



**PATRIOT ATHLETICS  
2009-2010**

Important Athletic Dates

August 17	Fall Sports Report
August 27	Volleyball Home Opener
October 23	Volleyball SEC Championship
October 26	Volleyball Sub-Sections
November 12-14	Volleyball State
November 16	Girls Basketball Starts
November 23	Boys Basketball Starts
December 11	Basketball Boys & Girls Home Opener
February 16	Basketball Boys/Girls Parent/Senior Night
February 23	Basketball Girls Sub-Sections
March 2	Basketball Boys Sub-Sections
March 18-20	Basketball Girls State
March 25-27	Basketball Boys State
March 15	Softball Girls Start
March 22	Baseball Boys Start
April 8	Softball Girls Home Opener
April 8	Baseball Boys Home Opener
May 14	Softball Girls Sub-Sections
May 19	Baseball Boys Sub-Sections
June 10-11	Softball State
June 17-18	Baseball State

***“Strengthen your feeble arms and weak knees.” Hebrews 12:12***

**PATRIOT ATHLETICS**

“Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.”

I Timothy 4:12

**HOPE LUTHERAN HIGH SCHOOL**

253 Liberty Street

Winona, Minnesota 55987

School: 507-474-7799

Athletics: (507) 452-6928 ext.129

Fax: (507) 452-8992

<http://www.hopelhs.org>

Rocky Sandcork, Athletic Director

Email: rocky.sandcork@stmartinswinona.org

**2009-2010 ATHLETIC HANDBOOK**



**MISSION OF HOPE ATHLETICS**

Hope Lutheran High 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!

**Schaeffer Academy- Rochester** 59 minutes 52.10 miles

2700 Schaeffer Lane NE

Rochester, MN 55906

507-286-1050

Baseball is at: Hudson field; [850 Essex Pkwy NW](#)

Rochester, MN 55901

To School:

West- I-90

Right- MN-42 / CR-7 (Exit 224)

Left- US-14 W

Right- 30<sup>th</sup> Ave SE / CR-22 N

Right- CR-2 E / Viola Rd. NE

Left- Schaeffer Ln.

**Spring Grove High School** 1 hour, 28 min 54.45 miles

113 2nd Ave Nw

Spring Grove, MN 55974

South- US 61

East – I-90

Take exit #275 onto US 61 South toward La Crescent

US-14 E / US-61 S becomes MN-16 W.

LEFT onto MILL ST / MN-44. Continue to follow MN-44

RIGHT onto 2ND AVE NW / TOWNSHIP RD 57.

**Stockton Fields, Stockton, MN**

West- Highway 14

Left -Broadway (in Stockton) Fields are on the right!

**Wabasha-Kellogg H.S.** 48 minutes 32 miles

2113 Hiawatha Drive East

Wabasha, MN 55981-1780

Phone: 651-565-3559

North- Hwy 61

Right-CR 30

Left –Stay on CR 30

## **GOD'S GRACE TO YOU & 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 Hope Lutheran High 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 Hope.

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 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 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.

Remember, this is an education that goes beyond a lifetime!

Rocky Sandcork  
Athletic Director

## **PHILOSOPHY OF ATHLETIC PROGRAM**

It is the aim of Hope Lutheran High School's athletic program to facilitate the mission of HLHS 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 HLHS 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.

HLHS 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 Association churches and the Lutheran 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 they relate to team oriented activities.

## **Mabel-Canton High School**

South- 43.  
West- I-90  
South- 43  
South- Mill St.  
South- Main St.  
Left- W. Fillmore 316 W. Fillmore Ave

## **Melrose-Mindoro High School** 58 minutes 37.05 miles

N181 State Road 108  
Melrose, WI 54642-8280  
608-488-2201

North- MN-43/Winona St.  
Right- WI-54. (Slight Right on WI-35. then go straight on WI-54 E/WI-93 S.)  
Left- WI 54  
Right- CR-VV  
Left- CR-Q  
Left- WI-108

## **Red Wing High School** 1 hour, 40 min 66.12 miles

2451 Eagle Ridge Drive  
Red Wing, MN 55066  
651-385-4605

North- Hwy 61  
Left- West Ave – turn right to stay on West Ave. This turns into Twin Bluff Road  
Right- Pioneer Rd./County 66 Blvd.

