

St. Paul Lutheran School
Athletic Program Guidelines

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INTRODUCTION

Welcome to the St. Paul Athletic program. The program is designed to produce many constructive hours of learning, competition, values, and fun for your child. You will find that our program is very good as well as complex. Please take the time to read this guide carefully. It will answer many questions that you may have concerning our athletic program. Please keep this guide handy and refer to it when necessary. It will prove to be a very valuable tool throughout the season.

OBJECTIVES

The following are objectives that mold the philosophy of the athletic program:

1. Teach values as well as skills
2. Provide a disciplined environment

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3. Initiate a “school comes first” attitude
4. Provide a competitive athletic program with graduated levels. Example: “A-team(s)” will be the most competitive while “C-team(s)” will be the least competitive; however, all teams will be competitive.
5. Provide an environment for team and individual success.
6. Provide the best competition available.
7. Provide a faith-based program that continuously includes prayer and Christian values

CHRISTIAN VALUES

All St. Paul teams are to provide an exemplary model of Christian values. Coaches and players should pray as a group before every game and they may also invite other teams to participate in prayer with them.

“A” teams are to provide one service project for the St. Paul Lutheran Church or church members during the season.

PROGRAM PHILOSOPHY

The philosophy of the athletic program is to provide a disciplined and competitive environment that allows for the learning of beginning and intermediate skills. Any athlete who is a member of a particular team, regardless of grade, may compete at practices for more playing time. Actual playing time will be determined by skills, attitude, practice attendance, cooperation, team spirit, and work ethic.

ST. PAUL ATHLETIC TEAM GOALS

1. Correct skills to play
2. Discipline
3. Responsibility for one’s self
4. Respect for players, coaches, and officials
5. Sportsmanship
6. Physical activity
7. Team spirit
8. School and individual pride
9. Fun!

COMPETITION

The athletic teams, as well as all extra-curricular programs at St. Paul, are competitive. When you and your child make the decision to register, you are making a decision to enter a competitive environment. This includes competition with other schools as well as within the team itself during practices.

PLAYER ELIGIBILITY

1. Only a player enrolled in St. Paul School is eligible to be on a St. Paul athletic team roster. Exception: a previously enrolled St. Paul student who had to transfer to another

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Farmington Public School because of a special academic program not available - if approved by St. Paul's principal - would be eligible to participate on a St. Paul athletic team.

2. A student athlete placed on probation or suspended from schools is not eligible to participate in St. Paul School athletic events/activities, including practice and games, until the probation or suspension is lifted.
3. It is mandatory that all players have a current sports physical on file in the school office prior to participation in a practice or game. Any athlete not having a current physical on file in the school office CANNOT compete in practices or games.
4. Any player suspended or removed from a team for violating rules is not eligible to participate in practices or games.
5. Each player must maintain a "C" grade point average in each mid-term or quarter grading period. If not, the player must miss the next two (2) league games, but will still be able to practice.
6. Public school students who are members of St. Paul Lutheran Church in Farmington and are actively involved with church and Sunday School attendance at St. Paul may participate in sports at St. Paul's athletic program on an "as needed" basis. If an individual coach feels he/she may not be able to field a team, the coach may request the athletic director to use public school students. Upon approval of the athletic director and principal, the public school student may participate on that team and will have the same rights and responsibilities as any other player on the team.

TEAM COMPOSITION

1. No player will be cut from a team. However, if there are not enough uniforms, players may have to share a uniform. No younger player (grade level) may keep an older player from receiving a uniform on any particular team. On the reverse side, if there are not enough older players to fill out a team, the next grade levels may be used to fill out the remainder of the roster.
2. It is the sole discretion of the athletic committee, athletic director, and/or the principal in determining the size of each team.
3. **"A" teams:** If a coach needs to pull up players to fill a team, the coach may:
 - a. pull up to twice the number of players necessary to field a team;
 - b. adhere to the part of the school policy that states that everyone plays;
 - c. in each game be allowed to select players at coach's discretion**"B" teams:** If a coach needs to pull up players to fill a team, the coach may:
 - a. must pull up the entire grade level class that coach need to pull from
 - b. may play those pulled up players on equal rotational basis with maximum number of players dressed out any given game beginning twice the number of players necessary to field a team.
4. Any athlete moving up more than one grade level must receive approval from the principal, athletic director, and athletic committee prior to participation in a practice or game at the higher level.

