St. Paul Lutheran School

701 Washington St. Grafton, WI 53024
(262) 377-4659

Extracurricular Activities Handbook

2026-2027

This handbook applies to all extracurricular activities offered at St. Paul. These may include Athletics, Forensics, Music, Poms or other programs as they develop.

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. Col 3:23-24

St. Paul Extracurricular Handbook

ATHLETICS: Jeremy Kell, Athletic Director *jeremy.kell@splgrafton.org /athletics@splgrafton.org*

Philosophy

The athletic program at St. Paul Lutheran School is based on the philosophy of the school, primarily to make disciples who are responsible, believing, committed followers for Jesus. This philosophy necessitates a Godly character, which we believe St. Paul's athletic program helps develop in each athlete. The opportunity for developing Godly character readily presents itself in the arena of sports competition where the athlete is expected to be responsible, self-disciplined, a cooperative team member, and a good decision maker. Therefore, athletics at St. Paul Lutheran School is considered to be an integral part of a student's education.

We believe our commitment to excellence as Christians is commanded by scripture. We are to be wise stewards of the talents God has given us and to be men and women of excellence. Therefore, our athletic program strives to be the best it can be. In turn, we believe our athletes should strive to do their best when competing. Becoming the best among other competitors may not always be an achievable goal, but doing "your best" is our goal.

Extracurricular Sports Offered

(Sports offered may vary depending on availability of coaches and athlete numbers.)

Fall
- Girls Volleyball
- Co-ed Soccer
- Co-ed Cross Country

Winter
- Girls' Basketball
- Boys' Basketball
- Archery
- Poms/Dance

Spring
- Co-ed track
- Boys' Volleyball

FORENSICS: Michelle Pingel, Forensics Director *michelle.pingel@splgrafton.org*

Philosophy

Forensics is an extracurricular activity for students interested in drama and public speaking. The purpose is to build self-confidence and enjoyment in oral communication, a critical skill in life! Students can participate individually, but there are also opportunities for small groups to perform. Students present their literature or drama selection at Forensics Meets.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer. Psalm 19:14

MUSIC: Valerie Bremer, Music Director *valerie.bremer@splgrafton.org/music@splgrafton.org*

Philosophy

Music is a gift from God–a gift that He commands and exhorts to use to praise him and to teach and encourage each other. *"…Addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ." (Eph. 5:19-20)* Music holds the power to connect the intellect with the emotions, often stirring within the human heart the spirit of the words being sung, helping the believer to worship God in spirit and in truth. This mind-spirit connection is powerful to educate & encourage the believer to be faithful to God.

Students will praise and glorify God and teach and encourage each other by developing and practicing musical skills and expression. Critical listening and analysis of various genres of musical expression will help students to appreciate or evaluate the varied cultures, ideas, and worldviews that are so uniquely communicated in music. Appreciation for music will open doors to understand where others come from and offer new styles, theories, and skills to aid in their own musical expression as they strive to serve God with the gift of music.

Music Program Offerings

(Concert seasons are Sept-Dec and/or Jan-May, so September & January are the time to start/stop commitments. Beginning and Concert Band are not extracurricular groups so this does not apply to them.)

Curricular
- Grades K-4: General Music for all students
- Grades 5-8: General Music for students not in band

Optional, but included in their GPA
- Grade 5: Beginning Band — Rehearsal Tuesdays & Thursdays during the school day
- Grades 6-8: Concert Band — Rehearsal Tuesdays & Thursdays during the school day

Extracurricular
- Grades 1-2: Children's Choir — After school rehearsal once each week on Monday
  (Kindergarteners have the option to join for about the last 6 weeks of the year)
- Grades 3-4: PraisePower — Rehearsal during recess once each week on Monday
- Grades 5-8: JuBellate (Handbells) – Monday recess rehearsal (also Tuesday if we have 2 groups)
  JiVE (Junior High Vocal Ensemble) –Wednesday recess rehearsal
  Chapel Singers (Song leaders in chapel- Gr. 5-8 only if interest) – Monday rehearsal
- Grades 5-8: Jazz Band (Director's permission needed) – Thursday recess rehearsal
  WSMA Solo & Ensemble Festivals* – rehearsals as necessary
  *optional for individuals involved in Band or JiVE

