



Our Savior Lutheran School

Sports Handbook

98-1098 Moanalua Road, 'Aiea, Hawaii' 96701-4617
Ph. (808) 488-0000 Fax: (808) 488-4515
Website: <http://osls-hawaii.org> Email: office@osls-hawaii.org

Our Savior Lutheran School educates the "whole child": spiritually, physically, emotionally, and intellectually. We help develop these aspects by having interscholastic sports teams. We encourage all students to work towards team goals; thus, gaining team growth as well as individual character development. With our policies, we hope to build Our Savior Lutheran Church and School's community.

Specifics:

We participate in the Lutheran Schools Sports League. The 8 teams are:

Our Savior Lutheran, 'Aiea, Central O'ahu	Friendship Christian School, 'Ewa Villages, 'Ewa Plain
St. Mark Lutheran, Kane'ohe, Windward O'ahu	Windward Nazarene, Kane'ohe, Windward O'ahu
Hongwanji Mission, Nu'uuanu Valley, Honolulu	Pearl Harbor Christian Academy, Waipi'o
Calvary Chapel, 'Aiea, Central O'ahu	Trinity Lutheran, Wahi'awa, Central Highlands

Players' Responsibilities:

Team commitment involves many facets. Players need to:

- *Attend team practices.
- *Practice even when one "doesn't feel like it".
- *Practice even when tired.
- *Concentrate in the classroom.
- *Behave as a respectable team player both on- and off-the-court, before, during, and after games.
- *Encourage other team members.
- *Demonstrate to spectators a positive Christian attitude.
- *Practice during the individual's free time.
- *Wear knee pads at all volleyball practices and games.
- *Keep trying when losing, as well as when winning.
- *Sacrifice self-glory for the team.

Rough Season Schedule:

Girls and Boys Varsity Volleyball: July into October.
Girls and Boys Junior Varsity Volleyball: October into December
Cross Country: December or May...to be determined...
Girls and Boys Varsity Basketball: December through February
Girls and Boys Junior Varsity Basketball: March through April
Track and Field: Mid-May
Intramural Whiffle Ball (grades 4-8) and Kickball (grade K-3): May

League Schedule for the Year (These schedules often change):

August – September: Varsity Volleyball October-December: JV Volleyball December: Cross Country
January-March: Varsity Basketball March-April: JV Basketball April or May: Golf Tournament

Coaches

Volleyball: 5/6 Girls & Boys: Paul Markillie, 8th Grade Teacher & Athletic Director, pmarkillie@osls-hawaii.org
Margaret Wollberg, 7th Grade Teacher, mwollberg@osls-hawaii.org
7/8 Varsity Girls & Boys: Paul Markillie, 8th Grade Teacher, pmarkillie@osls-hawaii.org
& George Evensen, Principal, principal@osls-hawaii.org

Basketball: 5/6 Girls & Boys: Paul Markillie, Computer Teacher & Athletic Director, pmarkillie@osls-hawaii.org
& Margaret Wollberg, 7th Grade Teacher mwollberg@osls-hawaii.org
Varsity Girls & Boys: Paul Markillie, Computer Teacher & Athletic Director, pmarkillie@osls-hawaii.org

Track & Field, Cross Country: 5-8 Grade Teachers
May Whole-School Olympics: All Teachers, Parents & 8th Graders
Athletic Director: Paul Markillie pmarkillie@osls-hawaii.org

Finances:

Students join OSLS athletics essentially free-of-charge. Students must have proper shoes, socks, shorts, etc. for participation, and we may ask parents to buy a team uniform for a particular team, but should not expect to spend over \$40.

Generally, we provide a school bus for "away" games. However, we may ask parents to drive to some games using their own personal vehicles.

Finally, each team member will be responsible for providing a team snack at some point during the season. A snack usually consists of a drink and small food item for each team member, coaches, and game officials.

Games:

Game schedules should be available in the office by the second week of school. Each team will play 10-14 regular season games. Varsity teams have a playoff system in place at the end of their regular season whereas 5/6 grade teams have no playoffs.

5/6 grade team members are guaranteed some playing time at each game.

Playing time for 7/8 grade team members is not guaranteed and is up to the discretion of the coach.

The girls games begin promptly at 3:30 p.m. The boys games begin roughly 10 minutes after the girls game (around 4:30 p.m.).

Parent Involvement:

Parents must arrange rides for their children after each practice and game. If students are not picked up in a timely manner (10 minutes after the scheduled practice ending time), they will be sent to day care, and parents will be billed for that time.

We ask parents to transport players to games.

