



# **Liberty Christian Academy Athletic Handbook**

## **2025-2026**

Property of: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

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# Department Philosophy

## Core Scripture Verse

"And Jesus increased in wisdom and stature, and in favor with God and men."  
(Luke 2:52, NKJV)

## Mission Statement

Our mission is to utilize athletics as a unique educational tool that will glorify God; while developing Biblical character qualities, as we equip student athletes intellectually, physically, socially and spiritually in Christ, so that He may use their gifts, and talents to impact our world for Christ.

## Goals

The academy is committed to an athletic program which brings glory to God by:

- Teaching athletes to display Godly character traits as part of their Christian testimony to the opposing team members and fans.
- Teaching athletes to strive for ultimate performance while upholding Christian values and Biblical principles (Colossians 3:23).
- Teaching athletes that value is found in contributing one's best in the role assigned for the benefit of the team.
- Implementing programs dedicated to the development of potential and helping athletes prepare for higher levels of competition.
- Providing the best Christian coaches available.
- Providing adequate training facilities.
- Selecting equipment that is safe.
- Maintaining equipment properly.
- Involving the student body, parents, and teachers in developing school spirit and unity.
- Providing a safe environment for athletes and fans.

Each coach is committed to:

- Guiding athletes to glorify God using the Luke 2:52 principles.
- Teaching each athlete to work diligently toward specific personal and team goals.
- Teaching the "team concept" as opposed to self-glorification.
- Teaching interpersonal skills.
- Teaching respect for rules and authority.
- Designing practice sessions to provide developmentally appropriate training and conditioning of athletes.

# Policies and Procedures

## Eligibility

### Tryouts:

- The division principal or administrative designee will verify the athlete's academic eligibility. Once the academic eligibility is confirmed, the athletic director will verify that each prospective athlete has met all other eligibility requirements prior to participation in any tryout. The athletic director will notify student athletes who do not meet the eligibility requirements prior to tryouts.

### Participation:

- Students wishing to try out for an athletic team must:
  1. Be enrolled as a full-time student.
  2. Have an approved, current athletic physical on file in the Athletic Office
    - a. A VHSL Sport Physical is applicable from May 1 to June 30 of the same academic year.
    - b. A VHSL Sport Physical must be renewed with each new school year.
    - c. VHSL Physical forms can be obtained in the Athletic Office or online.
  3. Have notified the coach of the sport of his/her interest in trying out for the team.
  4. Have demonstrated academic eligibility.
    - a. In the first semester, students must be enrolled in no fewer than five subjects that are offered for credit and which may be used for graduation; and have passed five subjects offered for credit the previous semester.
    - b. For the second semester, students must be enrolled in no fewer than five subjects that are offered for credit and which may be used for graduation; and have passed 5 subjects in the first semester.
  5. Exhibit attitudes and behaviors which support the stated goals and expectations of LCA. (Please refer to the LCA Student Handbook)
  6. Adhere to any preseason criteria established for the sport by the coach or athletic director.
  7. Submit a signed Parental Agreement and Permission Form, along with the Concussion Awareness Protocol Statement to the athletic office.
    - a. The Parental Agreement and Permission Form can be found at the end of this document.
    - b. The Concussion Awareness Protocol Statement will be provided before each season.
  8. Submit proof of medical insurance (Please note that LCA does not carry student accident insurance).
    - a. A signed Insurance Waiver form listing your specific insurance coverage must be submitted to the athletic office. (Page 4 of the VHSL Sport Physical).
    - b. Any parent interested in purchasing optional accident insurance must visit the business office for more information.

