



ST. MARTIN'S
Lutheran School

A Foundation for Life

ATHLETIC HANDBOOK

2025 – 2026

Make a *Joyful* noise unto the *Lord*
Psalm 98:4

Let's Make a Joyful Noise ...

ST. MARTIN'S LUTHERAN SCHOOL

312 East Broadway

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Chris Jacobson, Athletic Director

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MISSION OF SMLS ATHLETICS:

St. Martin's Lutheran School Athletics seeks to make the most of every opportunity, with all our hearts, by the power of God, to share the Gospel and serve Christ in all that He does through us!

GOD'S PEACE & WELCOME!

Dear Brothers and Sisters in Christ,

Congratulations on the opportunity to be a part of your child's co-curricular activities. As a parent, the Lord has called you to one of His greatest responsibilities. The primary responsibility is to be a part of the nurturing and caring of your child, not only with food and clothes, but also with their spiritual, emotional and physical needs. Through the athletic program, it is our prayer that some of these needs will be met. As members of St. Martin's Lutheran School staff, the coaches will be encouraging your children and you to participate in many ways that glorify Him and that help all the children at St. Martin's.

We ask our parents/guardians and coaches to serve as Christian examples for our children. By our example in the stands, on the sideline, on the field, on the court, at practices, in the games, or even at home around the dinner table, we are models for our children with regard to actions and attitudes. We are examples of fair play and good sportsmanship and should use our gifts to bring glory to God rather than glory to self.

I hope that this year will be the best year yet for exciting memories and great learning experiences for each of you. May we enjoy the wonderful responsibility God has given each of us when dealing with our young people.

Important Athletic Events

Cross Country Meet Winona

Soccer Conference Playoffs

Regional Cross Country Meet

Soccer Conference Tournament

Volleyball Tournament Plainview

State Cross Country Meet

Volleyball Conference Tournament

Mustang Classic Basketball Tourney

Basketball Conference Tournament

Basketball Tournament RCLS

State Basketball Tournament

National Basketball Tournament

PHILOSOPHY OF ATHLETIC PROGRAM:

It is the aim of St. Martin's Lutheran School's athletic program to facilitate the mission of St. Martin's Ministries through sporting activities. The student's participation in interscholastic sports will help to further develop the student spiritually, mentally, emotionally, physically, and socially. Students will be encouraged to be the best they can be to the glory of God. They are to always remember the giver of their talents, namely God.

The interscholastic athletic program at St. Martin's refers to the competition between schools. One of the major goals of this program is to help students learn to apply Christian principles to their lives. Our interscholastic program is designed for students who demonstrate an emotional and mental readiness for competition, and who possess a satisfactory level of physical and academic competence.

St. Martin's athletic program stresses the following points:

technically correct physical skills
physical conditioning
commitment to team participation and team building
self discipline and priority setting
encouragement of others and perseverance
respect for those in authority
earning of active participation time.

To maintain our values, we recruit coaches from St. Martin's church and school community along with adults who have a commitment to the student, to family, and most importantly to the ministry of our Lord. They are to keep the sport in perspective as part of the total educational process of the student. It is vital they understand each student's individuality as it relates to team oriented activities.

THE PARENTAL/GUARDIAN ROLE IN THE DEVELOPMENT OF THE STUDENT ATHLETE:

The parent/guardians of a student are usually the determining factor in their child's becoming an athletic participant. The parent/guardians have an important, if not vital role in the student's co-curricular life. A portion of the responsibilities and roles are listed below:

Teach by example a Christian attitude towards all. All members of St. Martin's staff will encourage and help, but it is the parent/guardian who must be the main instructor.

- Assist the student to establish proper priorities with respect to church, family, peers, studies, and play.
- Encourage and participate in the development of the student's athletic abilities. i.e. (support summer camp and other activities that will enhance performance)

Teach the student and be a role model for the student in dealing with coaches and peers.

- Support the student's commitment to teams. Make the commitment to attend games, drive for the team, help in supporting roles such as the concession stand and fund raisers, assist in set up and clean up, and be a positive public relations model.

- Develop within the athlete, foresight which enables him/her to accept responsibility for both individual and group actions.
- Instill in the athlete, good health habits towards food, sleep, cleanliness, spiritual life, and exercise.
- Enthusiastically support teams at athletic events with support for all players, coaches and officials.

