



# LC ATHLETIC HANDBOOK

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**INTRODUCTION**

At Liberty Christian, we see athletics as way more than just sports. They're a big part of how we help students grow into strong, Christ-centered leaders. Through competition, teamwork, and commitment, our athletes learn lessons that go far beyond the game. Whether you're on the court, field, track, or in the gym, we want every athlete to be challenged and encouraged to grow spiritually, mentally, and physically.

This handbook is here to help everyone, students, parents, and coaches, understand how we do things. It includes expectations, policies, and guidelines to keep our program running smoothly and with integrity. Most of all, it's meant to make sure every student-athlete has a safe, meaningful, and God-honoring experience as part of Liberty Christian Athletics.

## **MISSION STATEMENT**

School: "Liberty Christian School provides a Biblically based education, marked by academic excellence, in a nurturing atmosphere. Students are encouraged to develop a personal relationship with Jesus Christ and live committed Christian lives."

Athletic Mission Statement: "The athletic program at Liberty Christian School is designed to be an integral part of the student's Christian school experience. Jesus Christ is to be our focus, both on and off the athletic venue. We will strive to demonstrate His attitudes, actions and mindset. We will strive to learn and practice respect, build self-confidence, and self-discipline.

We are to do everything as unto the Lord and not unto men."

## **PHILOSOPHY STATEMENT**

The athletic program at Liberty Christian School is designed to be an integral part of the student's Christian school experience. Jesus Christ is to be our focus, both on and off the athletic field. We will strive to demonstrate His attitudes, actions and mind set (Phil. 2:3-5). We are to do everything as unto the Lord and not as unto men (Col. 3:23).

Our desire is to glorify God by operating a program that is academically strong, spiritually nurturing, mentally stretching, physically developing and emotionally maturing. Our teams will strive to be competitive and excellent in all their endeavors (II Tim. 4:7). We take this assignment seriously and seek God's direction and wisdom to carefully and prayerfully develop and implement the strategy that we believe will result in and lead to a truly excellent Christian athletic experience. . . one that will show our students to be growing, "in wisdom and stature and in favor with God and men" (Luke 2:52).

The athletic program at Liberty Christian School is a co-curricular activity which is an extension of the overall educational program. It is established for both the advancement of the students and the school's mission. Participation in the after school sports program is a privilege provided for students who have demonstrated academic integrity and good conduct.

At Liberty Christian School, we believe that opportunities should be made available for students to compete in sports. We believe that the participation and commitment to excellence in sports will be two of the many lessons our students will learn. Our goal is to provide a quality sports program, while also giving students the opportunity to develop and display Christ-like attitudes and actions during competition.

We believe that "winning" is giving 100% at all times to your teammates, yourself and the Lord. We wish to instill the desire to play hard, win or lose, to win with humility and lose with dignity. Good sportsmanship is an expected standard, but we should not be content with failure either, striving always to grow in excellence.

We also desire that the students at LCS learn the attitudes and character traits of Jesus Christ through the sports program. It is around His example that we pattern our philosophy. This can be manifested through competition with teammates and opponents.

## **ATHLETIC DEPARTMENT CORE VALUES**

### Coaches

Our coaches are a vital part in how we reach the kids. They are both teachers and leaders, and they always have the responsibility of modeling Christ-like behaviors and attitudes.

To be considered and to be an effective coach here at LCS, they must be knowledgeable in their sports, capable of preparation, able to motivate and adjust during competition, and work effectively under the authority of the Athletic Director and School Administration. They are to take seriously the opportunity to mentor young athletes according to the Word.

Coaches are not meant to take on the role of parents, but are instead partnering with parents to ensure the students growth in alignment with the LCS mission.

### Parents

Parents of student-athletes play a vital role in both their child's growth and the success of the team. Strong support from home helps athletes reach their full potential and contributes to a positive team environment. It's important for parents to offer encouragement, show positive reinforcement, and recognize that they are an essential part of the team's overall success. Just like players, parents are encouraged to support and uplift coaches and teammates throughout the season.