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PLAYING TIME

St. Paul Athletic Program has adopted the “everybody plays” philosophy.

1. Amount of playing time and selection of starters is the sole discretion of the coaches and will be based upon the coach’s evaluation of each athlete. Evaluation of each athlete is based on ability, attitude, behavior, work ethic, team spirit, and attendance at teach practice and games throughout the particular sport season.
2. **“C” team** members shall all receive equal playing during practice and game.
3. **“B” teams** are required to allow every player to participate in every game. Amount of playing time in a particular game is still the sole discretion of the coach, but the expectation is that coaches will play members at least half of the game time if the team size allows it.
4. **“A” teams** player participation is at the sole discretion of the coach based upon the evaluation criteria in item #1.
 - a. At this level, it is not required to get every player into every game
 - b. By the end of the season, the coaches should have attempted to provide enough playing opportunities for improvement by individual players on the team.
5. **Tournament play** may reflect less playing time for all athletes and is at the sole discretion of the coach based on each games particular situation.
6. It is the parent’s and coach’s duty to help the athlete understand competition and playing time criteria. It is the belief of the St. Paul Athletic Department that each athlete has the opportunity to improve through practice and dedication to achieving full potential. Coaches cannot guarantee an amount of playing time. Each practice, game and situation is different.
7. Coaches are expected to communicate with parents any time their child is not participating for any reason other than a disciplinary one. If a coach removes playing time of a player for any reason, such as attitude or work ethic, that information must be communicated to parents prior to the game and the coach must tell the athletic director about the issue prior to the game.

PARENTAL SUPPORT OF COACHING DECISIONS

Please do not convey unrealistic expectations regarding your child’s play time. Instead, explain to the child the evaluation criteria and support that the coaching staff determines playing time based on the evaluation criteria. No one has a guaranteed contract regarding playing time. It must be earned by the athlete.

PRACTICE AND GAME ATTENDANCE GUIDELINES

The St. Paul Athletic Program constitutes the following as excused absences from a practice or game:

1. Religious events; i.e., Confirmation, baptism, Sunday services, etc...
2. Absence from school the day of the practice or game:
 - a. If an athlete misses school the day of a practice or game, the player cannot attend the practice or game that evening

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- b. If an athlete misses a ½ day of school the day of the practice or game, the player is eligible to attend the practice or game at the discretion of the parents.
3. Family commitments; i.e., funerals or weddings, the day of the practice or game
4. Family emergencies; i.e., accident, sickness, sudden death, etc...the day of the practice or game
5. Coach's discretion

ABSENCES AND COACH CONTACT

To ensure the coach grants and excuses absences for the above-mentioned reasons, a parent or legal guardian must call the coach prior to the practice or game the athlete will not be attending. Absence from a practice or game for any other reasons than the ones mentioned above will be deemed unexcused.

Possible consequences for multiple unexcused absences from practices or game are as follows:

1. 1st absence - Player may lose some playing time
2. 2nd absence - Player may lose playing time or set out a game
3. 3rd absence - Players are notified by coach
4. 4th absence - Player is no longer eligible and should return all uniforms and equipment to the coach.

Possible consequences for multiple excused absences from practice or games are as follows:

1. 1st absence - Player makes up drills and lessons
2. 2nd absence - Player makes up drills and lessons
3. 3rd absence - Coach contacts player or parent
4. 4th absence - Coach reduces playing time of player
5. 5th+ absence - Coach's discretion (possibly game suspension or team removal)

Absence from a practice or game for any other reasons than the ones mentioned will be deemed unexcused. Consecutive days of excused absence due to prolonged illness constitutes only one excused absence.