In general, the student is an extension of his/her role models, the parent/guardians.

TEAM PARTICIPATION AND EXPECTATIONS:

CROSS COUNTRY (CO-ED)

One team shall participate with students from grades 4-8. Athletes will compete at age appropriate levels.

SOCCER (CO-ED)

Two teams shall participate with students from grades 4-8. All students in grades 4-6 may participate at the B-team level.

VOLLEYBALL (CO-ED)

Two teams shall participate with students from grades 4-8. All students in grades 4-6 may participate at the B-team level.

BASKETBALL (BOYS & GIRLS)

Four teams shall participate with students from grades 4-8. All students in grades 4-6 may participate at the B-team level.

SOFTBALL (CO-ED)

Two teams shall participate with students from grades 4-8. All students in grades 4-6 may participate at the B-team level.

TRACK (CO-ED)

One team shall participate with students from grades 3-8. This is a school event. All are welcome.

CHEERLEADING

One, or two, team(s) shall participate with students from grades 3-8.

Team will be older players mainly consisting of 7-8 graders.

Team will be younger players mainly of 4-6 graders.

Note: Younger players from lower grades may be allowed to participate on an upper level team depending on their ability, safety, and parental consent. This would be a privilege and does not guarantee playing time.

GAMES:

We expect all players and support staff to be at every game. Each person should be at the facility at the time directed by the coaching staff. Late attendance or non-attendance will result in loss of playing time and other disciplinary actions as deemed necessary by the coaching staff and athletic director. One



unexcused absence could result in the student being removed from the team. Students are expected to go home before games unless arrangements have been made with coaches and/or teachers or directed to stay by the staff.

PRACTICES:

Every participant is expected to be at every practice. Practices are designed to prepare the athlete for the next competition and thus are vital for the student/athlete and his/her teammates. In case of an emergency, a note will be required and the coaching staff will determine if the absence is excused. ONE unexcused absence may result in the student being removed from the team. Be sure to discuss any problems concerning practices with the coach.

NOTE: If a participant continually has excused absences they may be subject to removal. If a participant cannot participate in practice a note is mandatory!

DRESS CODE:

All participants and support staff should dress in a manner that reflects positively on St. Martin's Lutheran School Athletics. Students should dress appropriately as specified by coaches.

UNIFORMS:

St. Martin's Lutheran School Athletic Department will supply uniforms for each participant. Supplementary items may be required which will be purchased by the student/athlete. Be sure uniforms are properly cleaned and that the student's appearance properly represents St. Martin's Lutheran School.

PHYSICAL EXAMINATIONS :

All student/athletes participating in a sport must have a physical examination every three years. A form must be on file in the school office prior to the student's participation in practices and games.

PERMISSION SLIPS & COMMITMENT FORMS:

All student/athletes participating in sports during the year must have a permission slip filled out and have a parent/guardian signature for each sport in which he/she participates. Each student athlete must also have the sports fee paid before participating in games.

TRANSPORTATION:

Transportation methods include; walking, jogging, running, school bus, van, or private vehicles. All help is appreciated for away games. Parent are allowed to ride bus with us. Donations are welcome.

OFF CAMPUS LEAVE:

Student athletes must have parental written permission to leave the school building before practice and/or games at St. Martin's.

SUPERVISION:

It is the responsibility of the Head Coach of each sport to have students under supervision for the practice time appointed. It is the responsibility of students to remain in view of those in charge at home and away games. Students must ask permission to leave playing area. All personal belongings are to be kept in site of each student. They are not to be left in locker rooms unless locked.

VAN/BUS RIDERS to ATHLETIC EVENTS POLICY:

From time to time SMLS will utilize either its own vehicles or drive their school bus to provide transportation to and from events. The following will govern passengers on the vehicle:

- ALL student athletes must have a signed permission slip to travel via bus.
- All coaches and athletes of teams participating in the athletic event may ride without charge.
- Parents of athletes may ride if there is room available.
- Siblings of participating athletes may ride, if there is room available, only if under the direction of a responsible adult. A signed form must be provided.
- Other students of SMLS may ride, if there is room available, only if under the direction of a responsible adult. A signed form must be provided.
- Other adults may ride if there is room available.
- A fee may be charged at the discretion of the athletic director to those who are not players and/or coaches.

