

# Freshmen / New Student Athletic Information

## INSIDE THIS ISSUE:

Welcome	1
Football Conference Change	1
Physical Cards	2
Permission Cards	2
Concussion Info	2
ImPACT Test	2
Strength/Conditioning Program	3
Speed Training	3
Contact Days	3
Cooperative Teams	3
Online Planner (r-school)	4
New Parent Orientation Mtg	4
Athletic Handbook	4
Coach Contacts	4

## Welcome to KNIGHT KNATION!

In just a few short months, you will be starting a new stage in your life as you begin your high school education. We are so excited that you have chosen to continue your education at Luther High School.

Luther's mission is *"to provide a Christ-centered education that encourages and equips students for life and eternity."* The teachers and staff at Luther are excited to welcome you to

### "YOUR LUTHER HIGH SCHOOL"!

Whether participating in a sport, serving as a manager or statistician for a team, or cheering on your friends and classmates, you will feel part of the Knight family.

This newsletter is intended to give you some basic information that will help you transition to your new school. Please take some time to review all of the material included.

If you have any questions, please contact Luther's Athletic Director, Joel Babinec.

May God bless your summer and your next four years as a Luther Knight!

#weareluther

@weloveluther

#knightpride

#family

## Important Dates

- **August 1** – First day of football
- **August 7** – First day of girls' tennis
- **August 13** – New Parent / Athlete Sport Orientation Meeting
- **August 13** – First day of cross country and volleyball
- **August 19** – Opening Service 2:00 pm
- **August 20** – 1<sup>st</sup> day of classes for frosh

## 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 football. 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

(The school's enrollment is listed behind the name.)

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.

*“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 2018-19 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 4	8:00 am
August 1	7:30 am
August 13	8:30 am

Football players have priority at the June 4 date. Volleyball players should plan to attend either date in August.

## 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 [bgjestvang@hotmail.com](mailto:bgjestvang@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 Baskettt 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 Baskettt. <https://tinyurl.com/nxulj3v>

## 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	9-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-12 noon
------------	-------------



### Tennis

May 31	9-11 am
June 7,14,28	9-11 am
July 12	9-11 am

### Girls Basketball

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

### Boys Basketball

July 9	9-11 am
July 10-11	9-Noon
July 12 @ Luther Prep	
July 14 @ OHS tourney	

## Cooperative Sport Teams

Cooperative teams in hockey and wrestling are currently available to boys interested in those sports. Gymnastics, while not currently offered, is another sport for the girls that was offered cooperatively. Each co-op team may be set up differently, but normally has an additional cost per athlete fee over and above the LHS athletic fee.

**Boys Hockey** – Luther is part of the Avalanche Hockey program. This team consists of athletes from GET, Holmen and Aquinas. The team practices and plays home games at the Omni Center in Onalaska.

**Wrestling** - Luther participates with Onalaska High School, wrestling in the Mississippi Valley Conference. Practices and home matches are held at Onalaska High School. Coach Benrud serves as an assistant on the coaching staff.

**LUTHER HIGH SCHOOL**

1501 Wilson St  
Onalaska, WI 54650

Phone:

(608) 783-7042

Fax:

(608) 783-4758

We're on the Web!

See us at:

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



**New Parent/Athlete Orientation Meeting**

Mark your calendars for Monday, August 13 for the New Parent/Athlete Orientation held in the Auditorium.

This 6:00 pm meeting is intended for parents who are new to Luther High School, but will

also be valuable for returning parents.

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.

**R-School Calendar**

R-school is the online calendar software program that Luther uses for all activities and events. In addition to finding the calendar online, you may download the r-school activity scheduler to your smartphone.



Under "STUDENT LIFE" tab click CALENDAR. From this page you will be able to access the entire calendar. On the right side you will find numerous calendars that have been pre-populated for you. These calendars contain specific events, such as Football or Volleyball. Check it out and become familiar with this page!

Any of these calendars may be linked to your phone as well. You also have the option to have notifications sent to your email or phone for any changes, cancellations, or additions as they take place.

**Athletic Handbook**

The 2018-19 LHS Athletic Handbook is available on the Luther Athletic webpage. You may also find it under STUDENT LIFE - HANDBOOKS.

Please take some time to review and become familiar with the expectations and procedures that are a part of high school athletics. If you have any questions please contact the athletic office.

**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	<a href="mailto:schimatt@luther.k12.wi.us">schimatt@luther.k12.wi.us</a>
Volleyball	Kayla Eisenmann	<a href="mailto:eisekayl@luther.k12.wi.us">eisekayl@luther.k12.wi.us</a>
Cross Country	Kevin Lisk	<a href="mailto:liskkevi@luther.k12.wi.us">liskkevi@luther.k12.wi.us</a>
Tennis	Mark Ross	<a href="mailto:rossmark@luther.k12.wi.us">rossmark@luther.k12.wi.us</a>
Basketball (G)	Ryan Svendsen	<a href="mailto:ryan.svendsen12@gmail.com">ryan.svendsen12@gmail.com</a>
Basketball (B)	Brad Schaper	<a href="mailto:schabrad@luther.k12.wi.us">schabrad@luther.k12.wi.us</a>
Wrestling (co-op)	Jon Benrud	<a href="mailto:benrjon@luther.k12.wi.us">benrjon@luther.k12.wi.us</a>
Hockey (co-op)	TBD	TBD
Track & Field	Greg Schibbelhut	<a href="mailto:schigreg@luther.k12.wi.us">schigreg@luther.k12.wi.us</a>
Baseball	Brad Schaper	<a href="mailto:schabrad@luther.k12.wi.us">schabrad@luther.k12.wi.us</a>
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>