PRACTICES

This is the most important time for the athlete to improve skills. Remember, improved skills are the primary factor determining amount of playing time.

1. The St. Paul Athletic Program mandates:
 - a. Practices for "A" teams can be no more than 2 hours long
 - b. Practices for "B" and "C-2" teams (soccer) can be no longer than 1 ½ hours long.
 - c. Practices for "C-1" teams (soccer) can be no longer than 1 hour long.
2. Practice attendance is mandatory for athletes to achieve success.
3. Parent(s) make sure to pick up your child on time. Remember that the coaches are not evening child caregivers. Coaches cannot leave until all players have been picked up. Please be considerate and pick up on time.

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FINANCIAL SUPPORT

The St. Paul Athletic Program operates financially through the St. Paul Athletic Committee. It is imperative that all parents contribute in a positive manner. The athletic department also sponsors tournament events throughout the year. The funds raised from game receipts, concession receipts, and athletic fees are the only ways that the program has to raise revenue. It is of prime importance that the parents of athletes support all athletic program projects. Please invite friends and neighbors to attend workday events and Triple C meetings.

1. The registration fee for sports at St. Paul is \$25 per athlete for the first sport and \$5 for each additional sport. Unfortunately, any player past due on a registration fee will not be eligible to participate until payment is made in full. While the fee is necessary to support our program, it is not the intention to deny any child participation in our sports. Consequently, any family for whom payment of this fee would be an insurmountable obstacle to a child's participation should contact the school office.
2. Public, private, or anonymous donations are welcome any time. To make a donation simply call the athletic director. He/She will give you the information needed to make the donation. All donations are deposited in the general fund for the benefit of our entire sports program.

PARENTS WORKING SUPPORT

The parents of each athlete will be asked to work at the concession stand, take money at the admission table, and monitor the hallways and restrooms. A schedule will be sent to you approximately three days before the first game. An opportunity to sign up for a desired work time will be made available before the beginning of each sports season. After this time, parents will be assigned work times to fill any openings. Best efforts will be made not to schedule parents when a child is playing. Please get a substitute if you cannot make your scheduled time. Please take this responsibility seriously. It is vital to the success of our programs.

EQUIPMENT

Coaches will recommend to the athletes the proper equipment for a particular sport.

SPORT UNIFORMS

The athletic committee will distribute uniforms through the coaches. Coaches will document each player that receives uniforms and the uniforms are expected to be returned at the end of the season. Uniforms not returned to the coach must be identified and the athletic director must be informed so that the school can take action to have the uniform returned or re-supplied. Any "special" items (i.e., specific team group tee-shirts, shorts, warm ups, etc.) not normally distributed by the athletic committee must have prior approval by the athletic committee, athletic director, and/or principal.

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TRANSPORTATION

Each parent is responsible for their child's transportation to and from all games and practices. Coaches are not allowed to transport any child but their own. Please don't ask a coach to transport your child. It is your responsibility.

HOME GAMES AND PRACTICES

1. Soccer:
 - a. Home games will be played at Farmington's Engler Park.
 - b. Practice for the "A" and "B" teams will be held at Engler Park.
 - c. Practice for the "C-2" teams will be held at Engler Park.
 - d. Practice for "C-1" teams will be held at St. Paul Lutheran School field.
2. Volleyball and Basketball: All practices and home games will be held at the St. Paul Lutheran School Gymnasium.