Parents are not meant to take on the role of coach, and learning to trust the coaching staff is an important part of helping student-athletes grow through the life lessons sports provide. It's also essential that parents set a Christ-like example by honoring the Lord in both attitude and behavior at athletic events. For Liberty Christian's athletic program to thrive, coaches, student-athletes, and parents must all be united in their commitment to honor God in everything we do.

### Athletes

LC Athletes should be held to the highest standard and should always give 100%. They should be respectful in class, on the field and outside in the community. LC Athletes should be not only a good representation of the school, but also their team and ultimately the Lord.

### Teams

Our teams should above all glorify God.

### School

**“Active participation in the life and culture of the school’s programs is encouraged. Participation is a privilege, and it is an honor to “wear the jersey”.**

As a school, our core values include:

- Value the Soul
- Value God’s Word
- Impact the World
- Pursue Excellence
- Instill a Christian Worldview
- Model Christ
- Partner with the Home
- Invest in One Another

Please refer to our Parent/Student Handbook for any questions.

## **EXPECTATIONS AND POLICIES**

### **Academic Eligibility/ Attendance**

The W.I.A.A. and Liberty Christian School require the following items to be met or completed in order for a student to compete in the school's athletic programs:

#### Age Limit:

High School – A student shall be under 20 years on or before Saturday of the second week of each sport season.

Middle School – Students shall not have reached their 15<sup>th</sup> birthday prior to June 1 of the previous school year. Middle school is defined as a school with at least seventh and eighth grade levels.

#### Season Limitations:

After entering or being eligible to enter the seventh grade, students shall have six (6) years of interscholastic eligibility. If the seventh or eighth grade is repeated, and such repetition is not based upon documented academic reasons, the repeated year shall count against the student's (6) interscholastic competitive years.

#### Academic Eligibility:

The athletic policy at Liberty Christian School reflects our desire to prepare young adults spiritually, mentally, and physically. Because of this, we have established the following policy to ensure that our student athletes strive for excellence, grow spiritually, and demonstrate the qualities reflective of a follower of Christ.

A student is eligible to seek participation in extracurricular activities (such as sports, clubs, and student leadership) if he or she meets the following general conditions:

- a. The student meets the academic standards listed below,
- b. The student is not on disciplinary probation,
- c. The student must be continuously enrolled in, and maintain passing grades in all classes in order to seek participation in activities sponsored by the Washington Interscholastic Activities Association (WIAA),
- d. The student meets regular attendance requirements,
- e. The student must be enrolled and in regular attendance within the first fifteen

school days in a semester in order to participate in interscholastic contests under WIAA sponsorship during that semester. A student must have fewer than 12 days' total absences during a semester. Attendance in afternoon classes is mandatory for participation in activities, clubs, practices, or games unless by prior administrative approval or event.

If the status changes on any of these conditions during participation in extracurricular activities, the student is subject to probation and/or removal from said activities. The administration shall make eligibility determinations.

#### Academic Standards:

From an academic perspective, a student is eligible for participation in extracurricular activities if they have no F grades and/or no more than two D grades. Academic eligibility shall be checked every Monday by the administration. If a student is ineligible due to their academic performance, the student will be ineligible from games on Tuesday through the following Monday. If this continues, a Restoration Contract will be initiated; this contract must be in place before the next grade report to maintain eligibility. Academic ineligibility for 2 consecutive weeks without a contract in place will result in immediate indefinite ineligibility.

The Restoration Contract is an agreement between the student and the school to define the steps needed to maintain/restore eligibility. While the initial contract is in effect, the student may continue participation in extracurricular activities. Not fulfilling the terms of the contract within the stated amount of time will result in suspension from said activities.

#### Previous Semester:

By the rule of W.I.A.A., school districts or private schools can implement a more restrictive Academic Eligibility policy. Therefore, per W.I.A.A. and Liberty Christian School policy:

A student shall have passed all classes in the immediately preceding semester in order to be eligible for competition during the succeeding semester. The record at the end of the semester shall be final, except for those earned in a regular, accredited summer school program or alternative educational program accepted by the school or district.

