

Summer 2017 Athletic Newsletter

2017-18 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 2017-18 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 for all necessary forms and information.

If you have any questions, please contact Athletic Director, Joel Babinec @ 608-783-5435, ext 1645 or email babijoe@luther.k12.wi.us

New Fall Parent-Athlete Orientation Format

The pre-season Fall Sport meeting, normally held the day before football begins, will transition to an online presentation along with a face-to-face meeting.

For our **NEW PARENTS AND ATHLETES**, an orientation meeting will take place on Monday, August 14 at 6:30 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 24. Once viewed, you will be asked to complete a verification form, which should be completed by August 16.

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>

The online presentation will be available throughout the school year, allowing you to review resources at any time. It is our hope that this becomes a more useful tool for you!

* Important Billing Information for 2017-18 *

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 1st Semester per Board Policy.

Athletic fees for the 2017-18 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)

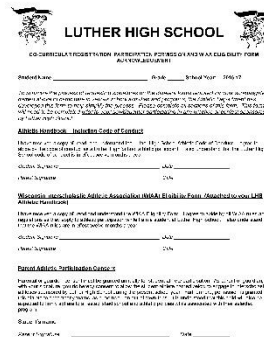
The "blue" card must be completed annually by those participating in sports. Like the physical card, the **blue card must also be on file prior to the first day of practice.**

- ☆ 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 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 was completed on June 5 prior to the FB contact day. Additional testing times are as follows:

ImPACT testing times:

August 1 7:30 am
Football players who did NOT take the test on June 5, must take the test on this day. VB players may take the test if room is available.

August 14
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 15 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 Gail Bolstad at 608-792-4726 or email gailandaaron@yahoo.com

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

2017 Fall Sport Key Dates

Mark your calendars for these key dates during this upcoming 2017 fall season:

| | | | | | |
|------|--|------|--------------------------------------|------|--|
| 8-1 | FB Impact test 7:30 1 st Day Football | 8-16 | Online Verification Forms Due | 10-2 | La Crosse Chileda Classic @ Maple Grove |
| 8-8 | 1 st Day Girls Tennis | 8-18 | Football Parents Night | 10-6 | Homecoming |
| 8-14 | VB Impact test 8:30 1 st Day X-Country 1 st Day Volleyball | 8-18 | Tennis @ La Crosse Area Invite | 10-7 | Knight Gallop 5K |
| | New Parent Orientation Mtg 6:30 pm Auditorium | 8-19 | Tennis @ La Crosse Area Invite | | Please refer to the r-school online calendar for all events. Follow this link to the school calendar. http://tinyurl.com/jr28le8 |
| | | 8-20 | Opening Service | | |
| | | 9-14 | Volleyball Parents Night | | |
| | | 9-15 | Athletic Big Boar BBQ Night | | |

COACHING POSITION Girls Tennis

A girls' tennis assistant coach is needed for the upcoming fall season beginning August 8 and ending approximately October 6. If you are interested, please contact Coach Mark Ross. rossmark@luther.k12.wi.us

Sports Program Advertising: 2017-18

Advertising spots for the 2017-18 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 2017-18 home events.

Transition to Online (R-School) Calendar Complete



Beginning with the 2017-18 school year, there will only be one calendar version available, the r-school calendar platform. The 6-week printable planner will no longer be available.

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>

To help everyone as we complete the transition, we are planning to include a number of tutorials throughout the year and in particular as we start the year. We want this to be a USEFUL tool for you!

Get the APP! Download the r-school app to your phone and have the entire Luther schedule at your disposal.

LINK the calendar to your mobile device. Subscribe to portions or schedules that are important to you!



Strength Training / Speed Training Summer Programs

Summer is upon us and with that comes the opportunity for improving your strength, stamina, and overall athletic abilities.

It is VERY important to remember that the off-season is where you improve yourselves, not during the season. Please take advantage of two FREE programs that will be offered throughout the summer.

Both the speed and explosive programs have been done by college, pro, and hall of fame athletes so they have been tested and proven to work. All you need to do are two things.

- 1: Show up for workouts, and
- 2: Work your tail off. That's it.

By the end of summer you will be stronger, faster, and more explosive. These programs are for boys AND girls and for ALL sports. Below is the information for both programs:

SPEED TRAINING -

Working to increase speed by correcting mechanical form. The program is based on NFL, MLB, etc. speed trainer Dale Baskett. Check this link for more info on Baskett.

<https://tinyurl.com/nxulj3v>

Speed training is scheduled every Tuesday from 4:30-5:30 pm and also on selected Thursdays from 6:00-7:30 pm. (check the calendar) It is not necessary to attend every date. Once per week is recommended, however – you pick the day that works best for you. This program, based on the work of Dale Baskett, is led by Jimmy Schwichtenberg.

EXPLOSIVE PROGRAM -

working to make athletes stronger, faster and more explosive in ALL of their sports. This program meets every Monday, Tuesday, Thursday and Friday from 3:00-5:00 pm in the weight room. The program is led by Brandon Gjestvang.

