

LIBERTY TREE ACADEMY



Liberty Tree Academy War Eagles Athletic Handbook

2021-2022

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Dear Student-Athletes and Parents/Guardians—

Welcome to our 4th year of LTA! I am grateful to have the opportunity to work as your Athletic Director and Physical Education Lead Teacher. It is my personal belief that all students can play and want to play, and it is our job to provide those opportunities to our students as much as possible.

As our programs continue to grow, I am confident that we will work to provide an athletic program that is academically and virtue aligned with our mission here at Liberty Tree Academy. Our main priority is the health and safety of our student-athletes as they grow. Our coaches and teachers work hard to incorporate real life lessons within our athletics programs, such as leadership, teamwork, conflict resolutions, and responsibility.

It is imperative that all student-athletes understand the significance of being a student first and an athlete second. Through this concept, students learn to prioritize their academic studies while using time management to also enhance their athletic skills when possible. We do our best to create a safe environment where students are supported in this journey by offering many resources to help them become successful.

Playing time at LTA is earned, not given. While skill is important, students may earn playing through displaying leadership, helping other teammates, being an active member of the school, and putting in extra practice time.

The Athletics Handbook has been created to answer any questions you may have regarding our athletics program, but I am happy to answer any additional questions you may have.

We are War Eagles!

Ms. Allen

Athletic Director

Physical Education Lead Teacher

MISSION STATEMENT

Liberty Tree Academy prepares students through a traditional, content-rich education in a disciplined and orderly environment, to be self-governing citizens who are equipped to carry out the vision of our Nation's Founders to preserve and perpetuate liberty.

VISION

Liberty Tree Academy is dedicated to an authentic, traditional American education, to be a community that actively cultivates character in a challenging and engaging learning environment.

PHILOSOPHY OF ATHLETICS

Liberty Tree Academy encourages all students to participate in after-school activities, as the programs benefit not only their educational experience, but supports their long term goals as well. Within our after-school activities, students have the opportunity to:

- Provide leadership opportunities
- Exercise their ability to work as a team
- Implement practice and performance strategies
- Compete in a healthy and safe environment
- Build self-confidence and implement mental toughness
- Create an understanding for rules, practices and procedures for the game

Participation in LTA's after-school activities programs directly correlates with our core virtues: Courage, Courtesy, Truthfulness, Prudence, Perseverance. Through these virtues, student-athletes are able to build self-confidence and ability to become self-governing citizens who will continue to lead our future generations. It is a privilege, not a right, to participate in LTA's athletics and after-school activities program. Greater expectations exist for those who represent Liberty Tree Academy and we encourage all students to participate to the best of their ability.

Lower School Sports being offered:

Run Club (Fall and Spring) (K-5) (August/September and April/May)

Soccer (K-5) (August-September)

Cheer Clinic (Football and Basketball) (K-5) (October/December)

Flag Football (TBD) (October)

Little Dribblers (K-3) (February)

Basketball (4/5) (February)

Volleyball (4/5) (March)

T-Ball (K-5) (April)

Upper School Sports being offered:

Cross Country
Cheerleading
Volleyball
Girls/Boys Basketball
Wrestling
Track
Intramural Soccer
Intramural Football

LEAGUE AND ASSOCIATION RULES

Liberty Tree Academy abides by the rules and regulations set by the Black Forest League (BFL) for middle school, or CHSAA website (<http://chsaanow.com/tools/bylaws/>) for details. For high school we follow the rules and regulations set forth by the Colorado High School Activities Association (CHSAA) for all high school sports; in addition to league specific guidelines set by Black Forest League (BFL 2A).

ADMISSION (GAME) - TICKET PRICES

Liberty Tree Academy may charge admission for the following events at the rates listed:

Sport:

Basketball

Middle School Amount: Adults: \$5.00 Students/Children: \$1.00 Senior Citizens (60+): \$1.00

High School Amount: Adults: \$5.00 Students/Children: \$1.00 Senior Citizens (60+): \$1.00

Volleyball

Middle School Amount: Adults: \$5.00 Students/Children: \$1.00 Senior Citizens (60+): \$1.00

High School Amount: Adults: \$5.00 Students/Children: \$1.00 Senior Citizens (60+): \$1.00

Additionally, please note that most area high schools charge admission for events. Admission prices may vary between sports and schools.

