

Freshmen / New Student Athletic Information

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Important Dates

- **August 1** – First day of football
- **August 8** – First day of girls' tennis
- **August 14** – New Parent / Athlete Sport Orientation Meeting
- **August 14** – First day of cross country and volleyball
- **August 20** – Opening Service 2:00 pm
- **August 22** – 1st day of classes for frosh

Welcome to KNIGHT KNATION!

We are very excited that you have chosen to continue your education at Luther High School – a place where you will be daily fed in the most important diet one can have – God’s Word!

We are certain that you too are excited for the next adventure in your life. At Luther High School, you will be guided by dedicated, caring teachers who will help you experience a solid educational foundation. You will enjoy coaches who will work extremely

hard at giving you a positive sport experience. Most importantly, you will learn from teachers who will instruct, guide, encourage...and even sometimes discipline you with God’s Word as a guide.

This is what makes Luther High School special. Your teachers and coaches are not only concerned about your academic or athletic success. We desire your spiritual success! Luther’s mission statement is *"to provide a Christ-centered education*

that encourages and equips students for life and eternity."

This newsletter is intended to give you some basic information that will help you in the transition to your new high school. If you have any questions, please contact Luther’s athletic director, Joel Babinec.

May God bless your summer and your upcoming years at Luther High School!

Summer Opportunities to Transition to High School

The summer months offer many opportunities for students to begin the transition to their new school. Please refer to the r-school calendar for all of the available activities which include:

- ✓ Strength Training
June 6-July 27
(Mon-Tue-Thu-Fri)
- ✓ Girls Basketball skill clinic
June-July (Thursdays)
(Girls grades 8-12)
- ✓ Contact Days
(Varied dates)
- ✓ Open Gyms / Runs
(Varied dates)

Summer Leagues -

Summer leagues are held in the greater La Crosse Area in volleyball, boys and girls basketball, baseball and softball. If interested in participating in a summer league, the coach of each sport can relay any specific information to you regarding how to sign up.

Fall sport seasons gets into full swing BEFORE school starts. Please check the calendar carefully for start-up dates. Make plans to be in attendance at these critical

first days of practice!

Important dates are listed in the left margin of this page.

Any Questions? You are likely to have some....please feel free to contact the athletic office at any time. 608-783-5435 ext. 1645.

God’s blessings for an enjoyable summer. Take advantage of these opportunities to stay in shape, hone some skills, and to start your high school friendships!

“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 even 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 2017-18 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, 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 a baseline 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 for are:

June 5	8:00 am
August 1	7:30 am
August 14	8:30 am

Football players have priority at the June 5 date. Volleyball players should plan to attend either date in August.

Summer Strength/Conditioning & Speed Training Programs

It doesn't matter what sport you play, speed and strength are key components in being a successful athlete. A dedicated staff of strength and speed trainers, led by Brandon Gjestvang and Jimmy Schwichtenberg, have put together programs that will improve each athlete's core strength and speed. How much you do is up to you! The following is a summary of the available opportunities this summer.

Strength Training

Open Weight Room

Tuesday, Wed, Thursday
8:30-10:00 am

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

Cooperative Sport Teams

Boys Hockey – Now in its 2nd year, Luther is part of Avalanche Hockey. This team consists of athletes from GET, Holmen and Aquinas. The team practices at the Omni Center in Onalaska.

Explosive Program

Mon, Tue, Thurs, Friday
3:00-5:00 pm

Morning and afternoon sessions are available. Mornings will be open weight room. Afternoons will be a specific strength program. Choose the session that fits you best. Participants will meet in the weight room. Proper technique will be taught and reinforced. Some strength training may take place outdoors as well.

Speed Training

Every Wednesday in June and July from 5:00-6:00 pm.

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

Wrestling - joined with Onalaska High School and participates in the MVC. Practices are held at Onalaska High School. Coach Benrud serves as an assistant on the coaching staff.

This is the newest summer training session. 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 weekly speed training clinic will help each athlete become faster on the court, field or mat!

The speed training clinic days are led by Jimmy

Schwichtenberg. He is also offering this program to any JR Knight participant on June 20, 27 and July 11, 18 and 25 from 3:30-4:30 pm.

No need to sign up, just come to as many dates as you can. If you have any questions, please call the athletic office at 608-783-5435 x1645.

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

R-School Online Calendar

Beginning with the 2017-18 school year, the Luther Calendar will take its final transition to the r-school scheduling format. If you are a veteran Luther parent, you will notice that the "Planner" is no longer printed. The entire calendar is now located on line via the r-school scheduler. Look for this calendar under the Student Life – Calendar tab on the school's web site.

With the r-school calendar you will have the ability to select as many activities/events as you would like to create a calendar that serves you best. You also have the ability to receive notifications of changes that take place – as they happen – in real-time.

"There's an app for that!" Yes, you can download the r-school app and bring the entire Luther calendar into your mobile device.

We hope that this new calendar format will be very useful for families in today's digital world. This calendar format was used side by side with the old "paper" version this past school year.

To help with the transition, we are planning to include monthly articles on how to make use of the r-school calendar and to include online tutorials. Please feel free to comment on how useful you find it, where it needs improvement, or just with questions you might have. We want this to be a calendar tool that serves YOU well!

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We're on the Web!

See us at:

www.lutherhigh.org



New Parent/Athlete Orientation Meeting

Mark your calendars for Monday, August 14 for the New Parent/Athlete Orientation evening.

This 6:30 pm meeting is intended for parents who are new to Luther High School, but will also be valuable for seasoned Luther parents.

The meeting will take place in the Auditorium and will begin at 6:30 pm.

Topics will include important information about WIAA rules and guidelines, State of Wisconsin guidelines in sport, and Luther High policies. In addition,

the use of the r-school calendar will be demonstrated. There will also be a time for questions and answers.

Our goal is to help give you necessary information to get a great start to your high school experience.

2017-18 LHS 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 Aug. 14 parent/athlete meeting. Please plan to attend!

As always, if you have questions, please feel free to contact the athletic office.

ad@luther.k12.wi.us

CHECKLIST FOR FIRST DAY OF PRACTICE

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

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 (co-op)	Jon Benrud	benrjon@luther.k12.wi.us
Hockey (co-op)	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