

Summer 2023 Athletic Newsletter

“Meat” and Greet Knight

The Luther Knight Athletic Booster Club (LK-ABC) is sponsoring a “meat” and greet Knight prior to the July 31 athletic pre-season meeting.

The LK-ABC will provide a brat supper beginning at 4:30 pm leading up to the 6:00 pm sports meeting.

Come enjoy some free food while you get to meet the Luther coaching staff and other fellow Knight families. Learn more about how the Booster Club supports the Luther sports programs.

You won't want to miss this great way to start the new school year.

2023-24 Athletic Forms

In the last week of school, current Luther students were given all of their athletic forms to complete for the upcoming school year. Incoming freshmen will receive their forms in the mail. Review the next page carefully for detailed information on these necessary forms for athletic participation.

Fall Parent-Athlete Pre-Season Meeting July 31

The 2023-2024 athletic year will kick-off with a pre-season meeting for parents and athletes who will be participating in ANY sport during the 23-24 school year. This meeting will take place on July 31 in the auditorium, beginning at 6:00 pm.

A number of important items will take place on this evening.

1. This will be a last opportunity for FALL sport athletes in football to turn in necessary

forms prior to the start of their sport season.

2. The first portion of the meeting will be general topics that will pertain to **ALL sport seasons.**

3. The second portion of the meeting will give **fall sport teams** a chance to meet with coaches to get specific information about their upcoming seasons.

Fall sports include cross country (boys and girls), football, tennis (girls) and volleyball.



*** Important Billing Information for 2023-2024 ***

All families MUST have a completed agreement with FACTS by August 1.

1. (You should have received information earlier about how to create your account.) **Failure to complete the agreement by Aug. 1 may make students**

ineligible for co-curricular activities for the entire 1st Semester per Board Policy.

Athletic fees for the 2023-2024 school year are \$85 per sport, including the co-op sports. Those participating in golf have

an additional \$50 greens fee.

The individual and family maximums were eliminated effective this school year.



FOUR forms are necessary for completion prior to the first day of practice

Physical (Green) Card

Permission to Participate (Blue) Card

Medical Consent (Beige) Card

WI State Concussion (Yellow) Form

All four forms are also available online. Check out the athletic homepage.

Physical Cards (Green Card)

All athletes must have a current physical card on file in order to participate in any sport. **This card MUST be on file prior to the first practice!**

Physicals completed on or after April 1 are good for the following TWO school years. Physicals completed before April 1 are good for the remainder of that school

year and the following school year.

If an athlete is hospitalized, the physical becomes void and a new examination is necessary.

Generally, incoming freshmen and juniors need physicals completed. Sophomores or Seniors who are in need of new physicals will be notified.

Physical cards were given to all of next year's juniors during the last week of school. Incoming Freshmen have already received their physical card in the mail. The physical form is also available on the web site.

If you have not yet scheduled your physical, please make your appointment ASAP.

Permission to Participate Form (Blue Card)

The "blue" card must be completed annually by those participating in sports. Like the physical card, the **blue card must also be on file prior to the first day of practice.**

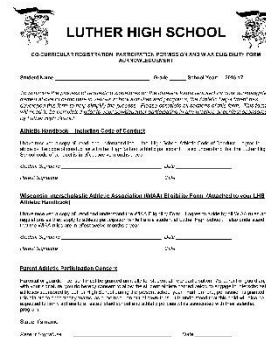
This form is required by the WIAA and includes parental acknowledgement of:

- ☆ Review of Luther Athletic Handbook
- ☆ Review of WIAA Eligibility Form
- ☆ Parental permission to participate

The Luther High School Athletic Handbook is available on Luther's athletic web page. Just

follow this link:

www.lutherhigh.org



Medical Consent Form (Beige Card)

The **Medical Consent form** is a beige in color and completed ONCE. This form is also used for many other school activities, such as band camp, music trips, field trips, etc. **Once you complete this form, you**

do not need to complete it again as it is shared internally and is valid for all 4 years unless your information changes.



WI Concussion Forms (yellow)

The state of Wisconsin requires annually that parents and athletes be given information about concussions in sports. Parents and athletes must also complete an acknowledgement form annually. These forms are available on the

Luther Athletic website. Please read the informational page carefully and then sign, date and return the acknowledgement form to the athletic office prior to the start of your athletic season.