Season and Annual Passes are available for purchase by LTA students and families. These passes may only be used for LTA Home Games only and does not include Playoff Games. Family season and annual passes grant admission for five immediate family members to all home season games.

Student Annual Pass
\$35/school year

Family Annual Pass

- Immediate Family Only (Parents, Brothers, Sisters, Grandparents)
 - Maximum of 5 Persons Per Home Game
- \$100/school year

Family Season Pass (fall, winter, spring)
\$50/ season

ATHLETICS REGISTRATION

All athletic registration for Liberty Tree Academy can be found at www.ltaeagles.org under the Athletics tab.

The following must be completed (with signatures by the appropriate parties where required) for every athlete prior to participating in any practices, scrimmages, or events/games:

- 1. A current physical (dated within 365 days of the final date of the season)**
- 2. All required athletic/emergency forms**
- 3. Full payment of athletic participation fee**

Please note that an athlete may be ineligible if any past athlete participation fee and/or replacement/damage equipment fees are due on their school specific account. Athletes can remain ineligible until payment is complete or there is approval from athletic director.

Athletic Participation Fees

Lower School Sports: \$40
Upper School Sports: \$60

If you have already played a sport for LTA, you are still required to complete the emergency/medical form for the new season. You will not need to re-submit a physical if you have a current one on file dated within 365 days of the final date of the new season. **Therefore, the athletic department will not accept a physical that expires at any time during the sport season of participation.** If you have one that needs to be renewed between the official start date and the end of the sport season, we consider it expired and you must have a new one prior to the official start date.

Refunds

1. Refunds are available for the following situations:
 - a. If an athlete is released from the team by the coach before the first scheduled contest
 - b. If an athlete is injured before the first scheduled contest
 - c. If an athlete is injured before one-half of the competitive season, they can receive a pro-rated refund
2. No Refund
 - a. If the athlete is released as a result of disciplinary actions
 - b. If the athlete quits voluntarily
 - c. If the athlete is injured less than half of the competitive season

Athletics Parent Meeting

Prior to our athletic season start, a mandatory athletics parent meeting will be conducted to set the expectations for the upcoming athletic season. In this meeting, expectations will be set for the athletes, parents, coaches, and administration. This meeting will also include the distribution of sports schedules, driving sign-ups, and questions for the athletic director or coaches.

ATHLETIC ELIGIBILITY

ACADEMIC ELIGIBILITY

Liberty Tree Academy not only has high standards for our students within the classroom, we also maintain a high set of standards outside of the classroom. In order to be academically eligible to play sports, students must not more than one D or have one F. Grade checks are conducted at the end of each semester to approve eligibility for the upcoming season and then once per week during the season for student-athletes. While these standards are higher than most schools, we believe that our students are responsible for prioritizing their academics over athletics. If a student is ineligible due to grades during the season, they will not be able to play in games until the following grade check. They will also be required to attend tutoring at least twice during that week for the subject they are below mastery in.

Additionally, if a high school student-athlete is determined to be ineligible on an end of semester eligibility check, then they will be withheld from competition for the duration described in 1710(d) of the CHSAA By-Laws.

Ineligible athletes will not be excused from school to travel with the team for any away games.