#### Suspension Period:

The suspension period for high school students shall be from the end of the previous semester through the fourth Saturday in September in the fall or the first five (5) weeks of the succeeding semester.

The suspension period for middle school students shall be from the end of the previous semester through the first three (3) weeks of succeeding semester.

Each student is eligible on Monday of the week following the end of the suspension period. Three or more teaching days shall constitute a week.

### Fees and Forms:

Every athlete must pay the sports fee, turn in a complete Physical Form (sports physicals are good for 2 years), and complete the forms on Final forms. In addition, parents' signatures are required as well.

- Eligibility paperwork must be completed on Final forms by the sport specific deadline.
- Practices will not count toward the required number per W.I.A.A. regulation until a current Physical is on file.
- All fees must be paid before the first game.

### FEES PER SPORT:

Sports fees for the school year: (If you have questions, please contact the athletic department).

- High School: \$300 for each High School Sport  
(Football, Volleyball, Cross Country, Boys & Girls Basketball, Baseball, Softball, Golf)
- Middle School: \$200 for each Middle School Sport  
(Football, Volleyball, Boys & Girls Basketball, Baseball, Softball)

### Final Forms:

Final Forms is what we use for signing athletic participation forms, eligibility, and physicals. You may review your data at any time to verify it is current. You will be required to sign your forms once per year and after any update.

Go to Parent Playbook to get started. If you require any support during the process, scroll to the bottom and click "Use Support".

We are asking that ALL parents of athletes use Final Forms. Please login at [libertychristianpatriots-wa.finalforms.com](http://libertychristianpatriots-wa.finalforms.com)

### Physicals:

Physicals last for 2 years. If you have any questions about whether your student needs one, please contact the office. The forms are on our Athletic Website.

### Tryouts

At the high school level, Liberty Christian has implemented a tryout policy as needed for athletic teams. The policy comes in response to growing student interest and limited facilities and will apply to certain sports as needed. The policy reflects our commitment to faith, character, and excellence, and aims to ensure a fair and transparent selection process. Coaches will evaluate athletes based on skill, attitude, teamwork, and growth potential. While not every student may make a team, we see these moments as valuable opportunities for personal and spiritual growth. We remain committed to offering other ways for students to stay involved and encouraged, and we welcome open communication with families throughout this transition.

## **ATHLETIC CODE OF CONDUCT**

### Athletic Conduct

#### Student Behavior Expectations:

LCS considers the following behaviors to be serious enough to require discipline as determined by administration in partnership with staff and parents.

- Tardiness to practices or competitions
- Careless and/or reckless behaviors
- Use of cell phones during school hours and/or inappropriate use of cellular phones, cameras and other electronic devices
- Inappropriate public displays of romantic affection (holding hands, kissing, excessive hugging)
- Profanity and vulgar or offensive speech and/or gestures
- *Inappropriate use of social networks or media outlets (Facebook, X, Instagram, Snapchat, TikTok, etc.)*

- Dishonesty in any form including lying, theft or cheating
- Gambling
- Rebellious or disrespectful attitude
- Flagrant disrespect and disobedience
- The possession and/or distribution of pornographic material and information, including the distribution of sexually suggestive material via cell phones, cameras, computers or “sexting” of any kind
- Harassment or bullying in any form, both physical and/or sexual in nature
- Hazing in any form
- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations may result in random drug testing. Please refer to the Parent/Student Handbook for more information.
- Immoral sexual conduct
- Use or possession of weapons and/or dangerous items on school premises or at any athletic event

### Discipline

Athletes at LCS are held to the highest standard. Whether a student athlete breaks our code of conduct in class or on the field, court, etc., they will be held to the highest standards and will face either lack of playing time, or what admin and coaches determine to be appropriate.

