



The EAGLE I Witness News

July 2019

.....Immanuel Lutheran SC Athletic Monthly Newsletter.....

MISSION: To give interested students an opportunity to further develop their God-given athletic talents for the sake of social, physical, mental, and spiritual growth so they can better serve God's church and the community.

WELCOME BACK

We are excited to start another Immanuel Athletic Season. We look forward to the practices and games, the ups and downs, and the relationships made and strengthened throughout the year. Most importantly we are ready to JOYFULLY BUILD our relationships with our Lord and His people through our selfless words and actions on the athletic field.

Please refer to the Immanuel's Parent Handbook for complete Athletic program information. **Mr. David Schoedel returns as the Athletic Director. Questions? Contact: dschoedel@immanuelstcharles.org**

ATHLETIC NEWS

To find athletic news and information, go to your Immanuel parent portal and click on School Links and Files and use the drop down menu and scroll to athletics. You will find needed forms and links to schedules, registration, and spiritwear. **Don't forget to follow Eagle Sports on twitter @ImmanuelEagles.**

AVAILABLE TEAMS for Grades 5-8

We encourage all students in grades 5-8 to participate in Immanuel's school sports. Below are the scheduled teams. The number of teams can vary depending on the number of students that participate. ("A"=7th and 8th graders and sometimes 6th graders and "B" = 5th and 6th graders and sometimes 4th graders.)

Fall Sports

Grade 6-8 "A" Coed Soccer
Grade 4-5 "B" Coed Soccer
5-8 Boys and girls X-Country
Grade 7-8 A1 Girls Volleyball
7-8 A2 Girls Volleyball
Grade 6 Girls Volleyball
Grade 5 Girls Volleyball

Coaches

Mr. Allan Smith
Mr. Travis Skeen
Mr. Caleb Egger
Miss Paige Hallemeier
Ms. Jolene Siebarth
Mrs. Susie Schmieding & Mrs. Debbie Boyer
Mrs. Kayla Egger

Winter Sports

Grade 7-8 A1 Boys' Basketball
7-8 A2 Boys' Basketball
5-8 Cheerleading
7-8 A1 Girls Basketball
Grade 6 Girls Basketball
Grade 6 B1 Boys Basketball
Grade 5 B2 Boys Basketball
Grade 5 B2 Girls Basketball
Grade 8 A1 Boys' Volleyball
Grade 7 A2 Boys Volleyball

Coaches

Mr. David Schoedel
Mrs. Liz Harbers & Miss Allyson Hoger
Miss Claire Schoedel
Mr. Michael Webb
Mr. Brandon Baker
Mr. Jon Larson & Mr. Ricky Brettelle
Mr. Grant Krueger
Mrs. Susie Schmieding
Ms. Jolene Siebarth

Spring Sports

Grade 5-8 Boys and girls Track

Mr. Caleb Egger, Mrs. Nancy Stotts, Ms. Lynn Bayer, Miss Paige Hallemeier, Mrs. Laurie Mosher

PERMISSION TO PLAY

Every student participating in 5-8 sports must have a current doctor's exam BEFORE he/she can begin a season. Current means one year since last doctor's permission. No exceptions. This doctor/parent permission form may be picked up in the school office, or downloaded from the school website. Turn in the form at registration days or to the school office before the first tryout or practice. Call your doctor EARLY!

HOW TO SIGN UP **Registration is Open August 1!**

You will officially sign-up your child for sports through The MySchoolBucks program that we use for most school payments. **You simply go to www.myschoolbucks.com, create your account, add your student, (use your student ID #), go to athletics, click on appropriate sport, and follow all the prompts.** If you have trouble, please contact school administrative assistant Linda Borchers.