## Student Athlete Expectations

- Students who have been selected for a team must maintain eligibility to practice or participate in games by continuing to do the following:
  1. Athletes are to conduct themselves in a manner which displays a positive testimony for Jesus Christ at all times.
    - a. Actions and words are to be Christ-like, encouraging, and edifying at all times.
    - b. Athletes are expected to conduct themselves as ladies and gentlemen by displaying politeness, and practicing common courtesy.
    - c. Athletes are expected to maintain a Christ-honoring testimony on all social network activity (i.e. Facebook, Twitter, TikTok, Instagram, Snapchat, etc.) Failure to adhere to this expectation may result in disciplinary action.
  2. The athlete must maintain a positive testimony in his manner of dress before, during, and following an athletic event. On game days, athletes must wear the attire prescribed by the coach.
    - a. According to the National Federation Rules, approved garments may be worn under a uniform. In all sports, compression shorts are allowed if they are the same color as the uniform pant. In basketball, a short sleeved t shirt is allowed if it is the same color as the uniform jersey and has not been cut off in any way. In baseball and softball, a t shirt, long sleeved shirt, three quarter length shirt, turtleneck shirt, and mock turtleneck shirt may be worn if it is the color designated by the coach and is not cut off in any way.
    - b. Any questions concerning exceptions to the dress code must be directed to the coach and approved by the athletic director prior to the game day (e.g., tournaments and outdoor sports).
  3. Exhibit a positive overall attitude and behavior.
    - a. Athletes must adhere to approved policies published by individual coaches.
    - b. Athletes are subject to authoritative positions including all officials and school personnel from LCA or an opposing team.
    - c. If the coach or administration determines that an athlete is not demonstrating the proper attitude and / or behavior in or out of school, that athlete may be removed from the team or placed on probation.
    - d. Because improper action or words toward authority shows poor character and testimony, any athlete demonstrating this type of behavior may be removed from the game by the coach.
    - e. Coaches may discipline players according to team rules which will be published and distributed prior to try outs at a required parent meeting.
    - f. In the event there are major or repeated infractions of the published guidelines, the coach will initiate a conference with the athlete and his parents to specify what changes should be made in order for the player to remain on the team. The coach will monitor progress on these changes for a specified period of time and maintain a written record of progress. Dismissal from the team will occur if improvement is not evident.

4. Maintain personal control and positive testimony.
  - a. An athlete who draws a technical foul, or the equivalent thereof, will be penalized by immediately sitting on the bench and reprimanded.
  - b. Any athlete who leaves the bench area to participate in a verbal or physical altercation will be subject to ejection by the official and/or discipline by the coach.
  - c. An athlete who is ejected from the game may be subject to further penalty prescribed by VHSL rules.
  - d. A player ejected for fighting will be ineligible to participate based on VHSL rules.
  - e. A player ejected for fighting twice in the same season will forfeit their position on the team for the remainder of the season (VHSL rules).
  - f. Any athlete who lays hands on or attempts to lay hands on an official, coach, or a spectator will be ejected and is subject to possible dismissal from the team for remainder of the season.
  - g. If the player ejected has a leadership position, the player will forfeit the title for the remainder of the season, if warranted.
5. Maintain appropriate testimony in school.
  - a. Athletes who earn an after school detention /Saturday work day will serve the required time prior to reporting to practice. The athlete will then be held responsible for late arrival at practice and will have earned the corresponding consequence as published by the coach.
  - b. Athletes who are suspended from school are ineligible to participate in practices or games during the suspension period. Additional consequences for suspensions are published by the coach during that season.
  - c. An athlete who receives a second suspension from school during one sport season may be dismissed from the team.
  - d. A captain or co-captain who is suspended from school may forfeit the position of leadership for the remainder of the season.
6. Limit additional activities.
  - a. Due to the demands placed on an athlete as a member of a particular team which involves a regular practice schedule, the athlete may only participate in one full-time school activity per season. However, if two in season coaches can agree on a minimal commitment for a second activity it can be granted with Athletic Director permission.
  - b. Student athletes may participate on community teams (e.g. AAU, county leagues, city leagues, church leagues, etc.) with recognition that the in season LCA sport takes precedent for all organized team activities and games. An exception may be granted by the coach and/or athletic director.
  - c. Any activity which interferes with practice or game schedules must be avoided. Athletes are encouraged not to secure outside jobs during a season so that there will be no conflict between practice and work schedules. Athletes will not be excused from practice because of outside work responsibilities.