Each coach has expectations in cooperation with teachers and staff. Teachers will be in constant communication with either admin or coaches about behavioral issues in the classroom.

Violations can result in various steps of discipline, up to and including dismissal of the team.

Any questions about our Code of Conduct can be found in the Parent/Student Handbook.

### Locker Room Policy

Using our facilities here at LCS is privilege, just as participating in any extracurricular activity. Any misconduct or disrespect involving our facilities or equipment will be dealt with both the coach and the Athletic Director.

## Handling Problems/Solving Disputes

God has given us specific guidelines in His Word regarding the resolution of conflict.

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church, and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector." (Matthew 18:15-17)

The practical application of this truth at Liberty Christian School is as follows:

1. Talk to God about the matter before speaking to anyone else. Give Him opportunity to calm your spirit, grant perspective, and focus your eyes upon Him instead of the circumstances (Psalm 139:23-24).
2. Do not talk to others about the individual(s) involved in the conflict. Do not sow seeds of discord among the Liberty family (Proverbs 6:16-19). If counsel needs to be sought, do so while protecting the identity of the parties involved.
3. Make an appointment to speak privately with the individual who is directly involved in the conflict. There is an appropriate time and place to discuss such issues. Give the other individual opportunity to reflect upon his/her actions or words, seek God's perspective of the matter, and prepare for the conversation. (This means a classroom issue must first be discussed with the teacher, an athletic issue must first be discussed with the coach, and an administrative issue must first be discussed with the appropriate administrator. If you truly believe this meeting will not lead to meaningful dialogue or you believe the meeting will perpetuate perceived harassment you may immediately report the incident or circumstances to the next level of administration.)
4. If a positive outcome cannot be achieved in this initial meeting, a meeting needs to be scheduled between the original parties and the next level of administration.
5. In following this God-given process of conflict resolution, we are being obedient to the Scripture, protecting the unity and integrity of the school's ministry, growing in our spiritual maturity, and giving a positive testimony to others.

The Board of Directors for LCS is the final authority in matters of conflict.

NOTE: Limited playing time at the varsity level is not considered a conflict and should not be addressed by parents with the coach. If an athlete has concerns about their playing time, they are encouraged to communicate directly with their coach.

### Playing Time Policy

While our coaches and administrators recognize the value of providing LCS athletes with a broad and enriching experience, often supported through playing time, we also remain committed to pursuing excellence in our athletic programs. Therefore, decisions regarding playing time are entrusted to the discretion of each individual coach.

## **SAFETY**

### Accidents

All injuries should be treated with caution and care. Coaches are responsible for turning in an accident report if there is a serious injury. Athletic trainers will be at sporting events when available.

### Concussion protocol:

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.**

In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness.

Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches

- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent

- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The "Zackery Lystedt Law" in Washington requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

## **GENERAL INFORMATION**

### Schedules

Schedules will be released by the Athletic Director as soon as possible. Schedules are subject to change due to weather, sickness, etc. Please stay updated by our social media, our Athletic Website, and through the team’s communication app.

### Parent Responsibilities for each Team

Parents play a vital role in the success of our seasons and teams. We rely heavily on volunteers to help our games run smoothly, so please consider stepping in whenever you’re able. Your support makes it possible for these events to happen. Volunteer opportunities include ticket sales, running the scoreboard, operating the shot clock (during winter sports), and occasionally assisting with concessions.

## **COMMUNICATION**

### Cancellations

Cancellations of practice and/or games occasionally happen due to inclement weather and other reasons. All cancellations will be communicated by coaches and will occasionally be through our school text alert, social media and the team's communication app.

### Social Media

Please make sure to follow our social media for updates on scores and our teams. Here are our account handles: athletics page @patriot\_athletics (Instagram) and LC Patriot Athletics (Facebook)

### Pre-Season Parent Meetings

During the first week or so of practice, our coaches will hold meetings with team parents talking about expectations and season information. It is an expectation that parents prioritize attending these meetings.