

Liberty Schools Athletic League



# Handbook for Athletes



THE LIBERTY SCHOOL DISTRICT

Revised Nov 2017

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19871 West Fremont Road • Buckeye, AZ 85326 • Office (623) 474-6600 • Fax (623) 474-6669

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Dear Parents and Players,

The Liberty School District is committed to excellence in academics and athletics. Our goal for athletics is to establish worthwhile athletic and leisure time interests, to offer students wholesome recreational and social activity, and an opportunity to develop athletic skills in a cooperative manner. We feel that displaying character on and off the playing field is important. Please take a minute to review with your child this Liberty Schools Athletic League Handbook.

Once you have reviewed this handbook, please sign, date and return the last page to your child's coach.

Liberty School District provides a variety of sports for our students. As part of Liberty Elementary School District's athletic teams, each athlete will be required to follow this athletic contract for the season.

As you participate in sports you will grow as an athlete, learn the importance of being on a team, and learn good sportsmanship. We hope you become a person who can take a defeat without complaint, victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

## **Citizenship Expectations:**

During the sport seasons athletes will be following the 6 pillars of character and for those students in our IB Academy, exemplifying the IB Learner Profiles. These are the same pillars/profiles that are followed in school daily.

6 Pillars:	Trustworthiness Fairness	Respect Caring	Responsibility Citizenship	
IB Learner Profiles	Inquirers Thinkers Principled	Open-Minded Risk-Takers Reflective	Knowledgeable Communicators	Caring Balanced

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## **Expectations for Athletes**

### Eligibility

There are different types of eligibility; academic, attendance, and behavior. These standards should be top priorities for our student athletes.

#### **Academic:**

- The eligibility criterion for extra-curricular participation shall be a passing grade in all academic classes in which the student is enrolled.
- Governing Board policy requires all extra-curricular participants have their grades checked every 2 weeks.
- If a student is failing a class at academic eligibility check, the student will not be able to participate in **practices** or **games** until the next eligibility check time.
- If a student has a D, that student will be required to receive tutoring in that subject area during a time arranged with the teacher.

#### **Attendance:**

- A student must be in attendance more than one half of the school day, based on the number of minutes in the day, to participate in a practice or game.

#### **Behavior:**

- Students must abide by all school policies as outlined in the student handbook.
- Any student who is referred to the office for a disciplinary reason will not be eligible to participate in that activity for that day.
- No student may participate in practice or games until all conditions of out of school or in-school suspension are completed.

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## **Practices and Games**

- When a student makes a team, attends all practices, and works hard, they will participate in every contest with minor exceptions.
- The following might be exceptions as to why a student is not participating: poor sportsmanship, unexcused absences of practices, tardiness to practice, and not cooperating with the coach or other team members.
- Athletic competition has many messages and meanings for our students. They need to know there are consequences for all their actions.
- Coaches will provide a written schedule of practices and games. Please be aware that due to unforeseen circumstances, the schedule might change.
- During practices, students should wear appropriate attire. School dress code is in effect for all practices and games. Attire should include: T-Shirt, athletic shorts/pants, and athletic shoes.
- Facilities both the home school and the school teams are visiting should be properly cared for and left in the same conditions found.
- Players are expected to attend every game for which they are eligible. If a player must miss a game for any reason other than illness, out of respect for the coach and team, the player should notify the coach in advance of the absence.
- All athletes will stay after school on game days unless otherwise communicated by the coach.
- After games, please sign out with the coach if the athlete is not taking the bus back to the school.
- All uniforms will be worn the way they were designed. They will be tucked in no rolling of the shorts or ribbons on the sleeves. Proper care of the uniforms is essential.

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## **Sportsmanship and Player's Code of Conduct**

- Play by the rules and Pursue Victory With Honor. Win and lose graciously.
- Remember, the goals of the game are to have fun, improve skills and be a team member. Don't play just to please your parents or coach.
- Before, during and after games each player and coach is expected to display appropriate sportsmanship and follow the code of conduct for their position.
- Arguing with officials, coaches, fans, or opponents at any time is not acceptable and will not be tolerated.
- If unsportsmanlike behavior is displayed, disciplinary action may be taken.
- Treat all other athletes, as you would like to be treated. Cheer good plays by either team. Play the game with your best effort.
- Cooperate with your coach, teammates, opponents and the officials.
- Control your temper. Never retaliate when you feel wronged.
- Respect the property of the playing field you are on.