ImPact (Concussion baseline) Testing (FB/VB)

Luther High School utilizes the ImPACT baseline concussion testing program. Athletes participating in football, volleyball, basketball, wrestling, hockey, baseball, softball and some track events (hurdles, pole vault and high jump) must have a baseline test on file.

The ImPact test is completed in the first year of participation and once again at the beginning of their Junior year.

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

The test is taken at Luther High School in the computer room. Testing generally runs about 45 minutes.

Please plan to attend the designated ImPACT test time for your fall sport.

July 17
3:00 pm - Football Player Priority

August 1 – 2:00 pm
Football player testing day. VB as space allows

August 14 – 7:00 am
Volleyball player testing day. All Fr / Jr volleyball players must take the test this day unless they have taken it on one of the earlier test dates.

Print and complete the [ImPACT consent form](#) and bring to your testing date.

Summer Girls Soccer Camp

Our girls soccer co-op team runs a summer soccer camp for girls at Logan High School.

The 12-day camp is open to girls entering 7th-12th grade in the 2023-24 school year.

Camp date are:
June 19, 21*, 26, 28
July 5, 11, 13, 17, 19, 24, 26, 31

Camp times are 5:30-7:30 except June 21* which is 5:00-6:15.

Cost is \$40.00

To register, email Coach Charles Nassar at canassar@gmail.com Once you email, you will receive a registration and waiver form.

Registration deadline is June 9.

Please note that this camp is not run by Luther High School. Any questions can be directed to the Logan / Luther Co-op coach, Charles Nassar at the email listed above.

2023 Fall Sport Key Dates

Mark your calendars for these key dates during this upcoming 2023 fall season:

- 7-17 FB Impact test 3pm
- 7-31 Pre-season Parent / Athlete Meeting, 6:00 pm
- 8-1 FB Impact test 2pm 1st Day Football
- 8-8 1st Day Girls' Tennis
- 8-11 FB Scrimmage
- 8-12 1st Tennis Match

- 8-14 Impact Test – 7am 1st Day of X-Country 1st Day of Volleyball
- 8-18 1st Football Game
- 8-22 1st XC Meet
- 8-22 Opening Service
- 8-24 1st VB Match
- 9-31 FB Parents' Night
- 9-22 Homecoming
- 10-2 La Crosse Chileda Classic @ Maple Grove Venues

- 10-10 VB Parents' Night
- 10-13 Athletic Big Boar BBQ Event

Please refer to the r-school online calendar for all events.

[2023-24 Athletic Sports Calendar](#)



Athletic Booster Club – Big Boar BBQ

On October 13, the Athletic Booster Club will sponsor the Big Boar BBQ, featuring Big Boar Smokers from West Salem. Proceeds from this event will be directed toward a project that will be selected in the fall booster club meeting.

The LK-ABC invites you to become active in supporting Knight Athletics! Consider volunteering some time, whether helping to plan or helping to serve on the night of the event. Your help is important and appreciated! Please contact Dulcey Zillmer at 608-783-5435 ext 1647 or email at lkabc2018@gmail.com

Athletic Awards Restructured for 2023-24

The 2023-24 school year will bring a NEW LOOK to the Senior Athletic Awards presented to graduating seniors. Here's a summary:

WIAA Scholar Athlete – No change to this award. Criteria is set by the WIAA and honors the athlete with high academic standing. One male and one female are selected.

Distinguished Male and Female Athletes - Senior Male and Female Athlete with a new name!

Triple Threat Award - This is a NEW award that will be presented. This award is designed to recognize the multi-sport athlete. It will be given to athletes who make and complete the season as a member of the team in all three seasons of each year of attendance at Luther High School. Those who serve as support personnel for athletic teams (managers, statisticians, videographers, etc.) will also be considered for this award.

Mens Sana in Corpore Sano (Sound Mind in Sound Body) – This award has been retired as of the 2022-23 school year. The award closely mirrored the WIAA scholar athlete.

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.

Check out the summer weight room schedule on the right side of this page.

Strength/Conditioning Schedule

Mon	Tue	Wed	Thu	Fri
June - 5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
July 3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Staffed each day from 6:30-7:30 am

Weight room days Speed/Agility Training days

LK-ABC Girls BK 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.



Contact Days

WIAA allows for up to five **Contact Days** during the summer months for coaches to work with their teams.

