

# Summer 2022 Athletic Newsletter

## ***“Meat” and Greet Knight***

The Luther Knight Athletic Booster Club (LK-ABC) is sponsoring a “meat” and greet Knight prior to the August 1 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 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.

## **2022-23 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 Aug 1**

The 2022-2023 athletic year will kick-off with a pre-season meeting for parents and athletes who will be participating in ANY sport during the 22-23 school year. This meeting will take place 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 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.



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### **\* Important Billing Information for 2022-2023 \***

All families MUST have a completed agreement with FACTS by August

**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 1<sup>st</sup> Semester per Board Policy.**

Athletic fees for the 2022-2023 school year are \$85 per sport with a \$170 individual maximum and a \$260 family maximum. Those

participating in golf have an additional \$50 greens fee.

Students participating on co-op teams will now pay the athletic fee as all teams are now included in the athletic budget.



## 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.**

*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.*

## 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.**

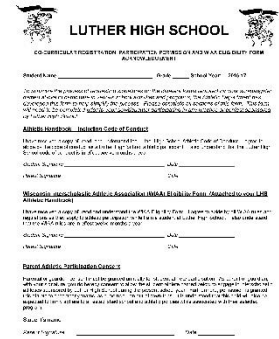
This form is required by the WIAA and includes parental acknowledgement of:

- ☆ 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 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 18**  
3:00 pm - Football Player Priority

**August 2 – 2:00 pm**  
Football player testing day.

**August 15 – 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.**

## Honoring our Past!

This coming year Luther will recognize a number of special teams from the past.

On August 19, we will honor and recognize the 2007 Knight Football team. 15 years ago this squad became the first Luther team to qualify for the WIAA playoffs

On September 9, we will honor and recognize the 1997 Knight Football team. 25 years ago this squad took Knight Nation on a wild ride to Camp Randall Stadium and the WISAA State Championship game.

On September 30, we will celebrate Homecoming and will be honoring the senior class decades of 2012, 2002, 1992, 1982, and 1972.

We hope you can be a part of these special nights!

## 2022 Fall Sport Key Dates

Mark your calendars for these key dates during this upcoming 2022 fall season:

7-18	FB Impact test 3pm	8-12	FB Scrimmage	10-3	La Crosse Chileda Classic @ Maple Grove Venues
8-1	Pre-season Parent / Athlete Meeting, 6:00 pm	8-13	1 <sup>st</sup> Tennis Match	10-4	VB Parents' Night
8-2	FB Impact test 2pm 1 <sup>st</sup> Day Football	8-15	Impact Test – 7am 1 <sup>st</sup> Day of X-Country 1 <sup>st</sup> Day of Volleyball	Please refer to the r-school online calendar for all events.	
8-8	Senior Sport Photo Day 11 am – 1 pm	8-19	1 <sup>st</sup> Football Game	<a href="#">2022-23 Athletic Sports Calendar</a>	
8-9	1 <sup>st</sup> Day Girls' Tennis	8-23	1 <sup>st</sup> XC Meet		
		8-24	Opening Service		
		8-25	1 <sup>st</sup> VB Match		
		9-16	Athletic Big Boar BBQ Event FB Parents' Night		
		9-30	Homecoming		

## Athletic Booster Club – Big Boar BBQ

On September 16, the Athletic Booster Club's first big event of the school year is the Big Boar BBQ, featuring Big Boar Smokers from West Salem. Proceeds from this event will be directed toward lineman shoots for the football program.

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](mailto:lkabc2018@gmail.com)

## Senior Sports Photo Day – August 8

Attention ALL Seniors who plan to participate in a sport during the fall, winter or spring season! Mark August 8 and keep the day FREE in your schedule.

Beginning at 11:00 am, a number of things are planned to help us prepare for and start the 2022-23 sport season including:

- Lunch (grill-out)
- Leadership presentation - YOU are the leaders of the 22-23 school year!
- Photo Shoot in uniform for EACH sport in which you plan to participate.
- Games (Cornhole Tournament?)

We plan to be done by 1:00 pm. Watch for more details in the coming month. For now, please plan to attend – MARK YOUR CALENDAR!



*GO KNIGHTS! KNIGHT NATION WE LOVE LUTHER! SENIORS ROCK!*

### Strength Training Program

Are you looking to improve your strength? Are you looking to improve your performance and athleticism? If so, off-season training is one of the MOST important things you need to incorporate into your training year. It is where you gain muscle and the performance you want to help your team during your sporting season.

Luther has a newly renovated (air-conditioned) weight room ready for you to use and will be open every Monday, Wednesday, and Thursday starting June 6 and ending July 28. (except July 4).

It is not necessary to attend every session, however, any weight training program will be most effective with regular use.

Regardless of your experience with weight training, we have a staff that 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.

