

Freshmen / New Student Athletic Information

Welcome to KNIGHT KNATION!

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Congratulations on your graduation from your individual grade schools and WELCOME to Luther High School! You will be starting a new stage in your life as you begin your high school education very soon and we are so excited that you have chosen to continue this next chapter at Luther High School.

Luther's mission is "to provide a Christ-centered education that

encourages and equips students for life and eternity." The teachers and staff at Luther are excited to welcome you to **"YOUR LUTHER HIGH SCHOOL"**!

Whether participating in a sport, serving as a manager or statistician for a team, or cheering on your friends and classmates, you will feel part of the Knight family.

This newsletter is intended to give you

some basic information that will help you transition to your new school. Please take some time to review all of the material included.

If you have any questions, please contact Luther's Athletic Director, Joel Babinec.

May God bless your summer and your next four years as a Luther Knight!

Summer Strength Training Program

Are you looking to improve your athletic performance? It is vital to your next athletic season's success to incorporate strength and speed and agility training. Luther's summer training program focuses are injury prevention, increasing strength and power, and developing speed, agility, and quickness for athletic performance. Not only will you be doing everything to help your team next season, but working to prevent injury to keep you in the game.

The summer strength program will offer lifting programs designed by a certified strength trainer and will include weight training on Monday, Tuesdays and Thursdays throughout the summer months. Each Wednesday will be a speed/agility training day.

Regardless of your experience with weight training, our summer staff can help you get started with an appropriate weight training program. In addition, it will be a great way to meet new classmates and to get your great start on your high school athletic conditioning.

Summer Schedule

6:30-7:30 am

Weight Room

June 5, 6, 8
June 12, 13, 15
June 19, 20, 22
June 26, 27, 29
July 5, 6
July 10, 11, 13
July 17, 18, 20
July 24, 25, 27

Speed/Agility

June 7, 14
June 21, 28
July 5, 12
July 19, 26

Important Dates

- **July 31** – New Parent / Athlete Sport Orientation Meeting – 6 pm **SEE BACK PAGE**
- **August 1** – First day of football
- **August 8** – First day of girls' tennis
- **August 14** – First day of cross country and volleyball
- **August 21** – Freshmen Orientation Day
- **August 22** – Opening Service/1st Day of School

“Physical Cards (green), Permission to Participate Cards (blue), and Concussion Form (yellow) MUST be on file BEFORE any athlete is allowed to practice.”

Sport Physical Examinations Required

All incoming freshmen must have a current physical card on file with the athletic office in order to participate in any sport.

Physicals completed on or after April 1 are valid for the following TWO school years. Physicals completed prior to April 1 are valid for the

remainder of that school year and the following school year.

Physical Cards (green) are included with this newsletter for your convenience.

Plan ahead and make your appointments now!
Athletes may NOT practice without this physical card on file – NO EXCEPTIONS!

Physical Cards may also be printed by visiting the Luther High School Athletic web page.

IMPORTANT REMINDER...

Schedule your physical appointment NOW – do not wait.

Permission to Participate Forms

The Permission to Participate (Blue) Card is required to be completed prior to the first practice for all athletes. The purpose of the Permission to Participate card is three-fold:

1. Acknowledgement that parent and athlete has reviewed the LHS Athletic Handbook.
2. Acknowledgement that parent and athlete are aware of WIAA eligibility rules .

3. Parent permission for student to participate in sport.

This “blue” card is completed annually by all students wishing to participate in sport and is a WIAA requirement for participation.

Like the physical card, this permission form must be completed, signed by both athlete and parent, and on

file with the athletic office prior to the first practice. The 2023-24 Luther Athletic Handbook is available for review on the athletic web page.

You may also request a printed copy by contacting Dulcey Zillmer, Luther’s Athletic Administrative Assistant, by calling 608-783-5435 ext. 1647.

Wisconsin State Concussion Regulations

Wisconsin State Law requires athletes and parents to review concussion awareness information and to sign an acknowledgement form prior to participation. This form is only completed once per

school year. The information pamphlets are available on the Luther web page. The acknowledgement form is included with the mailing. The goal is to make sure that parents and athletes are well-informed about

symptoms of concussions and how best to proceed should your athlete receive one.

Please complete and return to the athletic office prior to the first practice.

ImPact Testing

Luther High School utilizes the ImPact baseline concussion testing program. Athletes participating in football, volleyball, basketball, wrestling, hockey, baseball, softball and some track events must complete this test prior to practice. The ImPact test must be completed prior to your first season of participation as a Freshman and again as a Junior.

The purpose of the ImPact test is to provide baseline data of healthy athletes to be used by medical personnel in the event of a concussion.

This test is completed in the computer lab at Luther High School under the direction of our athletic trainer. The test takes about 45 minutes to complete.

Testing times this summer are:

July 17	3:00 pm	(FB)
August 1	2:00 pm	(FB/VB)
August 14	7:00 am	(VB)

Please plan to attend one of these dates.