## **Rollingstone City Park**

North-US 61  
Left- MN 248  
Right- State Street (in Rollingstone)  
Left- Main Street  
Right- Broadway (CR 25)  
Right- Park Street

## PATRIOT COACHING STAFF 2009-2010

### SOCCKER

Head Coach: Glenn Going

### VOLLEYBALL

Head Coach: Angie Meyer

### BASKETBALL Girls

Head Coach:

### BASKETBALL Boys

Head Coach: Kevin Meyer

### SOFTBALL

Head Coach: Kevin Meyer

### BASEBALL

Head Coach: Tom Schwerzler



## AWARDS BANQUET

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

## UNIFORMS

Uniforms will be supplied 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 Hope Lutheran High School. Uniforms must be taken care of, returned washed and clean by due date set by the athletic director or be subjected to a fine to be determined by the athletic director and withholding of report cards and transcripts until the uniform is received.

## PHYSICAL EXAMINATIONS

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

**Cotter-Winona: St. Teresa's Gym** 10 minutes

West- Broadway

Left- Vila- St. T's is a block and 1/2 on the left

**Coulee Christian School** 49 minutes 36.53 miles

230 West Garland Street

West Salem, WI 54669-1175

East- I-90 (Take the CR-C exit- EXIT 12- toward West Salem)

Left- Neshonoc Rd/CR C

Left- Garland St. /CR C. Continue to follow GARLAND ST E. This road goes right past the school but you cannot access it from Garland. You need to turn right onto Youlon Street. The entrance is on the back side of the school.

Right- Youlon St.

Left- Into Coulee Christian

**Deaf- Minnesota State Academy for the Deaf** 1 hour 53 minutes

615 Olaf Hanson Drive

Faribault, MN 55021-0308

Phone: 507/332-5400

[www.msad.state.mn.us](http://www.msad.state.mn.us)

South- MN 43

West -I-90

North- US 52

Left- MN-60/HIGHWAY 60 BLVD (Take the MN-60 W ramp toward ZUMBROTA/KENYON.)

Right- 2<sup>nd</sup> St/MN-60/COUNTY 12 BLVD/CR-12/HIGHWAY 60. (Continue to follow MN-60)

Right -MN-299/6TH AVE NE. (Stay STRAIGHT on MN-299)

Left- to stay on MN-299.

**Luther High School- Onalaska** 43 minutes 29.80 miles

1501 Wilson St.

Onalaska, WI 54650-3142

1-608-783-5435

East- US-61 S/US-14/I-90

Left- Take the WI-157/US-53 N exit- EXIT 4- toward WI-16/La Crosse/Onalaska

Left- Main Street

Left- Oak Forest

Right- Wilson St.

**Lyle/Pacelli H.S.** 1 hr 40 minutes 92 miles

700 2nd Street

PO Box 359

Lyle, MN 55953

Phone: 507-325-2201

South- 43.

West- I-90 (exit 180B)

South- US-218/21<sup>st</sup> St NE

Left- Pershing Ave

Right- E 2<sup>nd</sup> St

TO AUSTIN -Lyle Pacelli for SB/BB at **Todd Park**

To get to Todd Park for softball take I90 to Austin and exit at 178B (6th St.NE), take a right at stop sign, take another right at stop sign.

The road will Y go left stay on this road right after RR crossing it will Y again so stay Left again and you will see a large parking lot on the right. You are there.

Now to get to Marcussen for baseball go back the way you came but go under the interstate. It will look like you will drive into the Hormel plant, go right and follow around the plant to the stop light and turn left, that will be Main Street. You will go through downtown and go over a bridge and the ball park will be on your right.

