



RACINE LUTHERAN HIGH SCHOOL

Love one another as I have loved you. John 15:12

Weekly News – July 20, 2020

***Senior Leadership Retreat** – Due to the uncertainty and ever-changing health conditions in our community, we are very disappointed to announce that having Senior Leadership Retreat in August is not our best option. **We are moving the event to April 18 and 19.** We want to offer the same level of programming we have in the past, and that is not possible with the current restrictions. There will be no parent meeting on August 10. Instead we will meet closer to the spring date. If you have any questions, please contact Elisabeth Michael at emichael@RacineLutheran.org. Please keep the senior class and our Senior Leadership Retreat chaperones in your prayers as we move forward. Thank you.

***Volunteers Needed** – The Thrift Shop at 1222 Lathrop Avenue is open on **Thursdays, Fridays and Saturdays from 10 a.m. until 4 p.m.**

Volunteer shifts are from **10 a.m. until 1 p.m.** and **1 until 4 p.m.** These hours count toward your family service hours (a minimum of 20 hours per family, per school year). To sign up for shift(s), please call Barb at 632-1070.

Lathrop Avenue Thrift Shop **accepts donations** on Saturdays from 10 a.m. until 4 p.m. until our incoming shelf is full and then donations are stopped for that day. This allows merchandise sit for three days before sorting.

The proceeds from our Thrift Shop benefit our school and our students! Thank you for your help!

***Tryouts** for the **theater production** are **cancelled**. Mr. Bruening has changed the fall play to a spring play. Information will be shared in the future. Thank you for understanding.

***NHS Induction Ceremony – Sunday, August 2, at 6 p.m.**

***RLHS Golf Outing – Monday, August 3** – Information on the RLHS website.

***Graduation – Friday, August 7, at 6 p.m.**

***First Day of School for the 2020-2021 school year – Tuesday, August 18.**

***FREE ESTATE PLANNING – SIGN UP ONLINE, QUICKLY AND EASILY:**
<https://visibook.com/a646t8mdwxau3tm7k?back=applanding&fromIntro=true>

Virtual online meetings available: at **3 p.m., 4:15 p.m., 5:30 p.m., or 6:45 p.m.**

Wednesday, July 22, Wednesday, August 12, and Thursday, August 20

This is a FREE service of estate planning (also called a will or trust) for our school family and friends, courtesy of RLHS. Please visit our website for more information. <http://www.racinelutheran.org/estate-planning/>

***Students who see something, should say something.** If a student is not comfortable contacting a staff member with a serious concern, he/she can contact Crime Stoppers by Smartphone app or Webtip or phone
Smartphone App: Get 'P3 Tips' app for iPhone or Android (Play Store)

Webtip: Google: Racine Crimestoppers

URL: www.racine.crimestoppersweb.com

Click on 'Submit a Tip'

Phone: 262.636.9330 or 888.636.9330

*Be sure to "like" us on **Facebook** – available pages are:

Racine Lutheran High School
Racine Lutheran High School Admissions
Racine Lutheran High School Athletics
Racine Lutheran High School Music Program
Racine Lutheran Alumni



And follow us on **Twitter**:

@RLHScrusader

@RLHSathletics

@RLHSmusic



News from the Athletic Office

*The **football parent meeting scheduled for this Wednesday has been postponed** until further information is available about the upcoming season.

***RLHS is seeking a head cheer coach.** Interested individuals should contact Mr. Block at jblock@RacineLutheran.org.

*Students are asked to get any belongings from their **athletic and PE lockers**. Locker rooms will be available from 8 a.m. until 12 noon Monday through Thursday. After **July 23** all belongings will be removed from lockers and bagged up.

***Summer athletic activities have now begun.** RLHS has instituted health and safety protocols to take precautions to minimize risk as sports begin to return. The following steps are necessary for athletes participating in any of our summer activities:

- 1) Take your temperature at home. Stay home if you are sick or experiencing any symptoms.
- 2) Bring a filled water bottle from home. Bubblers will not be available in the building. Do not share water bottles.
- 3) Sign in with the gym/workout supervisor, and answer the health screening questions.
- 4) Apply hand sanitizer.
- 5) Keep gym bags at least 6 feet apart from another athlete's bag.
- 6) Maintain physical distance whenever possible. Avoid close physical contact.
- 7) Parents or other family members should not enter the building nor workout area.

