

Lutheran High Northeast Activities Handbook 2024-25



Educating for Life + Proclaiming the Faith

Christ-Centered, Service-Minded, Continual Growth, Devoted to Students

Lutheran High Northeast
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Introduction

Dear Students,

Welcome to another year of Lutheran High activities! We are excited to see how the Lord continues to develop your skills and abilities in the classroom, on the field, on the court, on the stage, and in everything that you do!

Participation in extracurricular activities is a great way to meet people, develop life-long skills, and have fun throughout your brief high school experience. They teach self-discipline, hard work, teamwork, perseverance, accountability, time management, humility, integrity, and much more. Some of my favorite memories from high school are from participating in extracurriculars and from traveling to watch and support my peers. We invite everyone to participate in extracurricular activities and believe they are an important part of fostering a positive school culture, where students cheer each other on in both athletics and the arts. It's truly amazing to see how the Lord has blessed each of you with amazing talents to be used for His glory!

Remember that when you put on a Lutheran High jersey, give a public performance, or network at conferences, you are representing both your school, your teachers/coaches/advisors, and most importantly, Jesus Christ. We are counting on you to be an ambassador for Him in all that you do, serving as a witness to those you encounter!

I appreciate you taking the time to read this Activities Handbook so that you are aware of the policies and procedures that govern our activities. It's going to be another great year and we look forward to seeing what you can do!

Your brother in Christ,
Mr. Sunderman
Activities Director

Philosophy of Extracurricular Activities

At Lutheran High, we believe that participation in extracurricular activities is an excellent avenue for students to learn important, life-long skills in a wide variety of areas. They provide opportunities for students to practice their Christian faith, give testimony to that faith, and represent their school in a way that gives glory to God and speaks well of the school's ministry, mission, people, and programs.

While many activities foster a competitive spirit and award success, we recognize that the primary goal of these programs isn't to win, but to equip and prepare students for life in and after high school. Competition is the carrot that drives us to learn these invaluable skills, which are gained in both victory and defeat.

We are called to be Christ's ambassadors in the world, which includes as participants and spectators during contests. Good sportsmanship and Christ-like attitudes are essential pillars of extracurricular activities. Indeed, there is not much reason to have extracurricular activities if we aren't using them for our mission: educating students for life and equipping them to proclaim the faith.

We also believe that participation in extracurricular activities is a privilege which carries with it certain responsibilities and expectations, remembering that our actions, words, and attitudes affect how other teams, fans, officials, and press see us, our school, and our Lord.

Available Extracurricular Activities

Baseball (co-op with Norfolk Senior High)	National Honor Society (NHS)
Basketball	One Act
Bowling (co-op with Norfolk Catholic)	Powerlifting
Chess Club	Quiz Bowl
Cross Country	Softball (co-op with Norfolk Senior High)
FFA	Speech
Future Business Leaders of America (FBLA)	Soccer (co-op with Norfolk Catholic)
Football	Student Council
Girls' Wrestling (co-op with Norfolk Catholic)	Swimming (co-op with Norfolk Senior High)
Golf	Track
Journalism	Trap Shooting
Mock Trial	Volleyball
Music (district competition)	Wrestling
Musical/spring play	