[Refer to the sports schedules and travel directions for away games.](#)

COACHING POSITIONS

Selection Procedure and Requirements:

1. It is the goal of the athletic director to appoint the best candidate for the coaching positions.
2. The athletic director selects the head coaches with prior approval from the principal.
3. Teams will remain under the direction of the existing head coach for as long as the coach
 - a. Receives a satisfactory evaluation
 - b. Wishes to hold the position
 - c. Conduct him/herself in a Christian manner
4. Coaches have the right to resign at any time. If this happens, the athletic director and/or principal will consider and select the best candidate to fill the position.
5. At the conclusion of each year, the athletic committee, athletic director, and/or principal evaluates all head coaches. Based upon a positive or good evaluation, head coaches are retained for another year. Based upon a negative or poor evaluation, head coaches are not retained for the next year.
6. Assistant coaches are nominated by the head coach and he/she must be approved by the principal and athletic director. Assistant coaches are not guaranteed coaching retention from year to year.
7. Head coaches are the individual responsible for the team during the particular sport. The assistant coach is only there to help the head coach. Head coaches should be at all practices and games.
8. All coaches (both head and assistant) must follow the school regulations and athletic committee guidelines.
9. Coaches must be respected at all times by both players and parents. Insubordination towards a coach will not be tolerated.

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ROLE OF PARENT(S)

The role of the parent is one of the most important factors to having a successful program. Parents can literally make or break the sports program with their attitude.

1. **Support:** It is of utmost importance that you support the athletic program
 - a. Respect coaches and administrative decisions
 - b. Work home game events when scheduled
 - c. Provide transportation to and from practices and games
 - d. Help care for equipment and uniforms
 - e. Provide financial support by being active in the athletic association
2. **Positive Attitude:** Your child(ren) will act and say the same as you. It is vital that you provide a positive attitude in all situations. Help your young athlete use a positive approach to understanding in all situations that may develop during a particular sport season. Second guessing coaches, officials, and administrators is very damaging to all involved.
3. **Behavior:** We are all involved together, so the more respect and courtesy we show one another, the better our program will be. Inappropriate behavior will not be tolerated and may result in being asked to leave the game and/or grievance filed with the league for further disciplinary action. Please don't let this happen. YOU are a reflection of St. Paul Lutheran School!
4. **Communication:** Concerns and questions about the team or your child's participation should be directed to the head coach. After talking to the head coach, continued concerns regarding particulars should be written and mailed to the athletic director and principal. They will respond to it as soon as possible. (Please refer to the [Problem-Solving Section](#).) Please note: The athletic committee adheres strictly to the St. Paul Lutheran School Board of Education's policy of conflict resolution.

ROLE AND RESPONSIBILITIES OF COACHES

1. Teach athletes the relevant skills necessary to perform required tasks to be successful in the particular sport they are coaching. Specifically, teaching:
 - a. Discipline
 - b. Teamwork
 - c. Positive attitude
 - d. Sportsmanship
 - e. Work ethic for improvement
 - f. Respect for teammates, coaches, officials, and administrators
 - g. Respect for opposition
2. Coaches reinforce Lutheran values taught by St. Paul Lutheran School
3. Coaches make sports fun to learn - making a lifelong love of sports
4. Coaches communicate rules, regulations, team objectives, and team goals with athletes and parents
5. Coaches provide game and practice schedules to athletes and parents

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6. Coaches are responsible for athletes at practices and games. This includes athlete's behavior.
7. Coaches help athletes adjust to the demands of competition
8. Coaches follow St. Paul School regulations and athletic committee guidelines
9. Coaches are a good role model for athletes
10. Coaches take care of all equipment and keep gym storeroom clean and in order - don't let players abuse equipment or gym storeroom
11. Coaches are responsible for distribution and return of uniforms. The athletic director and school may take action to retrieve or replace missing uniforms.
12. Coaches return facility to a clean and orderly fashion after each game:
 - a. Bleachers are pushed in
 - b. Lights are turned off and all doors locked
 - c. Require players to clean up any mess in the gym, storeroom, hallways, or restrooms.
 - d. Volleyball teams must put up and take down nets and posts. All posts must be padded during practices and games.
 - e. Soccer coaches do not let players hang on goals or play with nets. Any trash on the field must be picked up.
13. Coaches do not leave until all players have been picked up by parent or guardian
14. Coaches do not let players go into the classrooms or kitchen (in the gym facility) at any time
15. Coaches take the first aid box to every practice and game and at home games, the first aid box should be on the bench or sideline. Parent permission forms and emergency contacts sheets should always be in the first aid box.
16. Coaches should always check with the athletic director to see when rosters are due to the league secretary. Not having rosters turned in on time can cause a forfeit of games.
17. Coaches are to set behavior standards for players to follow
18. Coaches are to notify the athletic director when he/she is no longer willing to coach. The athletic director will fill the vacancy
19. Coaches should contact the athletic director to schedule the use of the gym for practice and any practice games they might want to play that are not in the regular season schedule
20. Coaches shall not run up the score at the end of a game when there is a secure lead. Coaches need to be considerate of other school's players and coaches in regard to the score.
21. Coaches are to play athletes as a reward for hard, honest effort in practice and not because a child has more talent than another
22. Coaches should always use positive coaching and team play to build self esteem
23. Coaches need to help each child play to his/her ability, using God-given talents

