



IMMANUEL LUTHERAN
— CHURCH AND SCHOOL —

EXTRA CURRICULAR ACTIVITIES HANDBOOK

For Students, Coaches & Parents



(Above are the official mascot logos of Immanuel Lutheran School-Wentzville. The administration must pre-approve all team and spirit wear.)



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[Mission and Vision Statement](#) of Church and School. All Extracurricular programs should always 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 its 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 are responsible for developing this concept of the whole child through academics, athletics, and the fine arts.

We believe the opportunity to participate in various activities is vital to the student's educational experience. Such participation is a privilege that carries responsibilities to the activity, school, community, and students. These experiences contribute to developing learning skills and emotional patterns that enable students to maximize their education.

ILSW student activities are considered extracurricular activities in the school program of education. As such, the activities provide experiences that will help 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, but 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 athletic and extracurricular program that includes appropriate competitions for those who 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 extracurricular experience.
4. To provide an opportunity for a student to desire and experience success in a sport or activity that they select, 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 respect for the rights of others.



9. To understand the value of extracurricular activities in a balanced educational process.
10. Coaches need all team attire designs approved by the school's activities director or administrator.
11. *Expect parents/coaches to model and follow the above objectives while supporting all student participants.*

Team Information

At ILSW, we aim to have faculty and staff members as the head coaches in each program. Any vacancies will be filled with other qualified individuals willing to serve in this ministry. All head coaches must be at least 19 years old.

Any student at ILSW who wishes to participate in one of our sports programs is welcome to attempt to do so. This is usually achieved 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 the necessary skills to play at that level by their ability. 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 on development and participation. The goal in JV is for students to receive comparable playing time. Students on the B levels (5th and 6th grades) will receive closer to equal playing time.

Playing time on all teams is based on the student's good standing. This means that the athlete follows 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 junior teams are determined through tryouts conducted by the team's head coach. The head coach makes the selection of team members. The final decision is left to the head coach, but they may involve assistant coaches and the athletics and activities director. 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 can play up and may be invited to try out for the Varsity or JV teams. If such an athlete makes the team, they would fall under the same playing time guidelines as other team members. The coach and the athletic director decide to move players up, considering the player's best interests, the teams involved, and the program.

We operate under the philosophy that, ideally, all student-athletes who wish to participate can 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 activities as Robotics and Academic/Scholar Bowl teams are activities with 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

Drones: Grades 6–8th, Aug–Apr. (varies on qualifications)

National Honor 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: Grades 4–8th, Aug–Oct

Girls Volleyball: Grades 5–8th, 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, 4th Grade, Nov–Mar

Varsity/JV Nov–Feb

B1/B2, 4th Grade Jan–Mar

Cheerleading: Grades 1st–8th, Nov–Mar

Drones: Grades 6–8th, Jan–Apr. (varies on qualifications)

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

Musical: Grades 6–8th, Jan–May

Spring Season

Boys Volleyball 6th–8th Feb–Apr

Boys & Girls Track 4th–8th Feb–May

Golf 5th–8th Feb–June

Musical: Grades 6–8th, Jan–May



Parent Information

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

1. Students will be charged an activity fee for each sport they participate in to their families' Vanco accounts, or a check will be given.
 - a. The activity fee must be paid before a student can participate in any organized team activity. The student athlete will not be allowed to be on the team until the fee is paid in full.
 - i. **Athletic Fee is \$100 per Sport.**
 - b. The administration will determine whether to refund the activity fee under special circumstances.
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 represent our church and school. As such, they 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 not to return to campus for any future event.
4. We adhere 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 before or within 24 hours after the game.



5. Parents are expected to support and respect coaches. Our coaches spend much time and energy attempting to do what is best for each student and the team. It is essential to understand that the desires of the individual and the team sometimes do not align. Coaches make 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 the school's building procedures and regulations.
7. There's no such thing as a perfectly officiated, coached, or played game. Conversations and behavior at games should reflect this. By directing our energy to cheering for our team and supporting all involved with the activity, we uphold our goal of demonstrating Christian love and sportsmanship and teaching our students personal accountability. Remember this 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 activity site at the end of the activity.
9. Competitions held in the gym require more supervision than the coach can provide during the game. Because of this, all parents need to be in control of their other children in their household at all times while attending any extracurricular activity.
10. During halftime, students/children will not be allowed on the gym floor (i.e. shoot baskets).
11. 7th and 8th graders that attend ILSW can be dropped off at the time of the event; students in any other grades will require parent supervision at the competition/event.