Head Coaches, Advisors, and Sponsors

Principal:	Dan Sievert – dsievert@lhne.org
Activities Director:	Preston Sunderman – psunderman@lhne.org
AD Secretary:	Brittany Bosler – bbosler@lhne.org
Baseball:	Brian Disch – briandisch@npsne.org
Basketball (boys):	Kenny Blank – kablank14@gmail.com
Basketball (girls):	Ryan Cadwallader – rcadwallader@lhne.org
Bowling:	Rick Graae – Ask AD Secretary
Chess Club:	Dan Sievert – dsievert@lhne.org
Cross Country:	Andrew Keseman – akeseman@lhne.org
FBLA:	Hope Beam – hbeam@lhne.org
FFA:	Amanda Hafer – ahafer@lhne.org
Football:	Mitch Hyde – mhyde@lhne.org
Golf:	Colby Svoboda – colbys_54@hotmail.com
Journalism:	Maria Sweigard – msweigard@lhne.org
Mock Trial:	Preston Sunderman – psunderman@lhne.org
Music (band):	Ann Henny – ahenny@clnorfolk.org
Music (vocal):	Maria Sweigard – msweigard@lhne.org
Musical/spring play	Steven Whitney – steven.b.whitney@gmail.com
NHS:	Justus Utecht – jutecht@lhne.org
One Act:	Heather Whitney – whitney.heatherj@gmail.com
Powerlifting:	Molly White – harris.molly.k@gmail.com
Quiz Bowl:	Phil Carlson – pcarlson@lhne.org
Softball:	Derek Siedschlag – dereksiedschlag@npsne.org
Speech:	Emily Woodall – ewoodall@lhne.org
Soccer (boys):	Layne Miller – laynemiller@sacredheartgs.org
Soccer (girls):	Chad Miller – chad@northeast.edu
Student Council:	Emily Woodall – ewoodall@lhne.org
Swimming:	David Nelson – davidnelson@npsne.org
Track:	Andrew Keseman – akeseman@lhne.org
Trap Shooting:	Dan Sievert – dsievert@lhne.org
Volleyball:	Katie Wright-Oswald – kwright@lhne.org
Boys' Wrestling:	Ryan Sorensen – rsorensen@lhne.org
Girls' Wrestling:	Henry Aschoff – haschoff5@gmail.com

Requirements for Participation/Physicals

Any student who is planning on participating in any NSAA activity are required to have the following completed forms on file in the school office:

1. NSAA Student and Parent Consent Form
2. Pre-participation Physical Evaluation Form

These forms are available on Registration Day at the beginning of each school year as well as in the school office throughout the year. These forms must be completed each year that a student participates in any NSAA activity. A student will not be allowed to participate in practice or games unless the office has both forms on file.

Attendance Policy

Students who commit to participating in an activity are expected to be at every practice, game, competition, etc. If a student is unexpectedly unable to attend (i.e. sick, etc.), they are to promptly notify their coach/sponsor/advisor. If the absence is known in advance (i.e. vacation, appointment, etc.), the coach/sponsor/advisor should be notified in advance as well. Coaches, sponsors, and advisors will share their own expectations for what constitutes an acceptable absence and what consequences follow unexcused absences.

Day of Contests/Activities

On the day of a game, contest, performance, etc., a participant must arrive at school by the beginning of 2nd period and remain at school for the entire day. A student who is not in present by 2nd period will not eligible for the game, contest, performance, etc. Exceptions may be made for extenuating circumstances (i.e. medical appointment with a note from the doctor, family emergencies, etc.), but should be approved by the Principal or Activities Director.

Exceptions to this policy do not include a student leaving school to retrieve anything needed for the game, competition, or performance (i.e. jersey, any equipment, etc.).

Cut Policy

One of the benefits of being a smaller school is not being forced to cut any student from any team. While the general expectation is that any student who wants to participate in any extracurricular activity will be able to do so, certain situations may arise where coaches/sponsors/advisors are unable to keep everyone on the team. These situations may include:

1. A student is perpetually academically ineligible
2. A student is perpetually absent from practice and/or competitions
3. A student is unable to be present at a performance (i.e. one act, mock trial competition, etc.)
4. A student demonstrates a lack of commitment, poor sportsmanship, disrespects coaches and/or peers
5. The team/activity is unable to field as many participants as are interested in that activity

Activity Schedules

The schedule for fall, winter, and spring sports is available online on the school's homepage at www.lhne.org. Other activities are included on the school calendar on the website as well. Coaches/sponsors/advisors will share important dates with students as they are learned.

Streaming

Lutheran High has a Hudl camera in Andrews Activity Center (main gym) as well as at Memorial Field and streams the contests played there. The link for streaming will be shared on the school's social media outlets for each game.

Weather Delays/Postponements/Cancellations

While we hope that inclement weather does not interfere with scheduled contests, our blessed state makes anything possible. When the forecast or conditions outside start to look questionable, parents and students are encouraged to be patient while the administration communicates with the other school, bus driver, coaches, and other relevant persons. As soon as a concrete decision has been made, the administration will communicate via email, social media, and the radio.

If school is called off due to weather, it is possible that a contest may still take place if the weather improves as the day continues. Stay tuned to school communications, social media, and the radio to learn whether evening contests will happen even if school is cancelled.

Transportation

Teams will typically travel to games using school vehicles. Occasionally, it may be necessary for students to find rides to out-of-town competition sites. Students are to ride with their own families or with parents of a teammate. Students who drive themselves may not take other students or non-participants to away contests. Students are not to leave competition sites without first speaking with their coach/sponsor/advisor.