ROLE AND RESPONSIBILITIES OF ATHLETES

1. Treat all people with respect
2. Make God a part of daily life

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3. Work hard at practice and games
4. Appreciate the talents and materials of God's Blessings
5. Be a leader
6. Be a role model
7. Help others
8. Be positive
9. Be active
10. Be a champion of life

PROBLEM-SOLVING GUIDELINES

Follow Step 1 before moving to Step 2 or 3

1. Communicate with the head coach. Please don't talk to coaches immediately before, during, or after games. Allow at least 24 hours before contacting them.
 - a. Call the coach or make an appointment to speak with the coach after a practice, not after a game
 - b. Allow responsible time for a coach to respond to written communication. Remember that the mail can be delayed or that email may not be viewed daily.
2. Communicate with the athletic director, but not immediately before, during, or after a game. Allow at least 24 hours before contacting the athletic director.
 - a. Call the athletic director at St. Paul School during regular hours, leave your name and number if the AD is not available, and leave your phone number (work and home). The athletic director will call you back as soon as possible to make an appointment or discuss your questions.
 - b. Allow a reasonable for the athletic director to respond.
3. Communicate with school principal, but not immediately before, during, or after a game. Allow at least 24 hours before contacting them. Follow the same a. and b. steps listed for the athletic director.

ATHLETE SCHOOL SUSPENSION

1. Suspended athletes cannot attend practices or games
2. Suspended athletes must get written approval from the principal before they can be placed back on a school team

TEAMS OFFERED AT ST. PAUL LUTHERAN SCHOOL

1. **Soccer:**
 - a. **"A" team** consists of 6th grade boys, and all 7th & 8th grades
 - i. Co-ed team
 - ii. Practice may begin after sports physicals
 - iii. Games typically begin after school starts
 - iv. Coaches will contact players for the first practice date and time
 - v. Refer to schedule for listing of home and away games. Schedules may change due to scheduling problems or rainouts.
 - vi. Refer to travel routes for directions to away games

