all rules, policies and procedures as established or endorsed by Trinity Lutheran School.
- Coaches will teach the sport to the best of their ability.
- Coaches will be drug and alcohol free while at any Trinity Lutheran School athletic event.
- Coaches will not use any tobacco products while on the property of Trinity Lutheran School or while with student-athletes.
- Coaches acknowledge the need to demonstrate fundamental proficiencies with respect to the sport.

I have read, understand, and agree to the above stated Code of Conduct for Trinity Lutheran School, the Trinity Lutheran School Athletic Handbook, Parent Code of Conduct. I agree to be bound by the provisions.

Print Name

Signature

Date

October 2023