Communication is essential. Students should communicate with parents if they need a ride once the team arrives back at school and be clear in sharing expected arrival times. Coaches are to remain at school until all students have been picked up, so prompt pick ups are appreciated. If a student wishes to ride home from a contest with their parents, they should be sure to inform the coach/sponsor/advisor themselves. Coaches may develop their own policy on such transportation arrangements.

Failure to follow these guidelines may result in consequences from the coach/sponsor/advisor or from the school.

School Vehicles

School vehicles are an expensive necessity and we ask that everyone who drives or rides in them does so as good stewards of the blessings we have. It is expected that everyone helps keep the vehicles clean and remove any trash after each trip (there are garbage bags in each vehicle). It is also expected that everyone treats the interior of the vehicles with respect and avoid doing anything that causes any damage.

Safety Guidelines

It is unlawful for anyone to harass a school vehicle and/or its driver in any way. Passengers are expected to sit in their seat with fastened seatbelts. Be aware of the effect that bright lights can have on the driver if it's dark outside.

Uniforms/Equipment

Care

Uniforms are typically the largest expense for athletic programs. When a student is issued a team uniform, they are expected to turn it in at the end of the season in the same condition as when they received it. Uniforms are made of high-quality fabric; little wear and tear or fading should occur with good care after one season.

Uniforms contain tags with washing instructions, but typically should be washed in cold water with like colors and hung to dry. Do not use bleach or put uniforms in dryers.

Tears or flaws in uniform construction should be brought to the coaches' attention as soon as they are noticed. If possible, repairs to the uniform will be made. Students are responsible for the replacement cost of lost or destroyed uniforms.

Checking Out and Returning Uniforms

Coaches/sponsors/advisors will issue uniforms at the beginning of their season and keep records of who checked out what. At the conclusion of the season, after adequate time to wash the uniform has passed, they will have a day or two where students will return the uniforms/equipment they checked out. Students are expected to return their items on those days, as it helps ensure organization and proper record keeping.

If a student fails to return their uniform/equipment on the day their coaches have set aside to check everything in, they will be fined \$20.

Letter Requirements

Each year, letters are given to varsity participants who meets the requirements below. Letter jackets can be ordered online from Jostens, which is found on the school website. The first time a student letters they will receive a fabric letter and a pin symbolizing the activity in which they lettered. When a student letters more than once in an activity, they will receive a bar to place next to the original pin.

Students who participate in an activity where Lutheran High co-ops with another school who serves as the head of the co-op will receive their letter/pin from the cooperating school.

Lettering requirements:

Basketball: A player must play in as many quarters as there are games. They don't have to play the entire quarter, but must be entered in the official book for that quarter.

Cross Country: A participant qualifies for a letter by achieving any of the following: competing at the varsity level in at least half of the season's meets, placing at a meet as a varsity athlete, or participating for four years.

Drama: Participants in drama will earn individual lettering points based on areas of the following criteria throughout the school year (accumulated from One Act and Musical): size of part in show (lead, minor, ensemble) and assistance backstage (crew leader, crew assistant, set construction, choreography); individual acting or tech awards at competitions; team awards; and points per performance involved in. If a student does not reach the point requirement set by the directors, a letter may still be awarded at the discretion of the directors based upon additional meritorious actions, behavior, or leadership throughout the One Act or Musical seasons.

Football: A participant must be involved in football for the entire season, including conditioning week.

Golf: A student must participate in four varsity level meets.

Manager: A student must be present at practices and games, performing the necessary duties as determined by the head coach (i.e. running scoreboard, delivering water, keeping book, etc.).

Mock Trial: A participant must win at least one trial or exhibit exceptional leadership, commitment, and effort toward team goals.

Music: Must be enrolled in band and/or choir for both semesters of the year. Must maintain a B+ average grade in band/choir throughout the year. Must have no unexcused absences from any performance throughout the year as well as help with set up and take down. Must compete at district music contest either as a soloist or with a small ensemble and/or must be accepted into a school-approved festival/clinic (i.e. All State, Honor Band or Choir).

Powerlifting: A participant must be present for 80% of practices and medal in their division at a powerlifting competition.

Quiz Bowl: A student must correctly answer a question at a varsity quiz bowl event.