TRY-OUTS

7-8 Try-outs: *We do have tryouts at the 7th and 8th grade level for certain sports. We will have an A1, A2, and sometimes an A3 team that will be determined by numbers, skill level, attitude, and school eligibility. The A1 team will represent Immanuel as our top team and play in the St. Louis Lutheran Athletic League Play-Offs.*

TEAMS that usually have try-outs, and may have cuts:

7-8 Girls' Volleyball 7-8 Co-ed Soccer
7-8 Girls' Basketball 7-8 Boys' Basketball

All other sports: There are no try-outs in any 5/6 "B" sport or any level of cross country, boys' volleyball, track, and cheerleading. Everyone makes the team.

PARENT HELP

The athletic program will never succeed without parent help. Parents will be asked to keep score, line judge, run the clock, be a team parent, operate the home concession stand, and/or other non-coaching activities that are necessary for the **success** of the program. At the lower levels, we will even ask parents to help coach some of the teams. *Support the coach and team, cheer in a positive way.*

THE I.A.A.

For parents who really take an interest in Immanuel's athletic program, they can join the Immanuel Athletic Association. This school organization supports the athletic department with raising money, developing ways to enhance the program, finding volunteers, and then helping those volunteers. Meetings are typically once per month on Wednesdays from 5:30-7pm. The first meeting of this 2019/20 school year is August 14 from 5:30-6:30pm in the School Library. **PLEASE COME HELP US HELP YOUR KIDS!**

EAGLE SPIRITWEAR

Show your Eagle pride! To order spiritwear for your child or to get your middle school P.E. uniform, follow the links on your parent portal and get them ordered. The direct link is <https://www.foobadap.com/collections/ils-spiritwear> AND OUR PASSWORD IS **Spirit** , case sensitive.

ALL SCHOOL CROSS COUNTRY

Does your child love to run? Any student in K – 8th grade may participate in Immanuel's League Cross Country "Fun Run" Races. These Cross Country Meet Dates are listed below. Any interested student may participate at these

meets. Typically K-2 runs ½ mile, 3-4 runs ¾ mile, 5-6 runs 1 mile, and 7-8 runs a 3K. Info for each meet will be shared by Head XC Coach Caleb Egger and Junior Eagle XC Coach Mrs. Anna Beilsmith as soon as the information comes out from meet hosts. Anna will coach, have some practices, and sign up runners from grades K-4. The official cross country team is grades 5-8 and will practice after school and run as a team, but any student can run in these, team or no team:

Monday	Sep. 9	4:00pm	LHS-St. Charles Invitational
Saturday	Sep. 21	8:30am	Lutheran South HS
Wednesday	Sep. 25	4:30pm	Messiah @ Laurel Park
Saturday	Oct. 5	9:00am	City Meet @ Concordia Seminary
Saturday	Oct. 19	11:00am	State Meet @ Camp Trinity, New Haven

PARENT/COACH MEETING

Once your child signs up for a sport, be ready to attend the "Parent/Coach" Team Meeting during the first or second week of the season. **These are extremely important meetings to assist our parents and coaches.** A parent must be at this meeting. Information of team policies, procedures, and other important info will be given, including a full season schedule. Your coach will inform you when this meeting will be.

ALL PRACTICES and GAME DAYS

AT THE BEGINNING OF THE SCHOOL DAY, all players should pack and bring a snack, drink bottle, APPROPRIATE shoes, practice clothes, and/ or uniform. If the game or practice is in our gym, it should be shoes that are only worn indoors. Practices start promptly at the start time. The student athlete should arrive 15 minutes early whenever possible. If it is a game, arrive 45 minutes early. For all 5:00 home games or practices, a study hall will be provided by the coach or parent volunteer for those that can't go home and come back. Students are NOT allowed to wander the streets to get food etc. They must stay on campus or be accompanied by an adult in order to leave Immanuel's campus.

OFF CAMPUS PRACTICES and GAMES

Some of our practices are off site and many games are played at our opponent's school/game site or at some neutral location. It is the responsibility for each family to get their child to said practice or game. Again, get to practice preferably 15 minutes early, but not sooner, and arrive 45 minutes before a game begins. Carpooling with other parents is encouraged. If it is an out of town overnight tournament, more detailed information will be provided by the AD, Coach, and Team Parent.