## **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:

- A. Teach by example a Christian attitude towards all. All members of Hope staff will encourage and help, but it is the parent/guardian who must be the main instructor.
- B. Assist the student to establish proper priorities with respect to church, family, peers, studies, and play.
- C. Encourage and participate in the development of the student's athletic abilities. i.e. (support summer camp and other activities that will enhance performance)
- D. Teach the student and be a role model for the student in dealing with coaches and peers.
- E. Support the student's commitment to teams. Make the commitment to attend games, driving 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.
- F. Develop within the athlete, foresight which enables him/her to accept responsibility for both individual and group actions
- G. Instill in the athlete, good health habits towards food, sleep, cleanliness, spiritual life, and exercise.
- H. 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.



**Houston High School** 47 minutes 28.33 miles  
306 West Elm Street  
Houston, MN 55943-0363  
507-896-3378

East- I-90  
South- MN 76 (exit 257 toward Houston)  
Left- E Cedar St. / MN-76 / MN-16  
Right-S Ellsworth St.  
Left- W Elm St.

**Kingsland High School** 65.1 mi – about 1 hour 17 mins  
705 N Section Ave  
Spring Valley, MN 55975-1534  
Phone: 507-346-7276  
www.kingsland.k12.us

South-MN 43  
West – I-90  
South- MN 10 Dover exit  
South- MN 5 to Wykoff  
West- MN 16 to Spring Valley

**LaCrescent High School** 40 minutes 26.82 miles  
1301 Lancer Blvd.  
La Crescent, MN 55947  
507-895-4452

East- US 61 (becomes MN-16 W)  
Right- S 14<sup>th</sup> St.  
Right- Lancer Blvd.

## **ELIGIBILITY**

Students are expected to place a priority on spiritual growth and academic achievement. Academic progress must be demonstrated in order to have the privilege of participating in Patriot Activities.

In order to participate in school activities students need to be achieving at a passing level in each of their classes. Students may become ineligible for participation according to the following system:

At the end of each week teachers will report to the principal the names of any students who are performing at a failing level during the past week- a “70% or below”. At this point students will be put on the "Down" list, meaning that they will have one week to improve their grades to a passing level. There are no restrictions on student activity while on the "Down" list.

The teachers may provide the students on the "Down" list an opportunity to raise their grade during that week. Some possible ways of doing this could be through daily assignment, tests, redoing previous daily work, retaking previous tests, class participation, or extra credit. However, teachers are not required to accommodate, change, or add to their coursework for students on the "down" or "off" list.

If a student has been put on the "Down" list for one week and has failed to raise his grades to a passing level in all subject areas, they will then be put on the "Off" list until they have raised their grades to a passing level for a period of at least one week. Students who are on the "Off" list will not be allowed to participate in any games, but must continue to practice with the team and dress for games.

The Principal/Athletic Director will notify the student, parents, and coaches when students are placed on the "Down" or "Off" lists. Notification will come by letter, email or phone call.

Students who have failing grades at the end of each quarter will be placed on the "Off" list for a period of two weeks at the beginning of the next quarter.

## **TRANSPORTATION**

Parents are responsible to get their children to all practices and games. Carpooling is suggested but parents are responsible to arrange the rides. The coaches/school are not responsible for arranging rides. Further, all designated drivers must be at least 21 years of age.

## **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.

## **TAMING THE TONGUE**

“When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell.” James 3:3-6

Taming the tongue is a life long process. God is our guide and with His help we can do it, but not without. Cursing in Hope Lutheran athletics is not tolerated. However as slips of the tongue occur, they will be dealt with the love, discipline, and forgiveness that Christ has directed us. Cursing will be dealt with according to God’s plan in conjunction with coaches and the athletic director or principal.

**Lanesboro H.S.** 1 hour 38 miles

100 Kirkwood

Lanesboro, MN 55949-0410

Phone: 507-467-2229

Fax: 507-467-3026

South- 43

West- I-90

South- 43

West- 16

Right- Sheridan St E

Right- MN-250

Right- Kirkwood St. E

**LeRoy-Ostrander High School** 1 hour 53 min 88.7 miles

406 West Main

PO Box: PO Box 1000

LeRoy, MN 55951

507-324-5743

South-MN43

West-I-90

South- US 63

Right- MN 56/Main Street

**Lewiston-Altura High School**

120 Co. Road 25

PO Box: PO Box 741

Lewiston, MN 55952

Phone: 507-523-2191

North – US 61

West- Hwy 14

**Faith Christian School- Rochester** 51 minutes 46.00 miles

4016 28th St SE  
Rochester, MN 55904-6038  
507-289-8094

West- I-90

North- US-52

Right- MARION RD. (go approx 2 1/2 miles on Marion, you will go by a Conoco gas station)