Soccer: A player must exhibit a positive attitude, commitment and effort toward team goals. Practice time and attendance will also be considered.

Speech: Practice time, attendance, and successful competition will all be taken into account at the varsity level.

Track: A participant qualifies for a letter by achieving any of the following: competing at the varsity level in at least half of the season's meets, placing at a meet as a varsity athlete, or participating for four years.

Volleyball: A player may letter by receiving the coach's recommendation and completing any of the following requirements: participate in at least 66% of the total number of regular season games, make a positive contribution to a district or state championship team, participate in a district or state championship game or state tournament game and make a definite contribution to the success of the team, or set an individual school record.

Wrestling: A player may letter by participating in 90% of all team in-season activities/competitions and either earning a medal in a varsity tournament or having a 0.749 win-percentage for the season.

Locker Rooms

General Rules

Cell phones are not allowed in the lockers rooms as a matter of best practice. Any pictures or video taken in the locker room will be considered to be a major infraction.

Students are expected to keep the locker rooms clean (i.e. keep clothes off the floor, put trash away, be good stewards of supplies, etc.). Our maintenance staff do not exist to pick up excessive messes. Any clothes left on the floor will be taken to the Lost and Found table.

Athletic Lockers

Athletic lockers will be checked out to any student who is participating in an athletic season or enrolled in a PE or Strength and Fitness class. They will be issued a school lock and are encouraged to use it, especially as visiting teams frequently make use of our locker rooms as well.

When your season ends or you are no longer enrolled in a PE or Strength and Fitness class, students will empty out their athletic locker and return their lock.

Qualifying for State Policies

When a Lutheran High team or individuals qualify for state competition, Lutheran High will provide and expect the following:

1. Transportation to and from the competition.
2. Lodging for all participants, managers, and coaches/sponsors for the duration of the competition. Participation times will dictate for which nights lodging is needed. If a participant decides not to use the lodging provided for them, they are to notify the coach/sponsor to avoid unnecessary charges for the school.
3. Supervision. Coaches/sponsors are responsible for the supervision of all participants. All participants are expected to stay together with the coach/sponsor at all times. Coaches may elect to ask a parent to

assist with supervision, keeping in mind that the coach/sponsor is directly responsible and will make decisions regarding lodging, transportation, departure times, and meals.

4. Boys and girls will not be allowed to be in hotel rooms together, unless a coach/sponsor is present.

Conflict Resolution

A Christian school is not immune to conflicts that may arise in school activities. Fortunately for us, Holy Scripture addresses how we are to treat each other in such circumstances. See what it says regarding conflict resolution:

- ✓ Paul urges us to *“walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond on peace.”* – Ephesians 4:1-3
- ✓ *“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear it.”* – Ephesians 4:29
- ✓ *“You shall not give false testimony against your neighbor.”* – 8th Commandment
 - *“What does this mean? We should fear and love God so that we do not tell lies about our neighbor, betray him, slander him, or hurt his reputation, but defend him, speak well of him, and explain everything in the kindest way.”* – Luther’s Explanation of the 8th Commandment

When we find ourselves in conflict, it is best to follow Matthew 18:15-20 in the spirit of these other verses, putting the best construction on everything so that we work to maintain Christian unity for the good of the team, as well as the school community as a whole. We also believe in equipping students with real-life skills, which means playing an active part in navigating conflict.

The following steps will be taken in case a conflict arises between a participant and their coach/sponsor:

1. The participant should inform their coach/sponsor of the issue at an appropriate time, as soon as possible after it occurs. If the concern occurs during practice or a competition, the participant should wait until afterward.
 - If the participant is uncomfortable going to a coach/sponsor alone, they may consider bringing a teammate along to assist in clarifying the problem.
2. The coach/sponsor will listen to and ask clarifying questions about the issue to gain an appropriate understanding, without penalizing the participant for voicing their concern. The coach/sponsor may delay their response as they think about how to appropriately address the concern, but will make it a goal respond within a couple days.
3. If a similar issue occurs again, the participant may choose to speak with the Activities Director or Principal, provided they have already spoken with the coach/sponsor.
4. While Lutheran High encourages students to promote their personal growth by seeking effective solutions on their own, it may sometimes become necessary for parents to become involved. This should only happen after the previous three steps have been followed.
 - Parents are expected to follow Matthew 18 as well. Coaches will have their own expectations for parent communication. Please be sure to respect those expectations and remember that extracurriculars only exist for four years, but life skills like effective communication, respect, and conflict resolution last a lifetime.

