



**Liberty Christian Academy Athletic Handbook
2022-2023**

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LCA Athletic Mission Statement

The Liberty Christian Academy Athletic Program seeks to disciple students by pointing them to Jesus through athletic competition. The LCA Athletic Program strives to be consistent with the mission of LCA by providing Christ-centered athletic competition, developing athletes who strive for excellence in all areas of life, and encouraging athletes to become men and women of strong Christian conviction that point others to the hope of Jesus.

Junior Varsity (JV) Philosophy (6th-10th grade)

The purpose of LCA's JV athletic program is to build foundational skills and character. JV athletes are expected to work hard and be coachable. There is a tryout process for JV athletes, not all students will be able to participate in JV athletics. LCA strives to open participation to as many students as possible. In JV games, extra effort will be made to allow all players appropriate playing time in order to build skill and experience.

Varsity Philosophy (7th-12th grade)

The purpose of LCA's varsity athletic program is to provide a high level of competition and to build character. Varsity sports are an outreach of LCA, projecting our school's values and commitment to discipleship. Varsity teams will strive to be competitive and utilize their best players to generate a competitive advantage. No player is guaranteed to receive playing time. Membership in high school sports teams is a privilege for those that demonstrate commitment to the good of the team.

Eligibility

In order to be eligible to participate in LCA's athletic program, student-athletes must be enrolled in the sixth grade or higher. Not have reached his or her 19th birthday on or before August 1 of the current school year. Meet students' expectations that are outlined below.

Conflict Resolution

24 Hour Policy

LCA requests that all parents wait 24 hours before speaking to any coach about matters of conflict that arise concerning a student-athlete.

Biblical Principles

It is also requested that all parties involved abide by the biblical principles written in Matthew 18:15-17. If at all possible, meet face to face with the coach(es) to discuss the conflict in a respectful and courteous manner. If the issue cannot be resolved, a meeting with the parents, coach(es), and Athletic Director will be scheduled. If a resolution has not been reached after this meeting, another meeting will be scheduled with all parties and the Head of School.

Conflict with Opposing Teams

If there is a conflict with the opposing team that merits further communication, this will be done by the Athletic Director or other administrators. If the Athletic Director is not present, refer to the biblical principles mentioned above.

Guardian Expectation

Guardians are expected,

- To demonstrate excellent sportsmanship at all athletic events.
- Refrain from cheers that may threaten the opposing team, fans, or officials.
- Support the athletic director and coaches' efforts in advocating for your student-athlete at practices, games, and other sporting events. Communicate with coaches concerning any form of absence or tardiness to a practice or game.
- Pick student-athletes up promptly after games and practices.

If a parent cannot uphold these expectations this will lead to a conversation with the Athletic Director or Head of School. Repeated violations could lead to the loss of attendance at all sporting events at Liberty Christian Academy.

Student-Athlete Expectations

Academics

Student-athletes are expected to maintain a 70% average overall and are not allowed to fail any individual subjects, this includes dual enrolment classes at any higher education institution. Grades will be checked every three weeks. Any student-athlete who is found deficient in any subject area may be placed on two-week academic probation. While on probation the student-athlete may participate in practice but will not be able to 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 for the remainder of the season. All homework and classwork must be completed before leaving for an overnight game or tournament.

Attendance

Student-athletes are expected to attend at least half of their classes on campus in order to participate in practices and games. IAW the student handbook, a student-athlete can not have more than 10 unexcused absences in a semester to be eligible to play a sport the next semester. For example, if a student has more than 10 unexcused absences during the spring semester and they return to LCA for the next fall, they will be ineligible to participate due to those prior semester absences. Students who are dually enrolled in college courses must be present for half of their seated classes and meet the standards outlined in the student handbook for students leaving campus.

Conduct

Student-athletes are expected to adhere to all school rules. They are to be examples of strong Christian conviction. This should be seen in how they respect their peers, teachers, coaches, and officials. Student-athletes unable to conduct themselves in a respectful manner can expect punishments from coaches or the Athletic Director.

Practice & Games

Student-athletes are expected to be present and on time for all practices during the season of a particular sport. All student-athletes are also expected to stay at practice until they are dismissed by the coach. Student-athletes are expected to communicate well in advance with coaches if they are to be absent for any reason. If a player repeatedly misses practice without communication with the coach, they will be deemed ineligible for that season. There will be no practices on Sundays or Christian holidays. There will be practices over holiday breaks that student-athletes are expected to attend. All practices will be closed to parents and students who are not on the team practicing.

If a student-athlete cannot uphold these expectations, then that will lead to specific consequences outlined above. Repeated violations could lead to ineligibility.

General Policies

Athletic Fees

A non-refundable athletic fee of \$100 per sport that an athlete participates in is required to help finance the LCA athletic program. Fees will be billed to the student athlete's family accounts using the roster provided by the coach and paid directly to the school. Fees must be paid prior to the first game.