Solo/Ensemble Festivals through WSMA (Wisconsin School Music Association)

Students are encouraged, but not required to participate in the WSMA solo/ensemble festival in the last half of February. This is a chance for individuals to focus on their own skills and how to work with a small group. Student success requires a commitment of extra time for practice individually and also with a teacher. *To encourage excellence and narrow their focus, the teachers strongly recommend that students register for only 1 or 2 festival entries.* If you have concerns, please discuss with the appropriate music teacher before preparing the festival music. If priority needs to be established for special time requests on festival day, priority will be according to students involved in 1)other school events 2)years of band/choir participation 3)other outside activities.

ALL EXTRACURRICULAR PROGRAMS

Goals

- To glorify Jesus in all that is done in their lives.
- To provide guidance as each student searches to realize and use their God-given talents.
- To teach the student how to prepare & practice as they work to improve their skills.
- To provide an additional avenue for school spirit and camaraderie.
- To develop an understanding of the concepts, techniques, and guiding principles of the activity that will encourage a lifelong enjoyment.

Responsibility of the Parents

Parents/guardians strongly influence their children's attitude toward and participation in extracurricular activities. Therefore, I/we will:

- We encourage all parents/guardians to attend as many activities as possible. Your support is important to your child as well as everyone involved in the entire program.
- Honorable behavior & attitudes are required of not only the players but the observers as well. We ask that you be as supportive as possible and not critical.
- Please be prompt when picking up your child after practice or events or notify us if you are going to be late for some reason. Our leaders/coaches are required to stay with your child until they have been picked up.
- Pray for the program continually, as adult leaders try to mold our students into young Christian adults.
- Stress the academics as well as the activity.
- Please inform leaders/coaches of missed practices, illness, injuries, or personal concerns. We're very willing to sit down and talk with you one-on-one.
- Volunteering to help at requested activities is needed throughout the season. In athletics our equipment, officials, and tournament fees are supplied by profits made from the tournaments and games. In other areas, volunteers are the only way to make events happen.
- If you want to discuss a concern with a leader, please make sure it is done in an appropriate place and time (within 24 hours after the situation, if possible). The staff will be very happy to sit down and talk with you. Please conduct it in privacy and not in the middle of the hallway or in passing after a game or practice or worship.

Code of Ethics and Conduct for Student Participants

- Respect yourself, fellow players, coaches, parents, faculty and officials.
- Mental preparation is just as important as talent. When you enter the practice, it's time to focus only on your task at hand.
- Extracurricular activities are a privilege, not a right. Treat it with thankfulness.
- Academics must come first. You go to school to be educated, not to do the extras.
- Students need to support each other and other groups in the program. We first need to respect ourselves before we expect other schools to show us any respect. We are all part of the body of Christ and strive to act as such.
- First and foremost you represent GOD. You then represent St. Paul, your group, your family, & yourself.
- Uniforms/group shirts are your responsibility – There is a replacement cost for lost or stolen uniforms.
- Eligibility rules stipulated in the Extracurricular Handbook are to be followed. Exceptions must be approved by the appropriate director (athletic, music, forensic, etc) and the principal.

- Students must sign a copy of acknowledgment that the Extracurricular Handbook was read and will be followed.
- Students must be present for scheduled practices, games, concerts, worship. Leaders must be notified in advance of an absence.
    - Student athletes should also realize that an unexcused miss will result in forfeiture of playing time at the next game. Exceptions would include sickness, doctor appointment, and family emergency. Attending a club practice or game is considered an unexcused absence.

Transportation

It is the responsibility of the group members to make arrangements for and/or provide their own transportation to all events.

Scheduling

The leaders and program directors will work together in scheduling practices and game times. A schedule will be given to each participant. Changes in the schedule are inevitable. Every effort will be made to inform you of changes as early as possible. Schedules may also be available online – check with the leader.

