

# Summer 2018 Athletic Newsletter

## 2018-19 Athletic Forms

In the last week of school, athletic forms were distributed to all current students. If a physical is needed, please schedule as soon as possible. Forms for athletic participation include:

- Sports Physicals (green)
- Permission to Participate (blue)
- Medical Consent Form (beige)
- WI State Concussion Forms (yellow)
- ImPACT Testing (see article on page 3)

Athletic forms may be turned in at any summer activity and must be submitted prior to the first day of practice in August.

If your son or daughter plans to participate in a sport during the 2018-19 school year, please read this newsletter carefully! It contains important information you will need to know!

You may also visit the Luther Athletic web page at [www.lutherhigh.org](http://www.lutherhigh.org) for all necessary forms and information.

If you have any questions, please contact Athletic Director, Joel Babinec @ 608-783-5435, ext. 1645 or email [babijoel@luther.k12.wi.us](mailto:babijoel@luther.k12.wi.us)

## Fall Parent-Athlete Orientation Presentation

For the second year we will be offering the pre-season athletic orientation meeting via an online presentation. This format is intended for parents who are familiar with Luther and WIAA athletic policies.

For our **NEW PARENTS AND ATHLETES**, an orientation meeting will take place on Monday, August 13 at 6:00 pm in the Auditorium. While this will be geared for new parents, any current parents are welcome to attend.

For **returning parents and athletes**, a presentation will be available ONLINE for home viewing. The online presentation will become available on July 23. Once viewed, you will be asked to complete a verification form, which should be completed by August 15.

With the two formats, new parents will have the advantage of a face-to-face meeting, while returning parents will have the convenience of the online version.



To access the online version, visit the athletic page of the Luther website, or click here: <http://tinyurl.com/yd5jg8nb>

### \* Important Billing Information for 2018-19 \*

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

(You should have received information earlier about how to create your account.)

**Failure to complete the agreement by Aug. 1 will make students**

**ineligible for co-curricular activities for the entire 1<sup>st</sup> Semester per Board Policy.**

Athletic fees for the 2018-19 school year are \$75 per sport with a \$150 individual maximum and a \$250 family maximum. Those participating in

golf have an additional \$50 greens fee.

Participation in co-ops may have additional fees included. Refer to the Athletic Handbook for more information about co-op team fees.



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

**Physical (Green) Card**

**Permission to Participate (Blue) Card**

**Medical Consent (included in school registration – beige)**

**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)

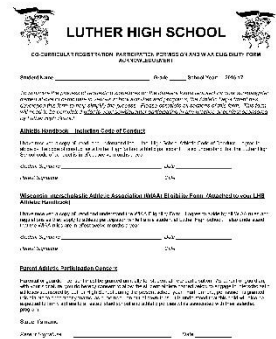
The "blue" card must be completed annually by those participating in sports. Like the physical card, the **blue card must also be on file prior to the first day of practice.**

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](http://www.lutherhigh.org)



## Medical Consent Form (Beige Card)

The **Medical Consent form** is a beige colored card completed annually. 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.**



## 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.

The first ImPact test is scheduled for June 4 at 8:00 am prior to the FB contact day. Additional

testing times are as follows:

**July 31 – 7:15 am**  
*Football players who did NOT take the test on June 4, must take the test on this day.*  
*VB players may take the test if room is available.*

**August 13**  
**8:30 am Volleyball**  
*players must complete on this day.*

**Print and complete the ImPACT waiver form and bring to your testing date.**

## ATHLETIC BIG BOAR BARBEQUE

Mark your calendars for September 21 as the athletic department is putting on a barbeque in conjunction with the Friday Night football game against Arcadia. Big Boar Smokers from West Salem will be catering the meal.