AWARDS BANQUET/PICNIC:

At the end of the year, each athlete participating in a sport will be recognized as a participant and/or given a special award. An athletic participant is only recognized if they have met all eligibility requirements.

ELIGIBILITY:

- Students are expected to place a priority on academic achievement. Academic progress must be demonstrated in order to have the privilege of participating in Mustang Athletics.

- Students presently enrolled in grades 4-8 are eligible for inter-school sports.
- Parent/Guardian permission prior to participation in athletics is a necessity in inter-school sports. Physical examinations are required every three years. Forms are available from the school office.
- Parent/Guardians should ensure that students be picked up promptly after practices and games. Your cooperation is appreciated.
- Rules apply to both A and B- team participants.

A student will be ineligible based on the following (see parent/student handbook):

If a student participating in an extra curricular activity fails to perform (attitude, grades, and behavior) to their known potential, he/she is subject to probation and/or suspension. The teachers will determine this in consultations with the athletic director, principal and parents/guardians.

FOCUS ON “THE WORD”

“Jesus replied: Love the Lord your God **with all your heart** and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: **Love** your neighbor as yourself.” Matthew 22:37-39

“...my son do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, because **the Lord disciplines those he loves** and punishes everyone he accepts as a son.” Hebrews 12:5-6

“Love the Lord your God **with all your heart** and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.” Mark 12:30-31

“On reaching Jerusalem, **Jesus** entered the temple area and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves.” Mark 11:15

“Jesus looked at them and said, ‘with man this is impossible, but **with God all things are possible**.’” Matthew 19:26

“**Be perfect**, therefore, as your heavenly Father is Perfect.” Matthew 5:48

“All men will hate you because of Me, but **he who stands firm to the end will be saved**.” Mark 13:13

“Whatever you do, **do your work heartily as for the Lord** rather than for man; knowing that from the Lord you will receive the reward of the inheritance. **It is the Lord Christ whom you serve**.” Colossians 3:23-24



DIRECTIONS TO CONFERENCE & NON-CONFERENCE SCHOOLS:

Rochester Central Lutheran School (RCLS) (60 minutes, 50 mi)
2619 9th Ave NW Rochester, MN 55901 (507) 289-3267

ST. MATTHEW'S WINONA (10 minutes, 3 mi)
756 W. Wabasha St. Winona, MN 55987 454-3083

ROCHESTER HOME SCHOOL (60 Minutes, 50 mi)
W-14 R-CR 22 L- RCTC Regional Sports Center

WINONA MIDDLE SCHOOL (10 minutes, 2mi)
1570 Homer Road Winona, MN 55987 494-1000

ST. JOHNS LEWISTON (30 minutes, 15 mi)
160 Williams Street P.O. Box 9 Lewiston, MN 55952 523-2508

COULEE CHRISTIAN SCHOOL (55 minutes, 40 mi)
230 West Garland Street West Salem, WI 54669-1175

Immanuel Lutheran School -PLAINVIEW (50 minutes, 35 mi)
30 S. Wabasha Plainview, MN 55964 (507) 534-2108

LEWISTON –ALTURA HIGH SCHOOL (30 minutes, 15 mi)

RESURRECTION Lutheran School (WELS) (70 minutes, 55 mi)
4520 19th Ave. NW Rochester, MN 55901 (507) 282-8280

To Soccer Fields:

Kings Run Park
18th Ave NW and 50th St NW

Immanuel Lutheran School - SILO (30 minutes, 15mi)

RR 2 Box 63A Lewiston, MN 55952 (507) 523-3143

St. John's Lutheran School (WELS) - LAKE CITY (60 minutes, 50 mi)

516 W. Chestnut Lake City, MN 55041 (651) 345-4092

To Soccer Field: played at Bluff View Elementary

1156 W Lakewood Ave then N-61

L-West Lakewood Ave/County Road 9

To Softball Field:

North – 61

Left – 63 (Lyon Ave) Second light in Lake City

Right – Prairie Street

Left- Softball field at Woodburn and Prairie.

WYKOFF (70 minutes, 60 mi)

245 S. Line Street Box 248 Wykoff, MN 55990 (507) 352-4671