### Weight Room Summer Hours

Mon	Tue	Wed	Thu	Fri
June - 6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	July - 1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

The weight room is open and staffed on the shaded days at these times:

8:00-9:30 am

3:00-6:00 pm

### LK-ABC 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 every Wednesday from 5:00-6:30 pm. These nights will run six weeks from June 8 – July 20. They are open to both boys and girls entering grades 9-12. 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 2022 summer contact days. Check with each coach for more specific information about them.

**Football**

July 18 4:00-7:30  
July 20-22 4:00-7:30

**Volleyball**

June 9 9-11 am  
July 19-21 9am-3pm\*  
July 28 9am-2pm  
\* VB camp – contact Larson for more details.

**Cross Country**

July 6-8 8-10 am  
July 21-22 8-10 am

**Tennis**

June 8,15 8:00-10:00 am  
July 13,20 8:00-10:00 am

**Girls Basketball**

June 7,21,28 12:30-2:30 pm  
July 12 12:30-2:30 pm

**Boys Basketball**

June 12 1:00-3:00 pm  
July 11-13 10:00-12:00 pm

**Softball**

June 19 6:00-8:00 pm  
July 10 6:00-8:00 pm

*Information on 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 2022-23 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](mailto: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 Fall Sport Factoids

**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](mailto:babijoel@luther.k12.wi.us)

**Administrative Assistant**  
*Dulcey Zillmer*  
ext. 1647  
[zilldulc@luther.k12.wi.us](mailto:zilldulc@luther.k12.wi.us)



## *Did you know.....*

- The 2022 fall tennis season will be the 39<sup>th</sup> season of Luther Tennis and Coach Ross' 20<sup>th</sup> season of coaching?
  - Coach Ross has amassed an amazing 256-103 overall record with a 71-6 Coulee Conference record.
  - The Knights have captured the Coulee Conference Championship in 16 of his 19 seasons.
- The 2022 volleyball season will be the 48<sup>th</sup> season of Luther Volleyball.
  - The overall record for the program is 358-262
  - Coach Lois Buss, who started the program coached the team to 179, exactly ½ of the program's total victories
- The 2022 football season will be the 60<sup>th</sup> season of Luther Football
  - The team has an overall record of 197-311 and will work towards program victory #200 in the 2022 season.
  - Coach Jeff Komay is Luther's 8<sup>th</sup> coach
  - 2022 marks Luther's 2<sup>nd</sup> year in the Scenic Bluffs Conference.
- The 2022 cross country season will be the 25<sup>th</sup> year for girls and 26<sup>th</sup> year for the boys.
  - Coach Gregory Rebernick enters his 2<sup>nd</sup> year of leading the program
  - The 2011-12 Girls team was the first team to qualify for the WIAA Cross Country state meet and also Luther's first team ever to qualify for a State Tournament.
  - The Boys team qualified for state for three consecutive years: 2016, 2017 and 2018.
  - David Vannucchi (Class of 2019) is a 3-time WIAA State Champion in cross country.

## Varsity Head Coach Contact Information

Football	Jeff Komay	<a href="mailto:jeff.komay@yahoo.com">jeff.komay@yahoo.com</a>
Volleyball	Dan Larson	<a href="mailto:larsdan@luther.k12.wi.us">larsdan@luther.k12.wi.us</a>
Cross Country	Gregory Rebernick	<a href="mailto:rebegreg@luther.k12.wi.us">rebegreg@luther.k12.wi.us</a>
Tennis (G)	Mark Ross	<a href="mailto:rossmark@luther.k12.wi.us">rossmark@luther.k12.wi.us</a>
Basketball (G)	Ryan Svendsen	<a href="mailto:ryansvendsen12@gmail.com">ryansvendsen12@gmail.com</a>
Basketball (B)	Brad Schaper	<a href="mailto:schabrad@luther.k12.wi.us">schabrad@luther.k12.wi.us</a>
Wrestling	Gregory Rebernick	<a href="mailto:rebegreg@luther.k12.wi.us">rebegreg@luther.k12.wi.us</a>
Hockey	TBA	Co-op Team (Aquinas)
Track / Field	Greg Schibbelhut	<a href="mailto:schigreg@luther.k12.wi.us">schigreg@luther.k12.wi.us</a>
Baseball	Luke Rosenbaum	<a href="mailto:roseluke@luther.k12.wi.us">roseluke@luther.k12.wi.us</a>
Soccer (G)	TBA	Co-op Team (Logan)
Softball	Mark Ross	<a href="mailto:rossmark@luther.k12.wi.us">rossmark@luther.k12.wi.us</a>
Golf	Mark Loersch	<a href="mailto:loermark@luther.k12.wi.us">loermark@luther.k12.wi.us</a>

**Keeping  
Christ in  
High School  
Education!**