Sports Forms and Medical Documents

Physicals: Each student-athlete is required to have a physical examination by a licensed medical doctor before participating in any sport at LCA. An athlete will not be allowed to participate in tryouts, practice or games without proper documentation.

Liability Wavier Form: Each student-athlete is required to turn in this form signed by a parent or guardian.

Dress Code

Appropriate apparel, as outlined in the student handbook, should be worn for all road trips, and before and after games. Athletes may be asked to wear special attire, as designated by their Head Coach, on game days.

Tryouts

Tryout schedules and requirements will be set by the LCA Athletic Director. Widespread participation is desired, especially at the non-varsity levels, and is encouraged, but team rosters may need to be limited in number. 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. The number of players on a team varies from sport to sport. Acceptance to the team is competitive and not all who try out will make the team. Head Coaches will evaluate each prospective athlete based on objective criteria. Selected players may be part of both JV and Varsity teams. This will be determined by roster space and the discretion of the Athletic Director. Team selection and cuts will be communicated through an email from the Athletic Director.

Playing Time

Starters for games will be chosen by the Head Coach based on past performance and character. Determining how much playing time each player gets is at the discretion of the Head Coach. However, there are general goals that LCA strives to attain.

JV: To maintain the goal of building foundational skills, all players will play, if possible. The JV team is a feeder program for the Varsity. JV teams strive to win and will play their most skilled and gifted players more than those still learning the sport.

Varsity: To maintain the goal of achieving a higher level of competition, playing time at the Varsity level is not guaranteed.

Equipment & Uniforms

All athletes are responsible for the care and security of issued equipment. Students must pay for any equipment and uniform lost or not returned. As a matter of policy, transcripts/report cards will not be issued until payment is made.

Quitting

Any student-athlete, who starts a sport and quits before the season is complete, will be ineligible to participate in athletics for one calendar year unless released by the Head Coach of the sport they quit.

Gender

Gender is determined by the student's birth certificate. Student-athletes are only allowed to participate on teams that coincide with their official birth certificate.

Homeschool Students

Homeschool students are not eligible for varsity competition. In order to be eligible for JV competition, they must take at least one class on campus.

Transportation

Practices

It is the athlete's responsibility to arrange transportation from practices. If a practice is off-campus the school will provide transportation to practice. Athletes are expected to remain for the entire practice and picked up immediately after practice.

Games

Athletes are required to ride the team bus to all games. Athletes may leave games with their parents with a signed release form. An athlete may ride home with another adult if written permission has been granted by the athlete's parents. Students are not allowed to ride with other students to or from a game without a parent in the car.

Insurance/Injuries

Insurance

Athletes must provide their own medical insurance to cover any injuries sustained during athletic participation during tryouts, practices, or games.

Injuries

All injuries should be reported to the Athletic Director, athletes coach, and LCA administration within 24 hours. In addition, any athlete that has to visit a doctor must provide the LCA Athletic Director with a medical release, no matter the reason for the visit, before the athlete can participate in practice or games.

Organization Affiliation

Association

North Carolina Christian School Association (NCCSA)

Conference

District 4- East Region

Social Media Policy

Student-athletes at Liberty Christian Academy are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your family, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you but benefit the whole team. Instagram, Facebook, Twitter, Vine, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Liberty Christian Academy in one form or another. Student-athletes should be aware that third parties, including the media, faculty, future employers and NCAA universities and coaches could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, our athletic program and Liberty Christian Academy. This can also be detrimental to a student-athlete's future college and employment options.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses, etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.

- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to the athletic program or Liberty Christian Academy, which is not public information (examples: tentative or future team schedules, student athlete injuries and eligibility status, travel plans/itineraries or information).
- If there is a possibility that you were hacked and the post did not come from, ensure you have taken the proper steps to ensure that account is deleted and be able to provide evidence that it was hacked.

Please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic program and Liberty Christian Academy. Remember, always present a Christ-like image and don't do

anything to embarrass yourself, the team, your family or Liberty Christian Academy.

Student-Athletes with Disabilities

Extracurricular athletics at all education levels are an important component of an overall education program. Extracurricular athletics opportunities provide important health and social benefits to all students, particularly those with disabilities. These benefits can include socialization, improved teamwork and leadership skills, and fitness.

Each student, regardless of disability, is provided an equal opportunity to engage in extracurricular activities at LCA. The necessary accommodations to provide that opportunity will be provided by either LCA or the parental guardian. For example, if a student requires an aide, LCA may provide one or request the student's parental guardian to provide assistance. Simply because a student is a "qualified" student with a disability does not mean that the student must be allowed to participate in any selective or competitive program offered by LCA. LCA may require a level of skill or ability of a student in order for that student to participate in a selective or competitive program or activity, so long as the selection or competition criteria are not discriminatory.

LCA strongly prohibits the discrimination of any student based on their disability.