



Liberty Christian Academy

ATHLETICS HANDBOOK
2016-2017

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Athletic Handbook 2016-2017

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Purpose Statement:

The Liberty Christian Academy Athletic Program seeks to build strong Christian character in our students by providing opportunities to compete in athletics. All students are encouraged to explore the abilities that God has given them through the sports program at LCA. The LCA Athletic Program strives to be consistent with the mission of Liberty Christian Academy by providing Christ-centered athletic instruction, developing athletes who strive for academic excellence and encouraging athletes to become responsible citizens that embrace a distinctly Christian worldview. We seek to build teams that compete and to “run so as to win the prize.” (1 Corinthians 9:24)

Junior Varsity Athletics:

The philosophy of Liberty Christian Academy’s Junior Varsity athletics program is to build foundational skill and sportsmanship. Students entering Junior Varsity athletics are not necessarily expected to have foundational skills in a particular sport. Students are expected to demonstrate a willingness to learn and a desire to better themselves athletically. Though the tryout process for Junior Varsity sports will be less rigorous, still not all students will be able to participate in middle school athletics as space is limited by each sport. LCA strives to open participation to as many students as possible. In middle school games, extra effort will be made to allow all players some playing time in order to build skill and experience.

Varsity Athletics:

The philosophy of Liberty Christian Academy’s Varsity athletics program reflects a more mature approach. Varsity athletes are held to a higher standard in regards to effort, ability, and sportsmanship. Varsity coaches and staff are encouraged to push students to their limits in a safe way that helps to build their character and inspire them to achieve more. Varsity players are viewed as emerging adults who are expected to rise to the occasion and take responsibility for their own actions.

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Varsity sports are an outreach of LCA, projecting our schools values and commitment to excellence. As such, high school teams will strive to be competitive and to utilize their best players to generate a competitive advantage. No player is guaranteed to receive playing time; membership on high school sports teams is a privilege for those that demonstrate commitment to the good of the team.

Good Sportsmanship:

Good sportsmanship is key component of LCA sports. Good sportsmanship is defined as respecting your team and your opponents and treating all people fairly. Good sportsmanship accepts a loss and rejoices in a win, all while maintaining a good attitude. A good sport supports their team even when they are not actively playing, and gives their best effort no matter what the situation. Good sportsmanship is a reflection of good character, and is more important than winning or losing. As the Bible says, “Let all things be done decently and in order” (I Corinthians 14:40). So in athletics, good sportsmanship maintains order and encourages mutual respect.

The 24 Hour Rule:

Liberty Christian Academy asks that all parents wait at least 24 hours before speaking to any coach about matters that arise concerning a student athlete. Just as in church situations where conflict arises, LCA believes that disagreements should be settled civilly between individuals before involving outside parties (See Matthew 18:15-17). Gossip and accusations made to others will never serve to rectify the situation.

We ask parents to abide by the following procedure when questioning any LCA coach:

- Wait at least 24 hours
- If at all possible, meet face-to-face
- Be respectful and courteous
- If the issue cannot be resolved a meeting with the parents, coach and Athletic Director will be scheduled.

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In meeting with the Athletic Director, please understand that playing time of student athletes will generally not be topics open to discussion. Playing time guidelines are discussed in this document.

Organizational Affiliation:

LCA is currently a member of the NCCAA.

Insurance / Injuries

I. Insurance:

Students must provide their own medical insurance to cover any injuries sustained during athletic participation.

II. Injuries:

All injuries should be reported to the Athletic Director, student's Coach and the LCA administration within 24-Hours. In addition, any student athlete that has to visit the doctor for whatever reason must provide the LCA Athletic director with a medical release from the doctor before he/she is cleared to participate again.

Eligibility

I. Academic Requirements

Academic excellence is paramount for the student-athlete at Liberty Christian Academy. Student-athletes must maintain 78% average overall and are not allowed to be failing any individual subjects. Grades will be checked during each grading period. Any student-athlete who is found deficient in any subject area will be placed on two-week academic probation. While on probation the student-athlete may participate in practice and play in games. If after the two-week probation the student has not made satisfactory progress, he/she will be suspended from participating in any games. A student-athlete is only permitted one probation period per season.

II. Team Commitment

Playing on a team is a privilege, not a right. An utmost commitment is needed for a team to be successful. Once try-outs have been completed and the team has

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been established you are committed for the entire season. If you quit or are removed from a team during a season you may not go to another sport in that season. You may also not go to another sport in the next season. You are expected to be on time, prepared (with necessary equipment), and focused through the entire practice or game.

Addendum: Policies and Procedures

I. Team Selection:

The makeup of each individual team is at the discretion of the Head Coach. Junior Varsity teams consist of sixth through ninth grade players and Varsity teams are usually made up of ninth through twelfth grade players. Exceptions may be approved by the Athletic Director after consultation with the Head Coach in each individual sport. Widespread participation is desired, especially at the non-varsity levels, and is encouraged, but team rosters may need to be limited in number. At the discretion of the Athletic Director, some players may be part of both JV and Varsity teams as the roster space allows.