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- vii. The athletic department will provide uniform shirt and shorts
 - viii. Parents and players will be notified of tournament dates
 - b. **“B” team** consists of 3rd grade boys, all of 4th and 5th grades, and 6th grade girls
 - i. Co-ed team
 - ii. Practice may begin after sports physicals
 - iii. Games typically begin after school starts
 - iv. Coaches will contact players for the first practice date and time
 - v. Refer to schedule for listing of home and away games. Schedules may change due to scheduling problems or rainouts.
 - vi. Refer to travel routes for directions to away games
 - vii. The athletic department will provide uniform shirt and shorts
 - viii. Parents and players will be notified of tournament dates
 - c. **“C-2” team** consists of 2nd graders and 3rd grade girls
 - i. Practice may begin after sports physicals
 - ii. Games typically begin after school starts
 - iii. Coaches will contact players for the first practice date and time
 - iv. Refer to schedule for listing of home and away games. Schedules may change due to scheduling problems or rainouts.
 - v. Refer to travel routes for directions to away games
 - vi. The athletic department will provide uniform shirt and shorts
 - vii. Parents and players will be notified of tournament dates
 - d. **“C-1” team** consists of 1st graders
 - i. Practice may begin after sports physicals
 - ii. Games typically begin after school starts
 - iii. Coaches will contact players for the first practice date and time
 - iv. Refer to schedule for listing of home and away games. Schedules may change due to scheduling problems or rainouts.
 - v. Refer to travel routes for directions to away games
 - vi. The athletic department will provide uniform shirt and shorts
 - vii. Parents and players will be notified of tournament dates
2. **Volleyball** teams consist of the following:
- a. “A” team - 7th and 8th grade girls
 - b. “B” team - 5th and 6th grade girls
 - c. Boys team - 5th-8th grade boys
 - d. All volleyball teams:
 - i. The first practice will be announced at school or coaches will call
 - ii. Parents and players will be notified of tournament dates
 - iii. The athletic department will provide uniform shirts and shorts
3. **Basketball** teams consist of the following:
- a. “A” team - 8th grade
 - b. “B” team - 5th-7th grades
 - c. Students can always play up to fill rosters

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- d. All basketball teams:
 - i. First practice will be announced at school or coaches will call
 - ii. Parents and players will be notified of tournament dates
 - iii. The athletic department will provide uniform shirts and shorts.
- 4. **Track** consists of 5th-8th graders:
 - a. Spring sport
 - b. The athletic department provides uniform shirts and shorts
 - c. Athletes must participate in at least 2 track meets
 - d. Some athletes may qualify for the state track meet
- 5. **Academic Team** consists of 6th-8th grade students:
 - a. Winter season
 - b. Practices are 1 ½ hours long
 - c. Practices and competitions are determined by the coach and they may vary each season
 - d. Some participants (10 maximum) may qualify for state competition - participants are determined at the coach's discretion

NOTE: In certain circumstances when there are too few players on one team and rosters need to be filled, an entire grade (soccer) or entire class of boys or girls (volleyball and basketball) is moved up to fill those vacancies with the understanding that playing time may be limited. The athlete can then choose to move back down or stay on the higher level.

Directions to athletic events are listed on the next page for easier printing purposes.

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DIRECTIONS FOR ATHLETIC EVENTS

Good Shepherd, Hillsboro

Soccer - Games played at Hillsboro High School soccer field on Highway 21. Turn west onto the street across elementary school.

Volleyball and Basketball - Hillsboro Junior High, Hwy 21 (approximately 2 miles south of Jefferson College, on east side of the road) Go to the back of the property to the gymnasium.

St. Agnes, Bloomsdale

Soccer - From I-55, exit at the Bloomsdale exit, Exit 162

Go East on Hwy Y approx .3 miles (you will pass St. Agnes Church and School). Turn right on Jersey Lane and go approx .2 miles to the K of C grounds. The soccer field and parking are located behind the hall.

Volleyball and Basketball - Hwy 32 to Ste. Genevieve County Community Center, located on the right side of Hwy 32 just before the first stoplight in Ste. Genevieve.

Valle, Ste. Genevieve

Soccer - same as St. Agnes

Volleyball and Basketball - Hwy 32 into downtown area, at stoplight go straight ahead, Valle gym is on the right, parking is behind the building.

St. Rose of Lima, DeSoto

Soccer - Hwy 67 north to Hwy 110 to Main Street, take Main Street to stop sign at Miller Street, turn left across the train tracks, make an immediate right onto East Main, field is on the left at the end of East Main Street.

Volleyball and Basketball - Same as above except when you cross the train tracks, go straight to stop sign, turn right, travel to Hwy E, turn right for ½ mile, KC Hall is on the right.

St. Joseph, Farmington

Soccer - Games are played at Engler Park in the Industrial Park

Volleyball and Basketball - at St. Joe Gym across the street from St. Paul Lutheran School