Participation Requirements

- Participation means promoting Christ-like fellowship and sportsmanship at all times.
- Being part of a group means reliably giving your best for others in the group, the leader, yourself, and the Lord.
- No student will participate after the appointed date in a group until their contract is signed & submitted
    - Student athletes must also have a current school or sports physical signed and submitted to the athletic directors by the appointed date.
- Outside participants
    - Interscholastic athletic teams or squads may consist of only St. Paul students.
    - Musical groups may consist of St. Paul students and homeschool students who meet guidelines according to the St. Paul Christian Day School Board Policy.
- Any student that is not in attendance at school related activities by noon for an unexcused absence may not participate in any school sponsored event during that day or evening. (they are still eligible to participate in weekend activities.)
    - Examples of unexcused absences: returning from a family vacation, sickness.
    - Examples of excused absences: funeral, doctor appointments
- Any student who does not participate for any reason in an activity during the day that is related to their extracurricular, may not participate in the related activities on that day.
    - Possible examples: Not participating in music/band/choir means no concert/singing for church that day, or not participating in PE means no sports activities that day
- The student must maintain academic and behavior eligibility as outlined in the St. Paul Extracurricular Handbook.
- Exceptions to any of these guidelines may be made at the discretion of the appropriate program director(s) and/or principal.

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17

Academic Eligibility – *for Gr. 5-8* extracurricular activities

- Classes singing in worship, school musicals, plays, & Christmas services are considered activities that all students are expected to be a part of and not optional. Therefore, all are eligible to participate. Exceptions may be made on review by the music director and principal.
- Eligibility will be checked every two weeks. Students will receive a two week warning before losing eligibility status. A warning is constituted by a D+ or lower in a class.
- Final grading period grades will carry over to the beginning of the following school year.
- A minimum of 2.0 grade point average must be maintained for those who wish to participate in St. Paul extracurricular activities.
- An "F" in any subject will render a student ineligible for two weeks when status is reviewed by the teacher, program directors, and principal.
- A student who is determined to have an incomplete in any subject at the end of the trimester will be ineligible until the work is complete and has been recorded by the teacher.
- An in-school suspension will result in the said person being suspended from extracurricular activities for one week when status will be reviewed by the teacher(s), program director(s), and principal.
- An out-of-school suspension will result in the said person being suspended from extracurricular activities for three weeks when status will be reviewed by the teacher(s), the program director(s), and the principal. Four requirements must be met at this time. The student should:
    - Maintain a 2.0 GPA or better
    - Have no failing grades in any subject
    - Have taken all tests and turned in all assignments
    - Not have spent any time in behavioral detention during that three-week period.
- With a second out-of-school suspension the student will forfeit his/her eligibility for the rest of the school year.
- Exceptions will be made by the principal.

MEDICAL CONDITIONS AND DISEASES EFFECTS ON SPORTS PARTICIPATION

Concussion Information - When in Doubt, Sit Them Out!

An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

A person who has been removed from a youth athletic activity may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider. No athlete shall return to play or practice on the same day of being diagnosed with a concussion or rendered unconscious.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Change in the level of consciousness or awareness
- Confused about assignment
- Forgets plays Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior changes
- Loss of consciousness
- Asks repetitive questions or memory concerns

Concussion SYMPTOMS are often categorized into four main areas:

1. Physical – This describes how they feel: headache, nausea, vomiting, dizziness, tired and loss of consciousness (which is uncommon in concussion). Vision and balance problems are also recognized as potential signs and symptoms of a concussion.
2. Thinking – Poor memory and concentration, responds to questions more slowly and asks repetitive questions. Concussion can cause an altered state of awareness and thinking.
3. Emotions – A concussion can make a person more irritable or sad and cause mood swings.
4. Sleep – Concussions frequently cause trouble falling asleep and may wake athletes up overnight, which can make them more fatigued throughout the day.

Injured athletes can exhibit many or just a few of the signs and/or symptoms of concussion. However, if a player exhibits any signs or symptoms of concussion, the responsibility is simple: remove them from participation. An athlete should never return to play on the same day. “When in doubt sit them out.” It is important to notify a parent or guardian of any athlete with a suspected concussion. All athletes with a concussion must be evaluated and receive written medical clearance by an appropriate health care provider before returning to practice (including conditioning and weight lifting) or competition.