GENERAL ELIGIBILITY FOR PARTICIPATION IN PRACTICES OR CONTESTS

1. Athletes must be declared eligible for participation according to CHSAA policy and LTA expectations.

2. Athletes must meet the minimum practice participation requirements set by CHSAA prior to participating in a contest. Refer to the CHSAA website (<http://chsaanow.com/tools/bylaws/>) for the specific up-to-date requirements. As of the date of publication for the LTA athletic handbook, these are set at nine days of practice in football and five days of practice for all other sports prior to participation in a scrimmage or contest. Athletes who change sports after practice has started must restart their practice count.
3. A written doctor's release is required if an athlete has been restricted from participation by a doctor.
4. If an athlete suffers an injury to their head during an event, they will immediately be removed from participation and evaluated by an individual certified in concussion detection. If the athlete's parents are not in attendance, they will be notified as soon as possible about the injury. In cases where a concussion is suspected, LTA defaults to the CHSAA concussion policy 1780.21 as its guidelines for all head injuries. It states: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall immediately be removed from participation and shall not return to play until cleared by a licensed healthcare practitioner (Doctor of Medicine, Doctor of Osteopathic Medicine, Licensed Nurse Practitioner, Licensed Physician Assistant, or Licensed Doctor of Psychology with Training in Neuropsychology or Concussion Evaluation and Management). A clearance letter from the medical provider must be provided to the athletic director before the athlete can return to the activity.
5. It is the expectation that all athletes who represent Liberty Tree Academy in athletics are representatives of the school. Thus, there are higher expectations for our student-athletes when it comes to discipline. If the student is suspended, they may neither practice nor attend any Liberty Tree Academy events during the duration of the suspension. Athletes may lose playing time or positions on their teams due to absences due to suspension.
6. Attendance at school is required for practice and contest participation. It is required that athletes be present more than 50% of the day of a scheduled contest. Checks will be done during the day of the activity to ensure the student-athlete is adhering to this standard. There will be no exceptions to this policy.
 - Absences - Students are expected to be in school the entire day, but a minimum of half their classes must be attended. Athletes should notify coaches or the athletic department prior to the absence.
 - Early Release - Students leaving school early due to illness or a non-approved reason will not be allowed to attend or participate in any athletic activity that day.
7. Athletes are expected to attend all scheduled competitions and practices during the season. Exceptions may be granted by coaches and may include school activities, medical/dental appointments, family emergencies, religious obligations, and academic assistance. LTA administration and coaches have the discretion to restrict student-athletes from competition for on-going behavioral issues and unexcused absences and tardies. Athletes may be dismissed from teams for repeated offenses of this rule. Athletes who miss practices for games due to family outings, holidays, vacations, jobs, or participation in extra-curricular activities other than athletics, risk losing their position. Coaches may dismiss athletes from their teams if there has been an excessive number of absences.

ATHLETIC EQUIPMENT

Athletes are responsible for and expected to maintain proper care of all equipment issued to them. Students are financially responsible for any items lost, stolen, or damaged. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned within two weeks of the season's completion. Equipment guidelines are as follows:

1. LTA athletic uniforms are to be worn at school-sponsored events only, unless designated by the coach.
2. All issued items must be returned to the coach prior to the presentation of athletic awards (or a fine will be issued and kept on file with the bookkeeping office).
3. No athletic equipment will be issued to any student with an outstanding financial obligation to another sport for lost or damaged equipment. Athletes who have not returned or paid for equipment will be referred to the administration.
4. An athlete may be ineligible for additional sports, if any replacement/damage equipment fees are due on their school specific account and could remain ineligible until fees are paid or approval from athletic director.
5. All athletes should inspect their equipment daily for equipment safety. Each coach will instruct athletes of the proper use and care of individual and team equipment. Athletes should notify the coach immediately of any deficiency. Uniforms must be cleaned prior to every contest. Cleats may not be worn in the building at any time. Athletes are expected to keep their playing areas clean. This includes home and away playing areas.

ATHLETIC SEASON

Each athletic season is defined by the duration between the official first practice date and the final contest of the season. The official first practice dates vary by sport and are set by the BFL for middle school athletics and CHSAA for high school athletics (see the CHSAA Calendar for high school sports).

Coaches may schedule practices on any date during the athletic season with the following exceptions:

- WINTER VACATION RULES (CHSAA 2310.4): The CHSAA restricts contact with athletes of any sport and coaches of LTA from December 24 through December 27 and New Year's Day. Winter sports may have **voluntary** practice on the remaining days.
- SUNDAY CONTACT (CHSAA 2310.5): No school interscholastic contests, practices, camps, or non-association between participants and coaches/directors of any activity from LTA shall take place on Sunday at any time during the school year. The school year is considered from the first official practice set by CHSAA through Memorial Day. CHSAA may allow for the rescheduling of state-level events to be played on Sunday. Teams playing on Monday in District, Regional, or State culminating events will be exempt from this rule.

