

St. Paul's Coaching Guidelines

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Printed and Revised February 04

SOFTBALL (GIRLS 5-6)

- Season:** September and October (6 weeks approximately)
- Games:** Five to six games with neighboring schools. Parents or teachers umpire own games. A game schedule should be published for parents and school secretary.
- A practice schedule should be published for parents and school secretary.
- Practices:** Two times per week after school at McCarty Park. A practice schedule should be given to players and parents at the beginning of the season. Recommended to reserve a diamond for games.
- Tournaments:** None
- Uniforms:** None
- Special Equipment:** Batting helmets, bats, balls, bases
- Other:** Fundamentals stressed - holding bat, catching, throwing, fielding. Rule changes may need to be made in order for this group to have success. For example, at the start of the season, the pitcher's mound might have to be shortened for pitchers to throw strikes. Two teams may be needed depending on number of girls playing.
- 6th graders may be used on the 7-8 girls team if needed.

SOFTBALL (GIRLS 7-8)

- Season:** September - October
- Games:** League distributes schedules to coaches for six weekly games. Coaches must call the schools on schedules to finalize day, place and time of games. When the same schools

play each other on successive years, home games should be alternated. (Example: 1987 St. Paul's vs. St. Martini @ St. Martini. 1988 St. Paul's vs. St. Martini @ St. Paul's.) Because of fall schedule fields are usually easy to obtain at McCarty Park. Umpires from games should come from qualified parents. Each team is to provide one umpire for league games. The league will provide umpires for playoff games. **Check MLESAA rules for "Modified Pitch" as we play it**

- Practice:** Two times per week plus one game or once per week and one game at McCarty Park, 3:15 - 4:45. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** None
- Uniforms:** School supplies tops.
- Special Equipment:** Batting helmets, bats, balls and bases.
- Other:** Outdoor education is usually in the third week of September in which all 7th graders are gone is important to consider when scheduling of games and practices. Team theory and fundamentals need to be advanced at this grade level. Strict adherence to league rules (see Athletic Director for copy) is recommended to prepare teams for games. Parents are used to drive for away games.

VOLLEYBALL(Girls 5-6)

- Season:** March - May
- Games:** Six, to be arranged by coaches with other schools. Athletic Director will provide a rough schedule. And obtain scorers and refs. Coaches must secure line judges.
- Practice:** Two times per week. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** None
- Uniforms:** Girls purchase tops and kneepads. Gym shorts are worn for bottoms.
- Special Equipment:** None
- Other:** A separate 5 and 6 team may be needed depending on participation.

VOLLEYBALL(GIRLS 7-8)

- Season:** March - May
- Games:** The league provides one or two nights of position play. After that, teams are placed into divisions based on ability. League then arranges the schedule and provides referees.
- Practice:** Two times per week. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** Milwaukee Lutheran and Our Fathers.
- Uniforms:** Girls purchase tops and kneepads. Gym shorts are acceptable bottoms.
- Special Equipment:** None
- Other:** Separate 7th and 8th grade teams may be needed depending on participation.

CHEERLEADING(GIRLS 7-8)

- Season:** Coincides with boy's basketball, December through first week in March.
- Games:** Specific league rules can be obtained from the athletic director. The cheerleading coach must be present at all games at which the cheerleaders cheer.
- Practice:** Once or twice per week at the coach's discretion. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** The cheerleaders are in charge of special pep assemblies on the Fridays of the St. Paul's tournaments. All teachers and coaches can act as resources for the cheerleading coach for the pep rally. The cheerleaders at the tournament sometimes perform a pom pon routine. Cheerleading coach also oversees cheerleading competition during boys tournament.
- Uniforms:** Provided. Girls purchase tops, shoes and lollies as directed.
- Special Equipment:** Pom Pons provided.
- Other:** Try outs for the team are usually held after the first report cards are issued so as to determine eligibility. Girls cannot be on the basketball team and cheerleading squads. Judges should not include teachers or parents of prospective cheerleaders. The athletic director has a judging form.

BASKETBALL(GIRLS 5-6)

- Season:** November through mid-February.
- Games:** Approximately ten per season with schools in area. The coach must make own arrangements for scheduling games; our league has a scheduling day to help simplify this process. The Athletic Director will schedule referees and scorers.
- Practice:** Twice a week. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** 6th grade girls participate in Our Father's tournament in early January.
- Uniforms:** Tops provided, gym short bottoms.
- Special Equipment:** Intermediate size balls and pinnies for scrimmage situations.
- Other:** Strict adherence to basketball fundamentals is crucial for continued success.

BASKETBALL(GIRLS 7-8)

- Season:** November through mid-February.
- Games:** The Lutheran Elementary School League sets up a schedule of 10 games. Games are played on Saturdays and sometimes during the week. The league provides referees, scorekeepers and a game ball.
- Practice:** Two to three times per week. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** St. Paul's Holiday Classic and Immanuel Brookfield, and National Tournament at Valpo
- Uniforms:** Two sets are provided. Players purchase warm up shirts.
- Special Equipment:** The league uses an intermediate size basketball. Many can be found in the athletic supply room at St. Paul's. Pinnies are available for scrimmages.
- Other:** Fundamental skills still receive strong emphasis on this team. Basic theories of offense and defense need explanation and implementation without becoming too complicated.
- A separate 7 and 8 team may be needed depending on participation.
- There is a day of round robin play where area teams are evaluated for ability, and then placed in a division. We play each team in division two times. State High School rules

apply.