Volunteers Needed: If you would like to help with the event, please contact the Dulcey Zillmer @ 608-783-5435 x 1647 or [zilddulc@luther.k12.wi.us](mailto:zilddulc@luther.k12.wi.us)

Thrivent Action Plan - If you are a Thrivent Member and have an ACTION PLAN available, please contact Joel Babinec [ad@luther.k12.wi.us](mailto:ad@luther.k12.wi.us)

## 2018 Fall Sport Key Dates

Mark your calendars for these key dates during this upcoming 2018 fall season:

- |      |  |      |  |  |  |
|------|--|------|--|--|--|
| 7-30 | FB Parent/Athlete Meeting: 6:30 pm           | 8-13 | VB Impact test 8:30<br>1 <sup>st</sup> Day X-Country<br>1 <sup>st</sup> Day Volleyball<br>New Parent Orientation Mtg<br>6:00 pm Auditorium | 9-14   | FB Parents' Night                              |
| 7-31 | FB Impact test 7:15                          | 8-15 | <b>Online Verification Forms Due</b>   | 9-21   | Athletic Big Boar BBQ Event                    |
| 8-1  | 1 <sup>st</sup> Day Football                 | 8-17 | 1 <sup>st</sup> Football Game  | 10-1   | La Crosse Chileda Classic @ Maple Grove Venues |
| 8-7  | 1 <sup>st</sup> Day Girls' Tennis            | 8-19 | Opening Service  | 10-5   | Homecoming                                     |
| 8-11 | 1 <sup>st</sup> Tennis Match<br>FB Scrimmage | 8-21 | 1 <sup>st</sup> XC Meet  | Please refer to the r-school online calendar for all events. Follow this link to the school calendar.<br><a href="http://tinyurl.com/jr28le8">http://tinyurl.com/jr28le8</a> |  |
|      |  | 8-23 | 1 <sup>st</sup> VB Match   |  |  |
|      |  | 9-6  | VB Parents' Night  |  |  |

## COACHING POSITION Girls Tennis

A girls' tennis assistant coach is needed for the upcoming fall season beginning August 7 and ending approximately October 6. If you are interested, please contact Coach Mark Ross. [rossmark@luther.k12.wi.us](mailto:rossmark@luther.k12.wi.us)

## Sports Program Advertising: 2018-19

Advertising spots for the 2018-19 Luther Sports Programs are now available. If you own a business, consider supporting LHS with your tax-deductible advertising donation. Parents – If

your place of employment doesn't already advertise, consider speaking with your administrator or pass a contact name on to Luther Athletic Director, Joel Babinec.

Advertising is \$100 per season with programs printed in the fall and winter sport seasons. An advertisement in both fall and winter seasons will include 2 season passes for 2018-19 home events.

## Football Conference Realignment Approved for 2019

Beginning in the 2019 football season, Luther football will move to a NEW conference. The WIAA made the final approval on April 24. This conference change affects only varsity level football. (non-varsity teams will continue to play more local schedules) All other sports will continue to participate as part of the Coulee Conference.

The new conference will bring greater travel for the football team on Friday nights as most trips will be about 2 hours. The benefit will be that all the schools within the new conference will have similar enrollments.

(The new conference will consist of these schools: Aquinas-289, Cuba City-238, Darlington-207, Fennimore-238, Iowa-Grant-172,

Lancaster-270, Luther-222, Mineral Point-199)

This change in conference affiliation may be the first in a much larger, state-wide realignment for the sport of football only. Currently, the Wisconsin Football Coaches Association is working on a plan that may bring more changes to football conferences as early as the 2020 season.

Watch for more news about this change for Luther football as it develops in the coming months. Athletic Administrators and football coaches will be meeting in the coming months to select a name for the conference and to develop conference policies.

### Strength Training Program

For the past year and a half, athletes have been working with an EXPLOSIVE weight lifting program. Athletes have seen good success when sticking with the program.

If you are looking to gain muscle, get faster or be more explosive overall, you need to work in the off-season! In-season lifting simply maintains what you have already done. OFF-SEASON is where you will see the gains!

The weight training program is led by Brandon Gjestvang and will start on June 4 and run through July 31. Weight room times are Monday, Tuesday and Thursday from 3:00-5:00 pm. If you would like more information you may contact Brandon at [bjgestvang@hotmail.com](mailto:bjgestvang@hotmail.com).

This program is open to anyone that is interested. In addition to giving you a program to follow, Brandon will also insure that all lifters are using proper weightlifting form and technique.

We look forward to seeing you in the weight room!

### Speed Training Program

Speed for the athlete is one component that may provide that competitive edge! During the summer, a speed training program is offered to anyone interested in learning how to be faster! The program is based on the speed training program used at Caledonia High School and developed by Dale Baskett whose program has been used in the NFL, MLB and MLS. It's all about technique! This speed training program will help each participant become faster and give you an edge.