The explosive program is divided into 3 phases (Fire, Force, Flight). Your muscles are similar to the concept of a rubber band. Phase 1 elongates your muscles and increases strength with body weight movements and to get them ready for phase 2. Phase 2 starts to incorporate weight and plyometric movements to train the body to snap the muscles quickly with force. Phase 3 is where the performance comes in. Weighted movements are done for time. You try to get as many weighted reps done in a certain period of time. This is where power and explosiveness is at its peak.

Currently, 5 Luther students, 1 St. Paul's student and Brandon are going through the program and are in Phase 2. They have seen significantly increased strength, coordination, balance, body control, and explosiveness.

Both of these programs work very well together and are

completely free so take advantage of this great opportunity to set yourselves up for a great start to your high school athletic career

A big thank you to Brandon and Jimmy for developing these programs for our kids. Now it's up to you to put the time into making yourself a great athlete and your team BETTER!

In addition, the weight room is OPEN from 8:30-10:00 am on Tuesday, Wednesday, and Thursday of each week during June and July (except for the week of JULY 2).

Use the r-school scheduler to see all the scheduled times for strength training, open weight room, speed training, open gyms (VB), Knight Storm Skills Clinics (Girls Basketball).

An adult men's basketball open gym is held each Sunday evening as well from 6:00-9:00 pm.

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 2017 summer contact days. Check with each coach for more specific information about them.

Football

| | |
|--------------|---------|
| June 5,19,26 | 8-11 am |
| July 9 | 3-6 pm |
| July 17 | 8-11 am |

Volleyball

| | |
|---------------|---------|
| June 7 | 1-4 pm |
| June 14 | 6-9 pm |
| July 24,27,28 | 9-12 pm |

Cross Country

| | |
|------------|--------------|
| July 6-7 | 5:30-7:30 pm |
| July 26-28 | 5:30-7:30 pm |

Tennis

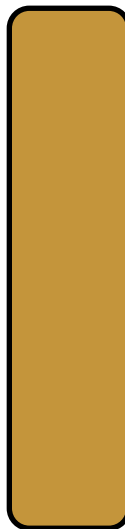
| | |
|-------------|---------|
| June 8, 15 | 9-11 am |
| July 13, 20 | 9-11 am |

Girls Basketball

| | |
|------------|-----------|
| June 26-28 | 9:00-Noon |
|------------|-----------|

Boys Basketball

| | |
|------------|---------|
| July 10-13 | 9-noon |
| July 14 | 12-3 pm |



Athletic Handbook

The newly revised 2017-18 version of the LHS Athletic Handbook is now posted on the athletic web page along with all necessary forms for the 17-18 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 14 new parent orientation and in the online presentation.

Welcome Coach Rosenbaum!

Luther High School welcomes the newest addition to our coaching staff, Mr. Luke Rosenbaum. A 2017 Martin Luther College grad was assigned to teach math and coach beginning with the 2017-18 school year.

Mr. Rosenbaum was born in Garden Grove, CA. He is a graduate of California Lutheran High School and has participated in football, basketball, track, cross country and baseball.

He has travelled extensively (Alaska, Canada, Mexico, China) and worked at a Green Bay Country Club where he’s met Aaron Rodgers, John Kuhn and Coach McCarthy!

God’s blessings to Coach Rosenbaum as he begins his work at Luther teaching math and assisting with volleyball and baseball.

Knight Gallop

Watch for more information about a NEW EVENT coming this fall – the Knight Gallop. This FUN RUN event is scheduled for Saturday, October 7 in conjunction with Homecoming 2017.

This will be a fun and exciting activity that brings the LUTHER family and community together. Stay tuned!

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.)

Matching Fund Program for LHS Athletics

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 match funds given to benefit the athletic programs at Luther. For the past three years, funds up to \$5000 were matched dollar for dollar. Funds generated through this fundraising effort supported 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.

While we never hit the \$5000 mark in the first three years of the program, we did generate gifts that allowed so many great things to happen and each sport team received extra funding they would normally have not received.

Our goal for the 2017-18 season is to reach the \$5000 level for the first time. Our matching funds program will work in this way for the 17-18 school year:

The first \$2500 donated will be matched **dollar for dollar.**

The second \$2500 donated will be matched **\$2 dollars for every dollar.**

If the \$5000 dollar donation is reached, an additional \$2500 will be donated!

What a blessing! If our goal of \$5000 in donations to LHS athletics is reached, an additional \$10,000 will be donated! This amounts to \$2 matched for every \$1 given!

Please help us reach our goal of \$5000 in gifts to this program. Consider a special gift of \$50, \$100, \$200, or more. Remember, every \$1 you donate is matched through this program, so your gift of \$50 becomes \$100 and potentially \$150! 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.

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) | Joel Babinec | babijoel@luther.k12.wi.us |
| Basketball (B) | Brad Schaper | schabrad@luther.k12.wi.us |
| Wrestling | Jon Benrud | benrjon@luther.k12.wi.us |
| Hockey | Tim Franzini | timfranzini@centurytel.net |
| 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!**