If a conflict were to arise between two participants, the expectation for how to resolve the issue remains the same. They should first seek to resolve the conflict between themselves. If that fails, bring in the coach/sponsor to assist in mediation. If the issue persists, the Activities Director and/or Principal may get involved.

It is a human temptation to speak behind someone’s back when trying to resolve or address an issue, but this can be a sinful natural reaction that hampers conflict resolution or violates the 8th Commandment by not putting the best construction on something. We teach and expect our students to follow our Lord’s

words and speak first with the person to resolve the grievance, without complaining to others about it beforehand, and we expect the same of our parents and fans.

Eligibility Policy

Our eligibility policy is designed to support our philosophy regarding extracurricular activities. Furthermore, it is intended to strengthen self-discipline, enhance physical and mental conditioning, improve the health of the participants, and provide due process for all students participating in extracurricular activities while attending Lutheran High.

Any student may be excluded from participation in an extracurricular activity or event for:

1. Conduct which would otherwise constitute for the suspension or expulsion from the school as set forth in the Lutheran High Parent-Student Handbook.
2. The violation of any rules or breach of the standards of behavior included in this Eligibility Policy.
3. Failing to meet academic eligibility requirements as set by Lutheran High.
4. Failing to meet eligibility standards as set by the Nebraska School Activities Association (NSAA)

Standards of Behavior

A student shall be excluded from extracurricular activities after the school administration has investigated the alleged conduct which has resulted in a rule violation and has determined conduct has occurred which resulted in a rule violation and that the exclusion is necessary to: 1. help the student, 2. further the mission and ministry of the school and/or, 3. prevent the student from interfering with the same. Before a student is excluded, the student and parents will be notified of such investigation, and the student will be given an opportunity to present his/her version of the behavior in question to the school administration.

These rules apply to conduct which may occur at any time during the school year, including the time frame beginning at the official starting date of the fall sport season and extending to the last day of the spring sport season, as established by the NSAA, regardless of whether or not the student is a participant in an activity at the time of such conduct.

If, following an investigation by the school administration, a student is determined to be in violation of one or more of these rules, he/she will be subject to the disciplinary action described in this policy.

Conduct which shall result in a rule violation includes, but shall not be limited to the following:

1. The possession, control, sale, consumption, or use of the following: any substance containing tobacco or nicotine, vaping device or subsidiary and ancillary products such as cartridges, alcoholic beverages, or any other prohibited substances as defined by Nebraska law.
2. Engaging in any activity which is classified as a Class III Misdemeanor, as well as more serious offenses, as provided by the laws of the state of Nebraska.
3. Causing physical destruction of school property or the property of another school.
4. Causing physical injury to a staff member, another student, or member of another team/school. Violation of this standard is grounds for exclusion of an entire season, including practices and contests.

A violation of this code of conduct will be determined to have occurred based on any of the following criteria:

1. When a student is cited by law enforcement and school officials have a reasonable basis for determining that grounds for the issuance of the citation exist.
2. When a student is convicted of a criminal offense. Conviction includes, without limitation, a plea of no contest, a plea of guilty, or being found guilty in a criminal court. Additionally, when a

student has admitted to in or been adjudicated by a juvenile court for conduct which would otherwise be criminal if charged in criminal court.

3. When a student self-reports and/or admits to violating any of the above policies.
4. When the school administration otherwise finds sufficient, reliable, and credible evidence to support a determination that a violation has occurred.

Consequences for violation of any of the above policies:

First offense –

- Exclusion for 14 calendar days (21 calendar days if not self-reported) from participation in all extracurricular activities, clubs, and school events (i.e. games, contests, performances, conferences, activity/club trips, homecoming, prom, honors convocation, speaking at graduation, etc.).
 - NSAA moratorium days shall not be counted toward the total exclusion days.
 - Students who participate in an NSAA activity may still attend games, contests, and performances with their teams, but shall be excluded from attending any other home contest or extracurricular activity sponsored by or held at Lutheran High.
 - Students who are not involved in an extracurricular activity shall be excluded from attending any home contest and any extracurricular activity sponsored by or held at Lutheran High.
- A participant may practice/rehearse at the discretion of the coach/sponsor.