TYPICAL ATHLETIC PRACTICE TIMES Mon-Fri

Practices usually will be as follows:

Early: 3:30 – 5:00

Middle: 5:00 – 6:30 with study hall offered (3:20-4:50)

Late: 6:30 – 8:00 Players will go home and return

Saturdays: Only basketball, anytime 9 am to 4:30pm.

Efforts are made to give you a consistent schedule, but with so many teams, venues and changes, check your schedule frequently and watch for email and text alerts.

REMEMBER, BEFORE YOU CAN PRACTICE OR TRY-OUT, YOU MUST BE REGISTERED ONLINE AND HAVE YOUR PARENT/DOCTOR'S PERMISSION FORM TURNED IN TO THE SCHOOL OR AD OFFICE.

BOYS & GIRLS CROSS COUNTRY TEAM

Once school starts, Practices are 3:45-5:15 on Tuesdays and Thursdays at McNair Park by the main entrance concession stand, and Fridays at 370 Lakeside Park by the Archery range. The first practice is Wednesday August 14th from 3:45-5:15pm at McNair. Wear running shoes, lightweight clothes, and bring a water bottle. Season runs August to October 28.

COED SOCCER

Practices are at McNair Park on Droste Road behind the tennis courts and our home games are mostly at Mueller 370 Soccer Park. "A" soccer's first practice is on Monday August 5 from 3:45-5:30pm. Wear soccer cleats, light weight clothes, and bring a water bottle. The first 4th-5th grade "B" soccer practice is Monday August 12. "A-Team" soccer practices are Mondays 3:45-5:30pm and Wednesdays from 5:30-7pm. B-TEAM PRACTICES ARE Mondays from 5:30-6:30pm. Season runs August to October 20.

7-8th GRADE GIRLS VOLLEYBALL

All practices are in Immanuel's gym. Bring and wear clean VB shoes to practice and wear appropriate practice clothes. We will have 2 teams with the top players making our top A1 team. Try-outs are August 12 6-8pm and August 13 from 9-11am and Thursday August 15 from 3:30-5pm. Teams will practice usually from 3:30-5pm and from 5-6:30 pm. Season runs from August to November 10.

5 & 6th GRADE GIRLS VOLLEYBALL

5th grade has their first practice from 6:30-8pm on Monday August 19 and will typically practice Mondays at 6:30 and then Thursdays right after school 3:30-5pm. Grade 6 will practice from 6:30-8pm most Mondays, 5-6:30pm on Tuesday, and 3:30-5pm most Thursdays. Their first practice is Friday August 16 from 3:30-5pm. Season runs from August to October 20.

WINTER SPORTS

7-8 Basketball: November 1 - March 26.

5-8 Cheerleading: November 1 - March 14

5-6 Basketball: January 1 - March 18.

3-4 basketball: January 1 - March 18

7-8 Boys Volleyball: February 17 - April 2

SPRING SPORTS

5-8 Track: March 23 - May 16

NEW 3rd & 4th Grade AFTER SCHOOL BASKETBALL

This will replace Start Smart basketball as our instructional league. It begins in December and instruction and games will be played through March on Friday afternoons from 3:15-5pm. Teams will be formed in 3rd grade and 4th for girls and then 3rd and 4th for boys. More info will be provided as the season nears.

Other Kindergarten – 4th Grade Sports:

Immanuel does not officially organize any other sport teams at this level, but we will assist interested families to find or form teams to compete in local volleyball, soccer, and basketball leagues. There is usually some parent in each grade that tries to get kids together to form a team, *like this:*

Lutheran High has a soccer league for grades K-4 which includes 1 practice a week with the player's team and coach, 1 game a week, and a jersey. PLUS, it includes a 6 wk. program through their JR Cougar Soccer partnership with Global Premier Soccer Club which teaches soccer using a fun and energetic curriculum, focusing on motor skills and basic ball manipulation. If you want more information, contact Lutheran High's Coach, Mike Wilhite at mwilhite7@gmail.com