Parents also help provide a team snack if requested by the coach.

Siblings may not watch the practices or games unsupervised. They may remain in our day care free-of-charge for the practice or game period as long as they are retrieved right when the practice or game finishes.

We encourage parents to cheer for our team, to refrain from coaching the team, to model respect, to avoid cheering against the other team, to keep quiet when players are shooting free throws and serves, and to encourage their team's best efforts.

Sportsmanship:

The TEAM includes coaches, players, and parents. We note that character can only be developed and demonstrated during stressful situations. Through practice and actual experience, we develop our character-building habits.

Thus, we all:

- *Cheer for our team...not against the other team, nor the referees.
- *Keep silent during serves and free throws.
- *Encourage both our team and the other team.
- *Accept both winning and losing positively,
if we've prepared and played to our best ability.
- *Coaches will not "run up" the score on lesser-talented teams.



Practices:

A practice schedule will be sent home by the coach prior to each season.

Practices are generally 1 ½ to 2 hours long and will begin promptly at 3:00.

Siblings may not wait outside the day care during practice. Siblings will be sent to day care, and they will not be charged as long as they are picked up when practice ends.

Students must have proper clothes and shoes at all practices (p.e. uniforms, knee pads, etc.). They are responsible for the care and appearance of their uniforms.

Practice attendance and participation is very important. Students must inform their coaches as soon as possible if they are going to miss a practice or a game. Depending on the coach, missing a practice may result in shorter playing time in the next game.

If a practice is cancelled or rescheduled, the coach will inform the players as soon as possible.

Eligibility

All students in 5th through 8th grade are encouraged to turn out for their respective teams. All players must meet the academic and attendance guidelines as established in the Student Handbook. Grades will be reviewed quarterly for eligibility. Eligibility is determined both by class work and behavior. If at any time during the season the principal, coach, or teacher determines that a suspension from sports is necessary, the student will not be allowed to practice nor play during the designated period. Teachers and Coaches may agree to enforce particular suspensions from the team for a specified period of time.

While we encourage participation, coaches may occasionally hold "try-outs" and make "cuts" before the season to keep the team to a reasonable size and talent level (and to reduce the number sitting on the bench). A student who meets all of the eligibility requirements may still be "cut" during tryouts and therefore unable to participate during the season.

Students who are already 15 or will turn 15 before the end of their season may not participate without prior approval by the Lutheran Schools Sports League.

Travel:

We have been using parent volunteers. Coaches need to know beforehand who is not returning with the original transporting parent. Coaches also need to know beforehand if parents want siblings to attend. Nobody is allowed to ride without a legal guardian's written permission. In addition, everyone missing on the return ride will be held accountable for having an adult inform the coach.

Discipline

Coaches will provide their own discipline policy for their team. This will include consequences, if any, for missed practices, missed games, poor academic performance, late homework, poor sportsmanship, poor attitude, etc. However, all players are subject to the following discipline procedures for office disciplinary referrals and after-school detentions, if earned during their sport's season.

In addition, any player who serves an after-school detention during their sport's season may not participate in any practices or games scheduled on the date they serve their detention.

Players who are suspended from a game for any reason, other than off-campus school suspensions, may still attend the game as a spectator only. They may not suit up for the game, join the team, or ride school-provided transportation to an away game.

Playing Time

All 5th and 6th grade participants are guaranteed some playing time in each game.

There is no guaranteed playing time for 7th and 8th grade Varsity players. Coaches from all schools in the league are expected to field as competitive a team as possible, and this often means some players will have far more playing time than others. Varsity players who feel they are not receiving enough playing time may discuss the matter with their coach, but there is absolutely no guarantee that each player will receive playing time in any given game or season.

Each Varsity season will conclude with a short playoff schedule. Teams will make the playoffs based on their regular season schedule.

There are no playoffs for Junior Varsity sports. Consequently, some 6th grade players may be "picked up" by the Varsity team after the regular season to help bolster their playoff roster. Other than this unique situation, all players must play on the teams their grade indicates (5th & 6th JV, 7th & 8th Varsity).



Our Savior Lutheran School Athletic Calendar

Changes will happen during the school year, due to weather and other factors.
If you have questions, please contact the coach or the Athletic Director, Mr. Markillie pmarkillie@osls-hawaii.org.

You may see the calendar online at our <http://osls-hawaii.org> website. Look under the "Programs" pull-down tab for Athletics.

The weekly Parent Saint newsletter also carries the latest published calendar. This newsletter is posted on the school website's home page: <http://osls-hawaii.org>