RETURN TO PLAY

In order to resume activity, the athlete must be symptom free and off any pain control or headache medications that they were not taking prior to the concussion. The athlete should be carrying a full academic load without any significant accommodations for 1-2 days. Finally, the athlete must have written medical clearance from an appropriate health care provider. The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a prolonged or different return to activity program and should be managed by a physician that has experience in treating concussion.

Sudden Cardiac Arrest

Sudden cardiac arrest is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life threatening.

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What Causes Sudden Cardiac Arrest?

- Conditions present at birth
- Inherited (passed on from parents/relatives) conditions of the heart muscle:
- Hypertrophic Cardiomyopathy – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.
- Arrhythmogenic Right Ventricular Cardiomyopathy – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.
- Marfan Syndrome – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.
- Inherited conditions of the electrical system:
- Long QT Syndrome – abnormality in the ion channels (electrical system) of the heart.
- Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome – other types of electrical abnormalities that are rare but run in families.

• NonInherited (not passed on from the family, but still present at birth) conditions:
• Coronary Artery Abnormalities – abnormality of the blood vessels that supply blood to the heart muscle. The second most common cause of sudden cardiac arrest in athletes in the U.S.
• Aortic valve abnormalities – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.
• Non-compaction Cardiomyopathy – a condition where the heart muscle does not develop normally.
• Wolff-Parkinson-White Syndrome –an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.
• Conditions not present at birth but acquired later in life:
• Commotio Cordis – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.
• Myocarditis – infection/inflammation of the heart, usually caused by a virus.
• Recreational/Performance-Enhancing drug use.
• Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

• Fainting/blackouts (especially during exercise)
• Dizziness / Unusual fatigue/weakness
• Chest pain
• Shortness of breath
• Nausea/vomiting
• Palpitations (heart is beating unusually fast or skipping beats)
• Family history of sudden cardiac arrest at age < 50

ANY of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game. (Adapted from WIAA Handbook)

THANK YOU

to parents, grandparents, and friends for partnering with the extracurricular activities at SPL.
A program is only as good as the people who are involved.
Your efforts are truly appreciated!
Your support makes our programs a valuable experience for each child
as they explore & improve their God-given talents.
To God be the glory!

Whoever speaks, as one who speaks oracles of God;
whoever serves, as one who serves by the strength that God supplies—
in order that in everything God may be glorified through Jesus Christ.
To him belong glory and dominion forever and ever. Amen.
1 Peter 4:11

Extracurricular PARTICIPATION REQUEST Form

STUDENT: *I request permission from St. Paul Lutheran School-Grafton, WI*
to participate in extracurricular activities
(examples: music, sports, forensics, robotics, etc) for the 2026-2027 school year.

- I have read the Extracurricular Handbook published on the St. Paul Lutheran School website and am anxious to grow in mind, body, and spirit, adhering to the academic guidelines and code of ethics and conduct stated.
- I will remember to keep academics first, activities second.
- Above all, I will strive to demonstrate a Christ-like example in thought, words and actions while in and out of the spotlight.

STUDENT(s) Name	**Grade**	**Student Signature** *(only if in Gr. 5-8):*	**Date**
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PARENT: *I request permission from St. Paul Lutheran School-Grafton, WI*
for my child to participate in an extracurricular activity(ies) offered for the 2026-2027 school year.

~ I have read the Extracurricular Handbook published on the St. Paul Lutheran School website and agree with the academic guidelines, responsibilities, and code of ethics stated.
~ I will help support my child's group and leaders by

- cheering
- assisting at home events
- communicating with leaders
- driving on occasion
- volunteering my time and talents at tournaments/concerts/meets

~ I will assist my child to establish Bible-driven priorities respecting church, family, peers, study, practice, and performance.
~ Above all, I will support and respect all players, coaches, leaders, program directors, and officials in a Christ-like manner, helping to foster a positive approach to Christian activities whether competitive or not.
~ I will encourage teamwork as we build one another up in the body of Christ.

PARENT Signature *(for Gr. K-8)*: _____ Date:_____

Now there are varieties of gifts, but the same Spirit;
and there are varieties of service, but the same Lord;
and there are varieties of activities, but it is the same God who empowers them all in everyone.
1 Corinthians 12:4-6