The following is a list of the 2023 summer contact days. Check with each coach for more specific information about them.

Football

July 17-21 4:00-7:30 pm

Volleyball

July 19-21 9am-3pm
July 26-27 8am-3pm

Cross Country

July 6-7 8-10 am
July 19-21 8-10 am

Tennis

June 7, 12 8:00-10 am
July 12, 19 8:00-10 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 provided as it becomes available.

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. Consider a memberships in the revitalized club which may be secured by contacting LK-ABC by emailing: lkabc2018@gmail.com or follow this direct link: [Booster Club Membership Form](#).

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!

Online Calendar

Luther utilizes the r-school activity scheduler for all events. You can access the calendar by clicking on the STUDENT LIFE tab. The calendar will be located on the left side of the page.

The r-school calendar will contain all school events, including athletic, fine arts, special schedules, lyceums, etc. Click [HERE](#) to access the r-school calendar.

Download the r-school activity APP and link Luther’s calendar to your mobile device.

You will also be able to sign up for notifications for changes that take place. When on the r-school calendar, simply click on the NOTIFY ME button on the right side and follow the instructions.

If you have any questions as you navigate the r-school calendar, please contact the Activities office 608-783-5435 ext. 1647.



Checklist for first day of practice

- ✓ Physical Card (green)
- ✓ Permission Card (blue)
- ✓ Medical Consent (beige)
- ✓ WI Concussion form (yellow)
- ✓ ImPACT test – freshmen and juniors in football, basketball, and wrestling
- ✓ Any special equipment (knee pads, mouthguards, pads, shoes, etc.)

Luther Knight Sport Factoids

Luther High School
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Onalaska, WI 54650

Phone 608-783-5435
Fax 608-781-7042

Athletic Director
Joel Babinec
ext. 1645
babijoel@luther.k12.wi.us

Administrative Assistant
Dulcey Zillmer
ext. 1647
zilldulc@luther.k12.wi.us



Did you know.....

- The 2022-23 Boys Basketball team was the first team from Luther to win a WIAA State Championship since all private schools became members in 2000.
- At the time this article was written, FIVE school records in Track & Field were set during the 2023 season. They include:
 - Lauren Wickus 200 m (indoor) 27.21
 - Lauren Wickus Long Jump (indoor) 15' 5-1/2"
 - Jack Schmeling High Jump 6' 4-1/2"
 - Nathan Riley, Jacob Bruns, Gabe Huelskamp, Elijah Hoppe (800 m relay) 1:32.59
 - Nathan Riley, Jacob Bruns, Jack Schmeling, Luke Schmeling (1600 m relay) 3:32.37
- The 2022 football team advanced the farthest ever in WIAA playoff action to date!
 - The Knights opened with a level 1 win at Markesan and lost in the last seconds in a level 2 playoff game at Marshall.
 - The Markesan win was the first-ever WIAA playoff win for the Knights.
- The 2023-24 Basketball season brings a new coach to the boys' program. Coach Dan Unke takes over and will lead the Knights. God's blessings Coach Unke in your new ministry here at Luther High School.
- The 2024 Softball season will be the 40th year of softball at Luther!
- The 2024 Baseball season will be the 60th year of baseball at Luther!

Varsity Head Coach Contact Information

Football	Jeff Komay	jeff.komay@yahoo.com
Volleyball	Dan Larson	larsdan@luther.k12.wi.us
Cross Country	Gregory Rebernick	rebegreg@luther.k12.wi.us
Tennis (G)	Mark Ross	rossmark@luther.k12.wi.us
Basketball (G)	Ryan Svendsen	ryansvendsen12@gmail.com
Basketball (B)	Dan Unke	unkedan@luther.k12.wi.us
Wrestling	Gregory Rebernick	rebegreg@luther.k12.wi.us
Hockey	TBA	Co-op Team (Aquinas)
Track / Field	Greg Schibbelhut	schigreg@luther.k12.wi.us
Baseball	Luke Rosenbaum	roseluke@luther.k12.wi.us
Soccer (G)	Charles Nassar	canassar@gmail.com
Softball	Mark Ross	rossmark@luther.k12.wi.us
Swimming (B)	TBA	Co-op Team (Holmen)
Golf	Mark Loersch	loermark@luther.k12.wi.us

**Keeping
Christ in
High School
Education!**