The speed training days will be offered Monday-Friday from 3:30-5:30 and are led by Jimmy Schwichtenberg. Athletes do not need to attend EVERY DAY. To see the gains, however, you should consider attending twice per week. Come on whichever days work into your schedule.

Speed training will NOT be offered on July 19-20.

Please contact Jimmy Schwichtenberg if you would like more information. [jaswitz@hotmail.com](mailto:jaswitz@hotmail.com) or call: 507-459-5059

Click here for an interesting article about Dale Baskett. <https://tinyurl.com/nxulj3v>

### Online School 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.

This calendar will include ALL Luther High School events, from sporting events to fine arts and

The r-school calendar will contain all school events, including athletic, fine arts, special schedules,

lyceums, etc. Use this link to access the r-school calendar. <http://tinyurl.com/jr28le8>

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

## Contact Days

Each sport schedules Contact Days during the summer months to work on sport specific skills and to develop team concepts.

The following is a list of the 2018 summer contact days. Check with each coach for more specific information about them.

### **Football**

June 4	9am-noon
June 18	5-7 pm
July 8	3-6 pm
July 15	3-6 pm

### **Volleyball**

June 5-6	1-4 pm
July 25-27	9am-noon

### **Cross Country**

July 23-27	9am-noon
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### **Tennis**

May 31	9-11 am
June 7, 14, 28	9-11 am
June 14	9-11 am
July 19	9-11 am

### **Girls Basketball**

June 4	4-8 pm
June 18-19	10am-2pm
June 20 @ Dells Tourney	
July 16	10am-2pm

### **Boys Basketball**

July 9	9-11 am
July 10-11	9am-noon
July 12 @ LPS (Watertown)	
July 14 @ OHS Tourney	



### Checklist for first day of practice

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

## Athletic Handbook

The updated 2018-19 LHS Athletic Handbook is now posted on the athletic web page along with all necessary forms for the 18-19 school year.

If you are a first-time parent, please be sure to spend some time familiarizing yourself with the school and WIAA policies that are a part of high school athletics.

If you are a “seasoned” LHS parent, you will notice that any changes in the handbook are highlighted in gray.

Important portions of the handbook will be highlighted at the August 13 new parent orientation and in the online presentation.

If you have any questions, please contact the athletic office.

## Knight Challenge Matching Fund Program

**Luther High School**  
1501 Wilson Street  
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



A generous donor has again offered to make an initial donation to LHS Athletics and then to match funds given to benefit the athletic programs at Luther. Funds generated through this fundraising effort support not only general operating expenses, but also expenses associated with state tournament competition for teams and individuals, coaches' education (clinics, workshops, memberships), non-budgeted equipment needs and special projects.

The Knight Challenge works this way:

\$5000 gift by an anonymous Friend of Luther Athletics!

\$5000 gift goal collected during the 2018-19 school year.

When the \$5000 gift is reached, the anonymous donor adds another \$5000!

What a blessing! If our goal of \$5000 in donations to LHS athletics is reached, a total donation of \$15,000 benefits LHS athletics. That's turning your \$1 donation into \$3!

Please help us reach our goal of \$5000 in gifts to this program. Consider a special gift of \$50, \$100, \$200, or more.

As a thank you, we will also include your name in the Athletic Sports Signature Ad Program. Please complete the enclosed card and send your gift today to help support LHS athletics!

More information about this exciting program will be shared as school returns to session in August and throughout the fall sport season.

### Varsity Head Coach Contact Information

Football	Matt Schiebel	schimatt@luther.k12.wi.us
Volleyball	Kayla Eisenmann	eisekayl@luther.k12.wi.us
Cross Country	Kevin Lisk	liskkevi@luther.k12.wi.us
Tennis	Mark Ross	rossmark@luther.k12.wi.us
Basketball (G)	Ryan Svendsen	ryansvendsen12@gmail.com
Basketball (B)	Brad Schaper	schabrad@luther.k12.wi.us
Wrestling	Jon Benrud	benrjon@luther.k12.wi.us
Hockey	TBA	
Track / Field	Greg Schibbelhut	schigreg@luther.k12.wi.us
Baseball	Brad Schaper	schabrad@luther.k12.wi.us
Softball	Mark Ross	rossmark@luther.k12.wi.us
Golf	Mark Loersch	loermark@luther.k12.wi.us

**Keeping  
Christ in  
High School  
Education!**