



The EAGLE I Witness News *August 2018*

.....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 eagerly SERVE 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. We are happy to announce that Mr. James Mitchell will act as assistant athletic director and part time PE Instructor. Questions? Contact: dschoedel@immanuelstcharles.org**

ATHLETIC NEWS

To find athletic news and information, go to www.immanuelstcharles.org and click on athletics. 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
- 6-8 Jr Cougar Girls Softball
- 6-8 Jr Cougar Football

Coaches

- Mr. Allan Smith
- Mr. Tom Blackman & Mr. Travis Skeen
- Mr. Caleb Eggers
- Ms Lynn Bayer
- Ms Jolene Siebart
- Mrs. Debbie Boyer & Mrs. Kirsten Bredensteiner
- Miss Kayla Sombke & Mrs. Susie Schmieding
- Mr. Jeremy Tharp
- Mr. Ken Propst

Winter Sports

- Grade 7-8 A1 Boys' Basketball
- 7-8 A2 Boys' Basketball
- 5-8 Cheerleading
- 7-8 A1 Girls Basketball
- Grade 6-7 A2 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
- Mr. James Mitchell
- Miss Liz Salzberg
- Miss Claire Schoedel
- Mrs. Shauna Henderson
- Mr. Tom Reed
- Mr. Brandon Baker
- Mr. Michael Webb
- Ms. Jolene Siebarth
- Mrs. Susie Schmieding

Spring Sports

- Grade 5-8 Boys and girls Track
- Grade 5-8 Boys & Girls Golf

- Mr. Caleb Egger, Mrs. Nancy Stotts, Ms. Lynn Bayer, Miss Paige Hallemeier
- Mr. Blake Bredensteiner

PERMISSION TO PLAY

Every student participating in 5-8 sports must have a current doctor's exam BEFORE he/she can begin a season. 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!**

You will officially sign-up your child for sports through The MySchoolBucks program that we use for most school payments. **You simply go to myschoolbucks.com, use your student ID #, create your account, go to athletics, click on appropriate sport, and follow all the prompts.** If you have trouble, please contact school administrative assistant Linda Borchers. If your child is interested in the Junior Cougar softball or football programs, just contact David Schoedel and he can direct you to the right source.

SPORTS INFORMATION NIGHT

On Wednesday, August 16th at 7 pm in the Fellowship Hall, we will have a **ONE-TIME IMMANUEL ALL SPORTS PARENT INFORMATION NIGHT** for any and all sports for the year. Any parent, especially 5th grade parents are encouraged to attend. We will cover an overview of the entire school year and parents can ask questions or give concerns.

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 2018/19 school year is August 15 from 5:30-6:30pm in the Fellowship Hall. **PLEASE COME HELP US HELP YOUR KIDS!**

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. Fun 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 CC Coach Caleb Eggers as soon as the information comes out from meet hosts. Mrs. Megan Deines will coach 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:

Thursday	Aug. 30	4:30pm	LHS St Charles
Saturday	Sep. 22	8:00 am	Lutheran South HS
Wednesday	Sep. 26	4:30pm	Messiah @ Laurel Park
Saturday	Oct. 6	10:00am	City Meet @ TBA

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 Monday and Wednesday at McNair Park by the main entrance concession stand, and Wednesday and Thursday at 370 Lakeside Park by the archery area from 4:00-5:00 pm. The first practice is Monday August 20th from 4-5 pm at McNair Park. Wear running shoes, light weight clothes, and bring a water bottle. Season runs August to October 21.

COED SOCCER

Since many of our Lutheran schools are small, nine years ago our league began to allow girls to play on the soccer team to help fill out teams. 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 1st practice is on Monday August 13 from 5:30-7pm. Wear soccer cleats, light weight clothes, and bring a water bottle. The first 4th-6th grade "B" soccer practice is Wednesday August 29. "A-Team" soccer practices are typically Mondays 5:30-7pm and Wednesdays from 3:45-5:15pm. 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 13 4-6pm and August 14 from 9-11am and Thursday August 16 from 3:30-5pm. Teams will practice usually from 3:30-5pm and from 5-6:30 pm. Season runs from August to November 5.

5 & 6th GRADE GIRLS VOLLEYBALL

5th grade has their first practice from 6:30-8pm on Monday August 20 and will typically practice Mondays 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 19 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: Feb 19-March 20

SPRING SPORTS

5-8 Track: March 20-May 20

3rd & 4th Grade START SMART B-BALL LEAGUE

This league begins in January and games will be played in February and March on Sunday afternoons. Teams will be formed in 3rd grade and 4th for both girls and 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.