

GUIDELINES FOR STUDENT ATHLETES AND MEMBERS OF SPECIAL GROUPS REPRESENTING LUTHERAN HIGH NORTH

2005-2006

Lutheran High North is proud to be able to offer its students the opportunity to participate in many activities outside the regular school day. This program includes a well-rounded athletic program, band and choral programs, drama, and TAPPS competition. These programs provide an opportunity for the student to develop and use his/her God given talents to learn sportsmanship and develop pride in their accomplishments at Lutheran High North.

Throughout all of these activities, coaches and faculty leaders attempt to reach the goal of teaching self-discipline, commitment, and teamwork. In order to achieve these goals, certain types of guidelines have to be established. We must remember that a representative of Lutheran High North not only represents himself, but also his school, his family, his coach, his community, and above all, his/her Lord. Therefore, it is important for all to understand that **“To Be All One Can Be”** takes a great deal of time, energy, and commitment. To accomplish this, **all students participating in extra-curricular activities and their parents are asked to sign the statements below.**

YOU ARE A PART OF THE GROWING LION TRADITION
YOU ARE A PART OF THE LION FAMILY
YOU ARE SOMEBODY SPECIAL
YOU ARE GOD’S CHILD

“BE ALL YOU CAN BE”

During the time that I am involved in any particular athletic season or special activity, I agree and intend to follow the requirements below:

- A. Get a reasonable amount of rest and sleep the evenings preceding an event
- B. Be responsible for eating a balanced and appropriate diet
- C. Abstain from use of tobacco, alcoholic beverages, or non-prescription drugs
- D. Live an exemplary Christian life and not steal, cheat, use foul language, or lie
- E. Take pride in my appearance and personal hygiene

I fully understand that to deviate from the guidelines above could result in my possible suspension from a team or activity and/or possible removal from the team.

Student’s Signature

Date

I, as parent or guardian of the above named student, agree to encourage him/her to maintain commitment, maintain academic eligibility, and support the coaches and faculty in the enforcement of these standards.

Parent/Guardian Signature

Date