CONFLICTS WITH ACTIVITY PARTICIPATION

When conflicts arise between sports and other activities for athletes, it is important that the athlete notify the coach and sponsor as soon as possible so they can see if the

scheduling conflict can be avoided. When a performance or game conflicts with a practice, the performance or game, should always take precedence over the practice. If the conflict is between a performance and a game, and the coach and sponsor cannot work out a compromise, the student must make a choice that reflects their best judgment.

TEAM SELECTION AND “CUTS”

Liberty Tree Academy seeks to provide the opportunity for all students to participate in extra-curricular activities. In the event of constraints of facilities, personnel, equipment, and team sizes, not all students will be able to participate. Tryouts insure an equal opportunity to all student-athletes to display their ability in the sport. Coaches will choose athletes based on their skill, performance, sportsmanship, leadership, accountability, and motivation.

1. Coaches provide a set of evaluation guidelines to each athlete at the beginning of the first tryout.
2. Tryouts are mandatory and attendance is non-negotiable.
3. The athlete shall attend all scheduled practices and team meetings to be seriously considered for a team. Exceptions include serious illness, religious observances, death in the family, transfer, or an injury from a previous sport season.
4. Tryouts for an athletic team will be closed by the first athletic competition. Exceptions to this rule would be if athletes are still participating in another sport, have extenuating circumstances, or are new students.
5. The selection of players shall be at the discretion of the coaches for that sport.

ELECTRONIC MEDIA AND WEBSITES

An athlete's decision to post items on internet sites such as Facebook, Twitter, or Instagram is a personal one; however, the athletic department and team policies should serve as a filter for what a student-athlete decides to put online. Each student-athlete always represents Liberty Tree Academy. If the material is harassing, threatening, or involves violations of team, school, league, or CHSAA rules, the athlete will be disciplined and possibly removed from the athletic team.

HAZING/BULLYING

There is a zero-tolerance policy against hazing/bullying. Hazing occurs when an act is committed against a student that creates substantial risk or harm to the student or a third party. Hazing includes but is not limited to:

1. Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, sleep deprivation, exposure to weather, placement of harmful substances on the body, or participation in physically dangerous activities.
2. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or substance that subjects the athlete to an unreasonable risk of physical harm.
3. Any activity that subjects a student to levels of embarrassment, shame, or humiliation, or creates a hostile, abusive, and intimidating environment for the athlete.

4. Any activity involving violation of federal, state, or local law, or any violation of LTA policy.

PARENT/COACH COMMUNICATION

Parents and coaches are important role models for our students. They provide necessary guidance to young adults in their development. Clear communication between parents and coaches facilitates a successful athletic experience. It is also important to remember that the first link in communication is the one established between a coach and athlete.

There are situations that may require a conference between the coach and a parent. Please do not attempt to contact a coach immediately before or after a team event (i.e. contest, try-out, scrimmage, etc.) Liberty Tree Academy enforces a 24-hour rule in which a parent **must** wait 24 hours before contacting a coach with a concern/question. Urgent safety concerns should be communicated promptly.

Appropriate Concerns to Discuss with a Coach:

1. The emotional and physical development for your child
2. Ways that your child might be able to improve
3. Concerns about your child's behavior with the team on the practice or game field
4. The future of your child's play at the next level

Issues **Not** Appropriate to Discuss with a Coach:

1. Team strategy
2. Other athletes and parents

The Next Step

If a meeting with a coach did not provide satisfactory resolution, please contact the athletic director. Please know all meetings with the athletic director require the athlete to be present. At this meeting, the appropriate next steps can be determined. It is always encouraged to work issues out at the lowest levels with the coaching staff.

SPORTSMANSHIP

LTA, our future league, and CHSAA recognize the role of administration, faculty, coaches, parents, and athletes in promoting sportsmanship within our community. Anyone who does not adhere to the requirements for spectators at a contest or game will be asked to immediately leave the premises and will be required to have a formal meeting with the athletic director prior to being allowed to attend any future contests/games. For more details on CHSAA sportsmanship guidelines and expectations refer to <http://chsaa.com/activities/sportsmanship/>

Spectators

1. You are at the contest to support your team and enjoy the skill and competition, **not** to ridicule the other team or their fans.