All Freshmen Survey

In order to help us plan for the upcoming sport season, each student should complete EACH of the surveys below. To date over 60 incoming freshmen have completed these surveys.

If you have done so, THANK YOU! There is no need to complete them again. If you have not completed each survey, please do that with your son/daughter today. Each survey will take no more than 1 minute to complete.

The information, however, is very important to us. It helps us plan and also gets pertinent information to you to help you plan as well!

Fall Sport Survey - <https://forms.gle/zk4wqVag7wdiRVFJ6>

Winter Sport Survey - <https://forms.gle/t1QU8Y919G5yybVG7>

Spring Sport Survey - <https://forms.gle/zTdyQ63X9mYCdmvY7>

Complete each survey as soon as possible!

Luther Knight Athletic Booster Club (LK-ABC)

Luther's Athletic Booster Club is planning a number of activities this coming summer and into the 2023-24 school year. Its purpose is to promote interest in and to sponsor activities in support of athletics at Luther High School. Charter memberships in the revitalized club may be secured by contacting LK-ABC by emailing: lkabc2018@gmail.com

The Booster Club is sponsoring a cook-out prior to the athletic pre-season meeting at Luther on Monday, July 31. Food will be served starting at 4:30 pm in the Luther Commons. Come for some good food, fellowship and learn more about the Booster Club.

Membership in the LK-ABC will be a great way to actively support the sport programs at Luther and hundreds of athletes each year! Please consider a membership in the Booster Club. Watch for more information on activities planned and ways to get involved!

Contact Days

Each school is allowed to schedule "contact days" during the summer months. In essence, these contact days allow our Luther coaches to work specifically with Luther students on skill/team development.

Here is a listing of teams that will be holding contact days and the times. For more information about these days, please contact the head coach of each sport directly.

Football	July 17-21	4:00-7:30 pm
Cross Country	July 6, 7, 19-21	8:00-10:00 am
Volleyball	July 19-21	9:00-3:00 pm
	July 26-27	8:00-3:00 pm
Girls Tennis	June 7, 12	8:00-10:00 am
	July 12, 19	8:00-10:00 am
Girls Basketball	June 6, 11,	1:00-3:00 pm
	July 11, 18, 25	1:00-3:00 pm
Boys Basketball	June 11	5:00-7:00 pm
	July 10-13	9:00 am-12:00 pm

Information on any co-op sport contact days will be shared as it becomes available.

Luther Knight-Athletic Booster Club Girls Basketball Skills Nights

The goal of LK-ABC Skills Night is to provide an opportunity for anyone to work on their basketball skills. Participants will have the freedom to work on improving their game on their own, alongside others, or to ask questions from the instructors available at each skill night. This is a completely free opportunity that is geared toward helping participants grow in their abilities.

Basketball Skills Nights are held on selected Thursdays from 4:30-6:00 pm. Dates in June include 8, 22, 29. July dates are 13, 27. They are open to all girls entering grades 8-12. Check r-school for exact dates.

Go Knights!

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We're on the Web!

See us at:

www.lutherhigh.org

Parent/Athlete Orientation Meeting

The Parent-Athlete Pre-Season meeting for the 2023-2024 school year is scheduled for Monday, July 31 at 6:00 pm in the Auditorium. The Athletic Booster Club will be provided a cook-out at 4:30 pm in the commons.

All parents and athletes participating in ANY sport for the upcoming school year should plan to attend IN-PERSON!

Topics will include important information about WIAA rules and guidelines, State of Wisconsin guidelines in sport, and Luther High policies, use of the r-school calendar. Fall sport teams will also meet with their coaches.

In addition, it will be a great opportunity to meet new families and begin (or renew) those parent networks!

R-School Calendar

R-school is the online calendar software program that Luther uses for all activities and events. In addition to finding the calendar online, you may download the r-school activity scheduler to your smartphone.

Under the "STUDENT LIFE" tab click **CALENDAR**. From this page you will be able to access the entire calendar. On the right side you will find numerous calendars that have been pre-populated for you. These calendars contain specific events, such as Football or Volleyball. Check it out and become familiar with this page!

Any of these calendars may be linked to your phone as well. You also have the option to have notifications sent to your email or phone for any changes, cancellations, or additions as they take place.



Athletic Handbook

The 2023-24 LHS Athletic Handbook is available on the Luther Athletic webpage. You may also find it under STUDENT LIFE - HANDBOOKS.

Please take some time to carefully review this year's Handbook as there were a number of major revisions.

If you have any questions, please contact the athletic office (608)783-5435 ext. 1645.

CHECKLIST FOR FIRST DAY OF PRACTICE

- ✓ Physical Card (green)
- ✓ Permission Card (blue)
- ✓ Medical Consent (beige) *(will come with registration material)*
- ✓ WI Concussion from (yellow)
- ✓ ImPACT test – first time athletes (Fall Sports – Football / Volleyball)
- ✓ Any special equipment (knee pads, mouthguards, pads, shoes, etc.)
- ✓ Hard work ethic!

IMPORTANT: Check out this link for even more summer information

<https://tinyurl.com/au3a23wa>