SOFTBALL(BOYS 5-6)

- Season:** April and May
- Games:** Between five and six with schools on the south side of Milwaukee. Coaches or parents usually umpire their own games. These games are scheduled by the coach.
- Practices:** Two times per week. Length of practice should be at least 1 hour 15 minutes to 1-1/2 hours. McCarty Park is used for games or practice. Permits for fields need to be obtained if field will be in use after 5:00 p.m. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** None
- Uniforms:** None, P.E. shirts are worn.
- Special Equipment:** Batting helmets, bats, balls and bases.
- Other:** Emphasize fundamentals of throwing, catching, batting and basic rules. Try grooming a 5th grade pitcher and a 6th grade pitcher for future teams.

VOLLEYBALL(BOYS 7-8)

- Season:** March through May.
- Games:** Five or six with other schools.
- Practice:** Two times per week. A practice schedule should be given to players and parents at the beginning of the season.
- Tournaments:** Concordia, Milwaukee Lutheran and Our Fathers.
- Uniforms:** Boys purchase top and knee pads.
- Special Equipment:** None
- Other:** There is no set league for boys. Participating schools schedule games on their own.

SOCCER(BOYS 5-6)

- Season:** Spring
- Games:** Five or six games to be scheduled by coach. The home team provides a referee.
- Practice:** Twice a week at McCarty Park, 3:15 - 4:30 p.m. A practice schedule should be given to players and parents at the beginning of the season. A field is established using cones for boundaries in the 78th Street and Arthur Avenue side of the park.
- Tournaments:** None
- Uniforms:** Tops provided.
- Special Equipment:** Balls, cones, goals are at McCarty Park.
- Other:** None

BASKETBALL(BOYS 5-6)

- Season:** November through February. Games should be completed by the start of the St. Paul's tournament.
- Games:** The league sets up a 10 game schedule in which coaches must call other coaches to confirm day and site of games. The league holds a scheduling day help make this easier. Referees and scorekeepers are the responsibility of the home team; the Athletic Director will secure these. Parents will drive to away games.
- Practice:** Two times per week. A practice schedule should be given to players and parents at the beginning of the season. Length of practice is between 1 hour 15 minutes and 1-1/2

hours long.

Tournaments: Elm Grove (6th grade only)

Uniforms: Uniforms tops are provided; gym shorts are worn for bottoms.

Special Equipment: An **intermediate** size basketball is used.

Other: There are no “cuts” at this grade level. All players attending all practices should be given equal playing time.

Offensive and defensive plays should be introduced at this level along with continued stress on fundamentals. Philosophy should be consistent with that of the 7th-8th boys coach so as to add stability to the overall program.

BASKETBALL(BOYS 7-8)

Season: November through March.

Games: Milwaukee Lutheran Elementary Schools League provides a 10 game schedule to be played at one of the two Lutheran High Schools. The games, played on Saturdays, can be played anytime from 9:15 a.m. to 2:15 p.m. on that day. The league will provide all referees and score keepers. Players are asked to find their own rides to the games.

Practice: Two times per week from 1-1/2 hours per practice. A practice schedule should be given to players and parents at the beginning of the season/

Tournaments: Northwest Classic and St. Paul's, and National Tournament at Valpo

Uniforms: Two sets are provided.

Special Equipment: None

Other: Try outs may be needed depending on participation. Separate 7 and 8 teams may also be used. Both teams play a full season of league play.

The boys at this grade level still need to review fundamentals often, but should be able to handle a deeper appreciation for the game in terms of team strategy. All players are given a chance to see playing time in games early in the season. Players distinguishing themselves early will get the bulk of the playing time later in the season, especially in tournaments.

A weekend of round robin play has other league coaches evaluating all teams for ability. Teams are then placed into divisions where you play each team twice. State High School rules apply to this team.

TRACK(BOYS AND GIRLS 5-8)

Season: May

Practice: Most takes place in P.E. classes. The week before the All Lutheran Schools Track Meet, relay teams meet and practice and McCarty Park.

Uniforms: P.E. Uniforms.

Special Equipment: Batons, shots, starter's pistol and stop watches.

Other: A track meet, in which all Area Lutheran Schools compete, takes place annually at Milwaukee Lutheran High School on the last weekend in May. Fifth through eighth graders compete in a maximum of two running and one field event or two field events and on running event. The meet begins on Friday afternoon and concludes by noon on Saturday. Team scores are tallied and trophies are awarded for 1st, 2nd, and 3rd places in large school and small school divisions. Each school participating in the track meet is assigned a duty during the meet such as being timers, cleaner uppers, or in charge of an event.

FLAG FOOTBALL(BOYS 5-8)

- Season:** September through October
- Games:** 7th and 8th grade games are scheduled by the league, 5-6 games are scheduled by coaches. All 7-8 games are played at Milwaukee Lutheran High School on Saturday mornings.
- Practices:** Twice a week. A practice schedule should be given to parents at the beginning of the season. Practices are conducted at McCarty Park.
- Tournaments:** None
- Uniforms:** Tops are provided. Boys purchase mouth-guards, and shoes with plastic cleats.
- Special Equipment:** Velcro belts with flags, Youth size leather balls
- Other:** We follow MLESAA rules.