2. School athletics are learning experiences for students. Support athletes in their attempts to improve themselves, just as you would praise a student in the classroom.
3. Entrance to a contest is a **privilege** and you may be removed at the discretion of the on-site administrator.
4. Show respect for the home **and** away players, coaches, spectators, and support groups.
5. Respect the integrity and judgment of the game officials. They are doing their best to facilitate the game. Spectators may never speak to an official about a call made in a contest/game.
6. Be a positive role model through your actions as you are representing Liberty Tree Academy.

Unacceptable Behaviors at Games by All

1. Disrespectful or derogatory yells, chants, songs, or gestures
2. Criticizing an official's call
3. Yells that antagonize opponents
4. Distracting an opponent
5. Booing or taunting an official, coach, player, or cheerleader
6. Refusing to shake hands or give recognition for good performance
7. Use of profanity or displays of anger that draws attention away from the game

LETTER AWARDS FOR ATHLETICS

Earning a Varsity Letter Award is a major accomplishment in the world of athletics. It is evidence that you have excelled not only on the playing field, court or track, but also in the classroom. The requirements for earning a varsity letter vary from sport to sport. Student-athletes are reminded that a Varsity Letter Award is a recognition award determined by the head coach in conjunction with administration. The Varsity Letter Award is presented to athletes who have reached athletic criteria that has been set forth by Liberty Tree Academy. Athletes must meet the earned time criteria that is set forth for each varsity sport. Those who earn a varsity letter are awarded with a certificate and a varsity letter (first year only) or a specific sport athletic pin (second and third year) or special cognition award (fourth year) at the banquet for each sport that is held at the end of each season.

General Varsity Letter Award Requirements for all Sports:

- Must be in good athletic and academic standing, complete the season and be eligible academically
- Show marked improvement during the season and from the previous season
- Be a good character, a teammate, and team player
- Attend all practices, games, meets or matches unless excused by the coach, parent, or doctor
- Contribute to the team's success
- Participate as a regular member of the varsity team
- Injured players may receive a letter if in the opinion of the head coach is that he/she would have participated enough if they had not been injured, and served the team in some capacity while injured

In addition to the general requirements, the following sport-specific requirements must be met:

Basketball (Boys and Girls)

- Player must have competed in at least 85% of the varsity contest within a season, for any length of time
- All Seniors who have participated in the LTA basketball program for 2 or more years are eligible for a letter.
- Play in 75% of the quarters at the varsity level, and then the student athlete will receive a varsity letter. If a player is injured or a younger player is moved up to join the varsity squad during the season, only the number of quarters they are eligible to play will on in this lettering consideration.
- Have all equipment turned in and any in good standing with student fees.
- A senior may receive a varsity letter if they have been out for the full season during the year
- Contribute to the team's success

Cheerleading

- 2 Consecutive seasons (Fall and Winter)
- Missing zero games unless "emergency" (emergency= sick, family emergency, injury but still attends the game)
- Zero ineligible weeks
- Zero unexcused absences from practice. Absences are only excused when an athlete is sick and not at school/leave school that day.
- If the student athlete quits or is released from the team for any reason, then you will not be eligible of any awards
- Varsity award will be determined by dedication and commitment to the team and will be decided by the coaching staff

Cross Country

- All equipment, fines and dues must be received.
- Academic standing at the time of lettering must be within determined guidelines.
- An accumulation of 200 points during the season is needed. Ways to receive points:
 - o ExperiencePoints
Year 1 = 20 points
Year 2 = 40 points Year 3 = 60 points Year 4 = 80 points
 - o Practice / Participation Points
Each athlete starts the season with 100 points Each missed practice* = -5 points

*The coach must know at least 2 days in advance of a proposed missed practice due to scheduling conflicts (medical or school) in order to avoid lost points**

- o Competition Points

- 10 Points - Place top 10 in varsity race

- 8 Points - Place top 20 in varsity race

- 6 Points - Run in varsity race

- Each point earned for the team during a sub-varsity meet equals 0.5 points toward a varsity letter.