II. Tryouts:

Tryout schedules and requirements will be set by the LCA Athletic Director. Tryouts will seek to test a wide range of skills and physical conditioning related to the sport. All students are welcome to participate in tryouts as long as they are healthy enough to do so, but acceptance to the team is competitive and not all who try out will make the team.

III. Parent Information:

After a team has been determined, the coach will call a parent meeting to go over logistical matters, expectations, and requirements of the athletes and parents in regard to the season at hand. Parents will be given an opportunity to ask the coach and Athletic Director questions.

IV. Playing Time:

Determining how much playing time each player gets is up to the discretion of the coach. However, there are some general goals for which we will always strive.

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- At the Junior Varsity level, the coaches *will try* and play everyone, if possible. The JV team will be a feeder program for the Varsity. JV teams will strive to win, and still may play their most gifted players more than those who are still learning.
- At the Varsity level playing time is not guaranteed. The program strives for excellence in practice and games and the best team is put on the field for competition.

V. Practices:

All athletes are expected to be present and on time to all practices during the season of a particular sport. All student-athletes are also expected to stay at practice until dismissed by the coach.

- Student-athletes should inform the coach in advance when absences are anticipated.
- Practices are not optional. Students who miss practice regularly are likely to be cut from the team and may miss playing time as a result.
- There will be no practices or games on Sundays, Wednesdays, or Religious Holidays.

Conduct-On the court or Field

Athletics helps to build character but it also reveals character. A strong opponent will challenge us to perform at a high level. Officials and opponents will be treated with the same respect and dignity that we would want to receive. Student-athletes should focus on what they can control which is their effort and attitude. A referee's call or opponent's behavior are not under our control and should not cause an unacceptable response from LCA student-athletes. We must focus on our own character and strive to demonstrate Christ-like character in these situations.

Administrative Requirements

I. Athletic Fee:

A non-refundable Athletic Fee of \$75 per year is required to help finance the LCA athletic programs (Equipment, Player Packages, Etc...). Fees will be billed

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to the student athlete's family accounts using the roster provided by the coach and paid directly to the school. Fees may be paid through Parentsweb or in person.

II. Physical Examinations

Each athlete is required to have a physical examination by a licensed medical doctor before participating in any sport at LCA.

III. Responsibility Release Form:

Each athlete must have a Responsibility Release Form signed by parents and on file with Liberty Christian Academy. This form is available on our website.

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Parent Pledge

Please read, initial each item, sign and return.

1. I pledge to use positive encouragement to edify my child because I understand that athletes do their best when they are encouraged. _____
2. I understand that fewer than 1% of youth sports participants receive college athletic scholarships and that the top three reasons kids play sports are: a) to have fun; b) to make new friends; and c) to learn new skills. _____
3. I understand that the game is for the players, and I will keep sports at Liberty Christian Academy in the proper perspective. _____
4. I pledge to encourage my child to use maximum effort, to learn new skills, and to bounce back from mistakes. _____
5. I understand that children have different natural abilities and are at different levels of physical development and that the true measure of my child's success is not how my child compares to others, but how he/she is doing in comparison to his/her best self. _____
6. I pledge to "Honor the Game." I understand the importance of setting a good example for my child and that my child might be embarrassed by any out-of-bounds behavior on my part. No matter what others may do, I will show respect for all involved in the game including coaches, athletes, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will "Honor the Game" and be silent. _____
7. I pledge to refrain from calling out instructions to my child or approaching the bench during a game or breaks in a game. I understand that this is the coach's job. I will limit my comments during the game to encouraging my child and other players for both teams. _____
8. I pledge to refrain from making negative comments about my child's coach in front of my child, my child's teammates, or other team parents. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully. _____
9. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority. _____

Print Parent Name

Parent Signature

Date

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Student Pledge

Please read, initial each item, sign and return.

1. I pledge, in my words and actions, to encourage my teammates and coaches. _____
2. I will make my LCA team one of my top priorities and will not miss practices or games because of other extracurricular activities. _____
3. I will use maximum effort, learn new skills, and bounce back from mistakes. I will work every day to my best in order to grow as an athlete and as a person. I will strive to help my team improve. _____
4. I will show respect to opposing athletes, opposing fans, opposing coaches, and officials. I will refrain from “trash talking” or questioning calls by officials. I will not engage in any kind of conversation with an opposing coach. After the game, I will conduct myself with dignity—win or lose—by offering a handshake to opposing players. _____
5. I pledge to listen and to follow my coach’s instructions. I understand that for any relationship to work there has to be mutual trust. I will trust my coach’s plan for our team, and I will earn his/her trust by following through with what he/she would have me do. _____
6. I pledge to refrain from making negative comments about my coach to my teammates or other students. I understand this can seriously damage team morale and chemistry and undermine my coach’s ability to do his/her best. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully.

7. I will be on time to practices and games. I understand that being late might put me at risk by not providing adequate time for warm-up. _____

Print Student Name

Student Signature

Date