7. Maintain proper class attendance.
  - a. The athlete must arrive at school on time in order to participate in practices or games.
  - b. Should LCA team travel extend beyond 11:30pm the night before or a student has fallen ill, student athletes will be permitted to arrive at school no later than 10:06am/ 3<sup>rd</sup> period the next morning.
  - c. Students who leave school due to illness may not return to practice or participate in a game on that day, unless they present written parental/doctor consent.
  - d. Students who have early dismissals from school may only participate in practices and games if the early dismissal is for doctor's appointments, court appearances, or approved early dismissal program. All other reasons must be approved by the principal and/or athletic director in advance.
  - e. Questions concerning attendance should be directed to the division principal and/or the athletic director.
8. Maintain academic eligibility.
  - a. Each athlete is responsible for work missed due to athletic absences. Before leaving school early for a game, it is the athlete's responsibility to hand in homework, to find out what he will miss in class, and what is due upon return.
  - b. Missed assignments and tests must be completed upon return to class.
  - c. Each athlete must maintain grades which meet eligibility requirements during the season as prescribed in "Eligibility §4."
9. Demonstrate team commitment.
  - a. Players who earn a position on a team or squad are expected to remain on that team throughout the season.
  - b. If a team member experiences difficulty which might affect his remaining on the team, a conference with the coach, the parents, and the player must be held prior to the player(s) leaving the team.
  - c. In the event of an unexpected medical condition which impacts a player's ability to participate, a conference with the coach, athletic trainer, the parents, and the player will be held to identify the level of participation which is reasonable.

- **If school is cancelled due to weather, Varsity athletic practices may be allowed between the hours of 11am to 4pm. The Athletic Director will get permission from the Superintendent to allow the practice. In the event that school is cancelled due to weather there will be no Junior Varsity or Middle School practices.**

## Student Athlete Responsibilities

- Equipment Use
  1. Student athletes should handle equipment with respect and use it only for the particular sport intended. School equipment may not be used for non-school related activities.
    - a. Uniforms or uniform parts are to be worn ONLY during the athletic contest or at the discretion of the coach.
    - b. Approved team jackets may be worn during school and must have be full zip in the front and have no hood.
  2. All equipment will be the responsibility of the individual to whom a particular set of equipment is issued.
    - a. Any damaged equipment or equipment not returned will be paid for by the student athlete.
- Facility Use
  1. An athlete must treat each facility with respect.
    - a. An athlete must pick up trash in or around the locker room, the field of play, the team bench, the spectator areas at the fields, or other areas designated by the coach or athletic director.
    - b. An athlete must wear proper shoes for each field or court.
    - c. An athlete must refrain from hanging on or pulling down basketball rims, goal posts, nets, etc.
  2. An athlete must report any damage to any LCA athletic facility or equipment to the coach and/ or athletic director.
  3. An athlete may not be in the gyms or the playing fields unless proper supervision is present and appropriate permission for use of the facility has been granted.
- Locker Room Conduct
  1. Coach must be present when students are in the locker room.
  2. All trash is to be picked up and placed in a waste container.
  3. Clothing and personal items must be placed in the locker which is assigned to the athlete. Items such as book bags which do not fit into the designated space must be placed neatly on top of the locker or in a specified area.
  4. An athlete must refrain from running or horseplay of any kind while in the locker room and refrain from using cell phones/cameras while in the locker room.
  5. Each athlete must secure all jewelry, wallets, purses, or other valuables in a locked locker or give them to the coach to secure in a valuables bag during practices or games. Neither LCA, nor its coaching staff is responsible for unattended valuables left in the locker room.
  6. Each athlete who chooses to use a locker should supply a lock to be used during the practice sessions.
  7. All athletes are expected to respect the property of others (e.g. clothing, shoes, and bags). An athlete should not borrow or use the property of another individual without specific permission to do so.
  8. An athlete may not have glass containers in the locker room or shower area.