- Must set personal best times in 50% of the races run (minimum of 6 races)

- o Achievement Points

- Male- Complete a one-mile time trial in under 6:00- (awarded once per season) = 25 points

- Female- Complete a one-mile time trial in under 7:00- (awarded once per season) = 25 points

Track and Field

The focus for our High School Track & Field team is on the “total” athlete. We are passionate about building the comprehensive student-athlete, building character, culture, and performance. The lettering will work on a point-system. The target for this season is 22-25 total points to receive a letter, based on the number of meets determined at the beginning of the season. The total Varsity points for lettering are subject to change based on meets that are cancelled/rescheduled, etc. There will be a combination of points distributed for practices vs. meets.

- Attendance Points

- o Mandatory Practice: Athletes earn 0.5 points per week attended.

- o Non-mandatory Conditioning: Athletes earn .2 point per non-mandatory conditioning practices attended.

- Academic Points

- o Academics: Athletes can earn 1 point per month for maintaining a 3.0 GPA or higher. This will be calculated based on the end of the month grade report, as opposed to a cumulative High School GPA.

- Performance Points:

- o The athlete will earn full points based on placement at Varsity level meets only

- o Athletes will be rewarded the points that they earn for the school. Example: 1st=10 pt., 2nd=8 pt., 3rd=6 pt., 4th=5 pt., 5th=4 pt., 6th=3 pt., 7th=2 pt., 8th=1 pt. o In any individual event, athletes that get a new lifetime best time/mark/personal record (PR) in their event will be awarded .5pt. per event.

- o Any 4 athlete's that score in a relay event, will distribute the points earned for the school evenly between the team members. Example: 1st =10 pts. /4 Athletes = 2.5pts. / 4 Athletes, 2nd =8 pts. /4 Athletes =2pts p/athlete, etc.

- Any athlete who does not letter in a season, will have their points (performance only) carried to the next season, and accrued for the following year.

- Any athlete that has a 4-year tenure on the team who has not earned a Varsity letter in previous seasons, will be awarded a Varsity Letter.

- Athletic/Non-Athletic points will be awarded and taken away following protocol as well as at coach's discretion.

Soccer

- Play at least 75% of the season's eligible minutes
- Be ineligible for no more than one eligibility check week
- A senior who experiences a season ending injury at the varsity level will letter
- Other lettering considerations are at the coach's discretion

Volleyball

- Participate in at least one game per Varsity match. Participated in means to be rotated in, even if for one play
- Students who have been out for volleyball for all years during their career, but don't meet the lettering requirement will also receive a letter.
- Must be in good academic standing for majority of the season and can't miss tournament or playoff matches, unexcused.

VOLUNTEERS

LTA athletics are dependent on volunteers. We ask that you volunteer a minimum of two hours a season. Sign-up sheets will be available at the beginning of the season during the parent meeting. Volunteering can be considered the following:

1. Driving athletes to events
2. Running admissions to games
3. Running the scoreboard for games
4. Running the scorebook for games
5. Cleaning up after games
6. Being a line judge for volleyball games

If you are interested in any of these positions, please contact the athletic director to let him or her know.

TRANSPORTATION

LTA depends on the parents of athletes to transport the teams to their athletic events. A parent transportation sign up will be provided at the beginning of the season to designate drivers. Parent drivers must complete the Parent Driver Responsibility Form, have a copy of their driver's license, and a copy of vehicle insurance turned in to the athletic director. Parents must pick up their students at the end of the event or arrange for transportation. Persistent failure to pick up your athlete on time could be reason for your athlete to be dismissed from the team. This decision is left to the discretion of the coach and/or athletic director.

**Liberty Tree Academy
Acknowledgment Form**

I, _____, the parent of _____

(Parent/Guardian) (Printed Student Name)

have received and read the Liberty Tree Academy athletic handbook. We are aware of LTA's athletic policies and have had an opportunity to ask questions.

By signing this form, we understand the rights and responsibilities pertaining to students, and agree to support and abide by the rules, guidelines, procedures, and policies of Liberty Tree Academy.

Parent/Guardian Signature

Student-Athlete Signature

Date