Second offense –

- Exclusion for 42 calendar days from participation in all extracurricular activities, clubs, and school events (i.e. games, contests, performances, conferences, activity/club trips, homecoming, prom, honors convocation, speaking at graduation, etc.).
 - NSAA moratorium days shall not be counted toward the total exclusion days.
 - Students who participate in an NSAA activity may still attend games, contests, and performances with their teams, but shall be excluded from attending any other home contest or extracurricular activity sponsored by or held at Lutheran High.
 - Students who are not involved in an extracurricular activity shall be excluded from attending any home contest and any extracurricular activity sponsored by or held at Lutheran High.
- The student may not participate in practice.
- The student shall be required to attend/participate in a minimum of two sessions of applicable counseling as determined by the administration. The parents and student will receive recommendations for choice of a counselor. Upon completion of the sessions, they must provide written documentation of completion to the school administration within 20 days. Any cost of the counseling sessions will be assumed by the parents or guardians of the student.

Third offense –

- Exclusion for one calendar year from participation of any kind in and attendance at all extracurricular activities, clubs, and school events (i.e. games, contests, performances, conferences, homecoming, prom, honors convocation, speaking at graduation, etc.).
- The student shall be required to attend/participate in a minimum of two sessions of applicable counseling as determined by the administration. The parents and student will receive recommendations for choice of a counselor. Upon completion of the sessions, they must provide written documentation of completion to the school administration within 20 days. Any cost of the counseling sessions will be assumed by the parents or guardians of the student.

* If the student is suspended as a result of their actions (in accordance with the Parent-Student Handbook), the first day of their exclusion shall be the day the student is suspended.

** “Self-reporting” is defined as informing the coach/sponsor and the Principal/Activities Director before noon the next school day or within 24 hours if school is not in session.

*** Violations shall compound until 365 calendar days have passed since the date of the last violation, at which point the student shall be considered to have a “clean slate” with no violations.

**** Certain activities (i.e. one act, mock trial, the musical, FBLA, FFA) may need to replace an excluded participant in order to be able to compete or perform.

Academic Eligibility

All students are academically eligible to participate in athletics and other extra-curricular activities if they meet the weekly academic evaluation:

1. The Activities Director will check for failing grades once per week on Monday.
2. If a student has more than one failing grade (lower than 70%), the student will be given a one week “grace period” to improve his/her grades.
 - a. Students are allowed only one grace period per quarter.
3. If the deficiency is not corrected in one week, the student will be ineligible for the following week, and future eligibility will be based on the following weekly checks for the remainder of the quarter. The ineligibility period shall be from the Tuesday after a grade check and run through the following Monday.
4. While ineligible, participation at practice will be at the discretion of the coach, teacher, and Principal/Activities Director.
5. At the beginning of a new quarter all students are again fully eligible.

Code of Ethics for Christian Fans - Sportsmanship

“Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.” – James 1:19-20

We have a tremendous opportunity to be a witness to the God that we serve every time we show up to play, compete, present, watch, and cheer for Lutheran High. That opportunity is easier when we are successful or when all the calls go our way. That opportunity is much more difficult, though no less important, when things are not going our way. The early church spread all over the world after Jesus ascended into heaven because those early Christians lived differently than their neighbors: they loved when it didn’t make sense; they forgave people who wronged them; they remembered what was important about this life. Our main calling here is to point people to Jesus. Let us never lose sight of our Lord’s Great Commission, even when we don’t like what we’re seeing on the court or field.

As a final note, it is becoming more and more difficult to find people who are willing to serve as officials and judges for high school activities and contests. The number one cited reason why so many officials and judges are choosing to walk away is because of how parents and fans speak to and treat them. Let’s make our home events places of reprieve and kindness for the folks who enable us to even have these contests!

The NSAA shares that all participants and fans should:

- Gain an understanding and appreciation for the rules of the contest.
- Exhibit respect for the officials in all circumstances, regardless of their decisions.
- Exhibit respect for the opposing team, coaches, and fans in all circumstances.
- Show support by cheering for your team and not degrading or jeering at the opponent.
- Applaud the outstanding performance of all athletes and participants.

Remember that these thoughts about sportsmanship are just as much for fans as they are for players. Poor sportsmanship shown by any spectator may result immediate removal from a game and/or the inability to attend future events.