## Travel

- Students will ride the bus to and from games unless prior arrangements have been made with the coach. At the conclusion of an away activity, a parent may sign out their student via the provided Parent Sign Out Sheet left with the coach. If a parent is not attending the game, written permission for the student to ride with another adult must be given to the coach prior to the game. The adult with whom the student will ride must be identified in the written request, whereby the named adult may sign out the student via the provided Parent Sign Out Sheet.
  1. Each athlete must treat the bus with respect. All trash should be removed from the bus when the athletes leave the bus. The athlete should refrain from any activity which has the potential to damage the bus seats, doors, or windows. When exiting the bus, all windows should be closed.
  2. When exiting a bus, each player must exit through the front passenger door.
  3. Each player must adhere to the seating arrangements designated by the coach. Boys and girls are assigned separate sections of the vehicle when traveling.
  4. Each player must be courteous to the driver and keep noise to a minimum. An athlete may listen to wholesome music through a head set system. Absolutely **NO** inappropriate music is permitted. Coaches will monitor the content.
  5. When a team is at a restaurant or rest area, the athlete must maintain a voice level which is appropriate and respectful, model politeness and clean up any trash which has been generated by himself or a team member.
  6. Teams which have uniform travel suits must wear that suit, prescribed school dress, or a coach's prescribed attire to all home games and away games.

## Playing Time

- Playing time is an earned privilege. The policies for the amount of playing time earned vary according to the age and level of the players. Coaches will use the guidelines below.
  1. For designated middle school teams, the coaches are instructed to create an environment of fun and fundamental development. Each player will be given an opportunity for commensurate playing time during the season though **not necessarily** each game. Time is earned by demonstrating effort in practice and maintaining a positive attitude.
  2. At the junior varsity level, starting players are chosen and playing time is earned based on positive attitude, ability, and performance. Coaches are encouraged to substitute as much as possible. Substitutions are made to gain game experience, to provide team depth, and to enhance team play.
  3. At the varsity level, starting players are chosen and playing time is earned based on positive attitude, ability, and performance. Substitutes will be played according to coaching strategy and dictates of the game.
  4. A middle school player or junior varsity player may be chosen to move up to the next team level according to district guidelines with the recommendation of the coaching staff and the approval of the athletic director and the division principal.

5. Each player is limited to a maximum number of competitions each sport season regardless of level per VHSL rules.

## Awards Information

### Player Recognition

- Official recognition for athletic performance is issued at the end of the season at an awards night activity in the following areas.

Team Level	Most Valuable Player <sup>1</sup>	Most Valuable Offensive Player <sup>2</sup>	Most Valuable Defensive Player <sup>2</sup>	Coach's Award <sup>3</sup>
Middle School				X
J.V.	X			X
Varsity	X	X	X	X

- The Most Valuable Player award is based on the team's vote.
- The Most Valuable Offensive and Defensive Player awards are based on season statistics and the coaches' evaluation of player performance.
- The Coach's Award is based on the demonstration of a positive Christian witness and testimony while participating in athletic competition, while participating in practice sessions, and while living before his peers and teachers every day.
- The Most Improved Player Award is given in wrestling, cheerleading, tennis, and golf. It is based on team vote and the coach's evaluation of player performance.***

- Coach's may provider certificates of participation awarded to varsity players who successfully complete the season or with less playing time than is required to earn a letter as well as to junior varsity and middle school players who successfully complete a season.
- Students who do not complete a season are not eligible for awards. A student who is dismissed from school or a team is ineligible for any award for that season. A student who quits a team during the season is ineligible for an award for that season.