***Sader Strength has returned!** Please read all of the information in this [document](#). (See below.) Advance sign up is required. Follow the link on the flier to sign up. Please read the entire document to understand the new guidelines and schedule.

SIGN UP PRIOR TO ARRIVAL

Schedule

All Sessions are Co-Ed

Outdoors

Monday-Thursday

8:00-8:50am

9:00-9:50am

Pre-Workout

- Take temperature at home before arriving
- Bring your own water bottle
- Answer Pre-Workout Screening Questions
- Sanitize hands
- Meet on practice field (north side of building)

During Workout

- Maintain Social Distance
- Cover any cough or sneeze in elbow

Post-Workout

- Sanitize all equipment used before putting them away

Other Guidelines

- **Inside of building will be closed**
- **Stay at home if symptomatic**
- Limit 25 incoming grade 10-12 students per session (Incoming freshmen may begin July 13)
- 45-minute training
- 5-minute sanitizing
- Session will be cancelled in the case of inclement weather
- **You must sign up online:** <https://signup.com/go/LRzVfxB>

***Cross County and Track Contact Days** – From Coach Tuskowski: The coaching staff and I have missed seeing your athletes over the past months. We want to provide safe opportunities for them to condition and get out over the summer. For summer contact days, athletes should bring their OWN water bottles and if desired their OWN towels or mats (for stretching and general strength exercises in the grass).

All **Cross Country contact days** will occur at Lockwood Park, 4300 Graceland Boulevard.

All **Track and Field contact days** will occur at Island Park, just east of the high school.

We will not be using any event specific equipment (ex. discs, shots, hurdles).

There will be no school access during these contact days.

Please email Coach Tuskowski at ptuskowski@RacineLutheran.org if you plan on attending any of the contact days, so appropriate workouts can be planned to maintain social distancing and promote the health and safety of all athletes and coaches participating.

***Fall sports--**

Football parent meeting--Wednesday, July 22, POSTPONED

Football practice begins--Tuesday, August 4

Fall sports parent meeting (all other sports)--Monday, August 10, 7 p.m.

Girls tennis practice begins--Tuesday, August 11

Boys soccer, cross country, volleyball practice begins--Monday, August 17

***Athletes cannot begin participation in fall practice until students are registered for their fall sport.**

In order to get a registration card, all the following must be turned in to the Athletic Office:

1) A physical exam is required of all student-athletes for the first and third year of high school participation.

OR

1a) An alternate year card is required of all student-athletes for the second and fourth year of high school participation.

OR

1b) The WIAA has granted relief for any student-athlete that is not able to get a physical this summer but has passed one within the past two years. This would typically apply to juniors who had a physical their freshman year or for incoming freshmen. The form for athletes in this situation is found here: <https://www.wiaawi.org/Portals/0/PDF/Health/WIAA-Physical-Extension.pdf> A copy of a passed physical exam is still required to be on file with the school.

2) Sign and return the Lutheran High Athletics Agreement and the Concussion Information and Acknowledgement Form which includes the Lutheran High Athletics Policies, WIAA Policies, the Metro Classic Conference Sportsmanship guidelines, the Ascension All Saints Athletic Training Consent for Care and Treatment, and student/parent concussion information. Please read the Athletic Handbook prior to signing this form.

3) Pay Participation Fee – These fees are used to offset some of the cost for transportation, officials, and equipment. The participation fee is \$125 per season with a cap of \$375 per year for a family (Boys Volleyball and girls tennis co-op: \$200 made out to St. Catherine's). This fee does not cover the cost of hats, socks, etc.

AGAIN, PLAYERS MAY NOT PARTICIPATE IN PRACTICE UNTIL ALL FORMS AND FEES HAVE BEEN TURNED IN TO THE ATHLETIC OFFICE.

All forms can be found on the Racine Lutheran website at RacineLutheran.org. Click “Athletics” and print out the appropriate forms.

*Our **spirit wear** page is on the school website. Look for the spirit wear link on the top of the homepage.

*Like us on **Facebook**: facebook.com/rlhsathletics. Follow us on **Twitter**: [@rlhsathletics](https://twitter.com/rlhsathletics)

Have a great week! Stay safe!