Right 28<sup>th</sup> St. SE (Faith is the first drive on right at 4016 28th St SE)

To Soccer Fields:

West- I-90

North- US 52

Right- 63

Left- 20<sup>th</sup> St. SW

Left- 125 (Mayowood Rd)

Field is between Bamber Valley Road and 18<sup>th</sup> Ave on Mayowood

**Filmore Central High School**

507-886-6464

To Softball field

If you come in to Preston on Highway 16 (through Lanesboro) it will intersect with Highway 52 and you will come down a big hill. At the bottom of the hill turn left (before the bridge). Stay on that road about 1 mile. There will be a river on your right and bluffs on your left. You will then go past the fairgrounds. At the far end of the fairgrounds (you will see the gates to the fairgrounds on your right) take a left. The road curves around a little bit and you will see the diamonds from the road. Go to the stop sign and take a left and you will be able to pull into the diamonds.

At the bottom of the hill turn left onto County Rd 12 (Fillmore Street). ... at the end of the fairgrounds take a left onto Park Street. Just adding those two street names to the directions.

**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 who arrive to school after lunch will not be allowed to participate in the athletic contest that night.

**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 Hope Lutheran High School Athletics. Students should dress appropriately as specified by coaches.

**MSHSL**

Hope Lutheran High School is a part of the Minnesota State High School League. This league provides many benefits to Hope. Hope is allowed to participate in sub-section, sectional, and state tournaments. For much more information the website is: <http://www.mshsl.org>

## **SOUTHEAST CONFERENCE (SEC)**

Hope Lutheran High School is a member of the Southeast Conference. Hope competes with the following high schools: Glenville-Emmons, Grand Meadow, Houston, Lanesboro, Leroy-Ostrander, Mabel-Canton. Lyle-Pacelli, Spring Grove, and Schaeffer.

Volleyball B-games start at 6:15 and varsity 20 minutes after B-game. We play 9th grade games at 5:15 if you have 9th grade team.

Basketball is JV-game 6:00 and varsity 20 minutes after B-game. For Girl/Boy doubleheaders Girls at 6:00 and Boys 20 minutes after. The following year it will be reversed.

Find more information and links at:  
<http://www.southeastconference.org>

## **SCHOOL CANCELLATION**

If school is called off for whatever reason, this means the athletic event is canceled. Check with the administrator or the athletic director to see if the event is rescheduled.

## **FORMS, FEES & INSURANCE**

All student/athletes participating in activities during the year must have a permission/participation form for each activity throughout the year. In addition, the athletic eligibility, informed consent, and health questionnaire forms must be on file and they are good for the entire school year. Each student athlete must also have the activities fee paid and physical exam on file before participating in practices and games unless other arrangements have been made with the financial aid department. Parents are required to have adequate health insurance to cover their child in case of injury and car insurance if transporting student/athletes.

**Glenville-Emmons High School** 1 hour 45 min 110.67 miles

230 - 5th Street SE

Glenville, MN 56036-9772

507-448-2889

West- I-90

South- I-35 S (via EXIT 159A toward Albert Lea)

South- US-65 S Exit 8

Left- 1<sup>st</sup> Ave SW

**Grand Meadow High School** 1hr 15min 75 miles

710 4th Ave NE PO Box: 68

Grand Meadow, MN 55936

507-754-5310

South- MN 43

West -1-90

South- US 63

Right- MN 16

**Holmen High School** 39 minutes 27.60 miles

1001 McHugh Road P.O. Box 430

Holmen, WI 54636-0430

608-526-9208

South- Hwy 54 Cross the Winona Bridge to Wisconsin

South- Hwy 53 (pick up in Centerville to Holmen)

Take the McHugh Road Exit.

Right- McHugh Road (east) about 2 blocks to Holmen High School entrance.

Left- Into student parking lot.

Field is to the right of the stadium behind a row of pine trees.