### Wall of Fame Video Board

Students who have distinguished themselves in academics, music, and athletics are eligible for inclusion on the wall of fame video board. Athletes who have been recognized as first-team all-conference, all-region, or all-state will have their photo scroll on the video board. Individuals who qualify should contact the athletic director for the specific instructions for the dimensions and cost of the plaque.

### League Information

Liberty Christian Academy competes in the Seminole District, Region 3C as a full member of the VHSL. LCA adheres to the rules and regulations for eligibility and participation prescribed by these entities.

## LCA Athletic Offerings

Team	Grade Levels	Season
Cheer - Varsity	9-12	Fall/Winter: Aug-Mar
Cheer - JV	8-10	Fall/Winter: Aug-Feb
Cheer - MS	6-8	Fall/Winter: Aug/Feb
Cross-Country - B/G/ Varsity	9-12	Fall: Aug-Nov
Cross-Country - B/G/ MS	6-8	Fall: Aug-Nov
Football - Varsity	9-12	Fall: Aug-Dec
Football - JV	8-10	Fall: Aug-Nov
Football - MS	6-8	Fall: Aug-Nov
Golf - Varsity	9-12	Fall: Aug-Oct
Volleyball - Varsity	9-12	Fall: Aug-Nov
Volleyball - JV	9-10	Fall: Aug-Oct
Volleyball - MS	6-8	Fall: Aug-Oct
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Basketball - B/G Varsity	9-12	Winter: Nov-Mar
Basketball - B/G JV	8-10	Winter: Nov-Feb
Basketball - B/G MS	6-8	Winter: Nov-Feb
Indoor Track - B/G/ Varsity	9-12	Winter: Nov-Feb
Swimming - B/G Varsity	9-12	Winter: Nov-Feb
Swimming - B/G MS	6-8	Winter: Nov-Feb
Wrestling - Varsity	9-12	Winter: Nov-Feb
Wrestling - JV	8-10	Winter: Nov-Feb
Wrestling - MS	6-8	Winter: Nov-Feb
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Baseball - Varsity	9-12	Spring: Feb-Jun
Baseball - JV	8-10	Spring: Feb-May
Baseball - MS	6-8	Spring: Feb-May
Outdoor Track - B/G Varsity	9-12	Spring: Feb-Jun
Outdoor Track - B/G MS	6-8	Spring: Feb-May
Soccer - B/G Varsity	9-12	Spring: Feb-Jun
Soccer - B/G JV	8-10	Spring: Feb-May
Soccer - B/G MS	6-8	Spring: Feb-Mar
Softball - Varsity	9-12	Spring: Feb-Jun
Softball - JV	8-10	Spring: Feb-May
Softball - MS	6-8	Spring: Feb-May
Tennis - B/G Varsity	9-12	Spring: Feb-Jun

### **PARENTAL AGREEMENT AND PERMISSION**

I, the undersigned, have read and accepted the rules and regulations which govern my child while he/she represents Liberty Christian Academy as an athlete.

I have prayed with my child concerning this decision and our commitment to the time requirements and expectations for participation in this extra-curricular program.

I agree to uphold the rules and regulations and to cooperate with the Coach and Athletic Director in the fulfillment of the purposes and policies of the athletic department and the Academy. **I understand that playing time is totally at the discretion of the coach. I agree to follow the Matthew 18 principle in attempting to resolve concerns. In addition, I will show my support for my child and LCA athletics by displaying Christ-honoring conduct towards officials and coaches, and in game situations. I further understand that not complying with these guidelines may jeopardize my child's opportunity to remain on an LCA athletic team.**

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### **STUDENT AGREEMENT**

I have prayed and have sought the Lord's direction on my decision and commitment to the athletic program.

I have considered carefully the rules and regulations which govern Liberty Christian Academy athletes. I agree that I will abide by these rules and regulations.

I promise to uphold the high standards of Liberty Christian Academy in such a manner that will be a credit to my school. I also realize that I will be subject to the counsel and consequences prescribed in this document and in the team specific documentation published by the coach if I choose to violate the letter or the spirit of this contract.

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