12. Players need to attend practices. Practices are closed to parents, who are instructed to stay in the gym lobby 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 must not be sent. A natural consequence for a player who misses practice will be losing some playing time in the following game. Injured players should attend practices and games when possible.
13. Parent assistance is needed to carry out the various tasks associated with hosting games. 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.
14. All practices are CLOSED to parents and siblings. Parents are to wait in the lobby for the coach to release the team.

Extra Curricular Schedules

1. The athletic director will finalize all scheduling. Any changes coaches may make in their schedules 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 in a designated park.



3. ILSW utilizes TeamSnap for all of its teams. TeamSnap is a cloud-based team management tool for communicating rosters, schedules, and essential 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 will be suspended from participation in practices and competitions. The athletic department at ILSW will review the academic progress of all students involved in extracurriculars weekly, beginning in the fourth week of the quarter, and report ineligible students to administration. Students earning a grade lower than a C, due to missing/incomplete assignments or a lack of effort, as concluded by the teacher and administration, will be declared ineligible for a minimum of one school week. Students may not participate in practices or games immediately if they become ineligible. Students may regain eligibility the following Monday when eligibility is rechecked, if they corrected their academic status. Administration may exercise the right to reinstate eligibility at any given time. If a student is ineligible it is inappropriate and unacceptable for parents to approach the teacher(s) to see what their “grading status” is. Grades will be updated weekly. Students need to speak with the teacher first if there is a concern or any confusion with the scores they earned in a class. Grade checks will only be done on Mondays. If you are ineligible at the end of any given quarter, you will remain ineligible for a minimum of 10 school days into the next quarter.



Three Strike Policy:

Student athletes who are declared academically ineligible three times during the same season will be dismissed from the team.

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

STUDENT BEHAVIOR:

If a student serves more than 3 detentions for disrespectful school behavior in a quarter, their eligibility will be reviewed for that particular season and will more than likely be deemed ineligible. It is a privilege to represent ILSW, and student conduct should support that.

SPIRITWEAR

The administration must approve the Spirit wear created for ILSW students, athletes, and curricular teams. Self-made/homemade items depicting ILSW theme, eagle, school name, etc., will not be worn as spirit wear during the school day unless the administration approves. Any ILSW team, athletics, or extracurricular activity must get approval before creating apparel for your team.

Coaching Reimbursements:

There will be tournaments such as LSAM State or Nationals for Basketball, where the school will pay for your hotel room (room only, no incidentals, taxes, food, or room service of any kind). We will use a school-issued card to cover only the



room costs per night. Taxes will not be reimbursed for any purchases. Do not use your personal card to book hotel rooms, this will be taken care of by the ILSW athletic department.

The school does not reimburse travel mileage to and from any competitions, including local, regional, LSAM or National Tournaments. Employed coaches of ILSW will receive a coaching stipend according to the approved budget.

Open Gym Hours

Open Gym hours will be posted on the school calendar when the gym is free of school and church activities. You are responsible for anything you do in the gym during these hours and must return it to how it looked when you arrived. There are no exceptions. Privileges will be revoked if open gym time is taken advantage of and not used in an appropriate manner.

Student dismissal on Practice days

Student athletes must stay with their teacher throughout the entire carline dismissal. They cannot leave their bags at the gym and rejoin the carline. Students will remain with their teacher until they reach the church overhang. Coaches will pick up their athletes under the overhang to take them to their practice location. They are not allowed to walk over to OR be in the gym without a coach.



Coaches non-playing children

Siblings cannot be released to an older sibling who is attending ILSW. Children of coaches may use our school's aftercare program at no cost during your athletic season until your arrival on campus for an ILSW sanctioned game or practice.

Younger siblings of athletes are never allowed to be picked up by their siblings. These students will be charged for aftercare.

Students will be dropped off at aftercare at 3:30 pm if they haven't been picked up by a parent.

Coach's Conduct

1. Purpose: This Agreement protects confidential Information exchanged during the coaching relationship with fellow coaches and athletes.
2. Confidential Information: "Confidential Information" includes all non-public information shared by either party, such as personal athlete details, coaching methods/discussions, and athletic plans.
3. Obligations: The Coach agrees to keep the Student Athlete's Information confidential and to use it solely for coaching purposes. The Client agrees to provide accurate Information and respect the Coach's intellectual property.
4. Exceptions: Confidential Information does not include public Information that is already known, disclosed by a third party, or independently developed.
5. Duration: Confidentiality obligations remain in effect indefinitely.
6. Breach: The aggrieved party may seek legal remedies in case of a breach.



7. Governing Law: This Agreement is governed by the school and church administration.

8. Entire Agreement: This is the complete understanding between the parties regarding confidentiality

(2026-27 version)