## **Expectations For Our Parents/Spectators and Code of Conduct**

- We ask our parents and spectators to model good behavior and good sportsmanship in front of our students before, during, and after games.
- Applaud good plays by opposing players as well as your own. Athletes appreciate having parent support at the games.
- Harassment of the umpire or referee and name-calling of opposing coaches, players, parents, or fans are some of the behaviors that will not be tolerated. We need to remember we are powerful role models for our students and that we are the adults.
- Remember, young people play for their own enjoyment, not yours. This is about the students, not about the adults. Never ridicule or yell at any athlete for making a mistake or losing a game.
- Set a good example. Should example not follow Pursuing Victory With Honor standards you may be asked to leave the premises.
- Show your child that hard work and all-out effort can matter more than victory. Teach your child always to play by the rules.
- Help your child improve skills and sportsmanship in every game. Your child will then be a winner, even in defeat.
- Support all efforts to remove verbal and physical abuse from Junior High school sports.
- Recognize the value of coaches, referees and officials and give them clear signs of respect.

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## **Potential Tie Situations**

During any season, we have the potential for 2 teams that are tied to get into the tournament. Meaning: Team A and Team B play each other and split wins and the 2 teams end with identical records.

When/if this happens we need to have a plan in place to determine which team gets a playoff spot and which team's season is ended. A coin toss is not the ideal determining factor for placement in a tournament. A tie breaking scenario can be done immediately after the 2 teams meet the second round.

The situations below are based on the possibility of the 2 teams having identical records and have split wins during the regular season:

- Volleyball – the 2 teams play 1 game to 15 points. The winner of that game would have the higher seed
- Basketball – coach chooses 5 players (these can be any 5 on his/her team). The 2 teams will shoot 1 free throw per player. Teams will alternate free throwers. Team A shoots 1 free throw then team B shoots 1 free throw. Team A then shoots their 2nd shot and the 2 teams alternate. The teams both shoot all 5 of their free throws. If a team is ahead after this round of 5, that team will have the higher seed. If the free throw contest is tied after all 5 shots, teams will alternate shooting 1 free throw until 1 team makes the shot and the second team misses – again alternating the free throw. The Athletic Director on site will run the free throw contest and keep track of points.
- Soccer – We have in place a system of keeping track of goals. If there is a tie to get into the tournament, we will look at the total number of goals the 2 teams have for the season. The team with the higher number of goals through the season will have the higher seed.
- Baseball/Softball – We have in place a system to keep track of scores for each game. If there is a tie to get into the tournament, we will look at the total number of runs the 2 teams have for the season, in head to head play. The team with the higher number of runs will be the higher seed.

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## **Uniforms:**

- Uniforms are the property of Liberty School District.
- In the event that the uniform is lost, stolen, destroyed, or damaged, students are responsible for the replacement cost.
- Students not returning uniforms after the season will not participate in the next season or walk at promotion (if applicable).
- The athlete is solely responsible for the uniform issued to them. It should also be understood that wearing the uniform at any other time other than the athletic contest or as specified by coach, the student athlete would forfeit the right to wear the uniform.
- The uniform must be worn as it was designed to be worn. Student athletes will not alter the wearing of the uniform in any way (for example: girls shirts will not be tied with ribbons, baseball pants will have belts if provided by the school, both socks will be of the same color)
- Note: All uniforms must be washed in cold water, mild soap and no bleach. Please remember to dry items on very low heat to prevent damage.

## **Transportation**

- Transportation to and from athletic events will be provided by the Liberty School District.
- Athletes will not be allowed to ride home with anyone other than the parents/guardians unless that person(s) have been indicated in writing on your child's permission slip.

## **Animals on Campus**

The Liberty School District will comply with the requirements of the Americans with Disabilities Act (ADA), the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act regarding individuals with disabilities. Individuals with disabilities may be accompanied by their service animal on all campuses. Please do not bring any family pets to sporting events.

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## A Fact Sheet for ATHLETES

## HEADS UP CONCUSSION

### WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

#### REPORT IT.

Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

#### GET CHECKED OUT BY A DOCTOR.

If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other health care provider can tell if you have a concussion and when it's OK to return to school and play.

#### GIVE YOUR BRAIN TIME TO HEAL.

Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

#### GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



## HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  ..... **Get a headache**
-  ..... **Feel dizzy, sluggish or foggy**
-  ..... **Be bothered by light or noise**
-  ..... **Have double or blurry vision**
-  ..... **Vomit or feel sick to your stomach**
-  ..... **Have trouble focusing or problems remembering**
-  ..... **Feel more emotional or "down"**
-  ..... **Feel confused**
-  ..... **Have problems with sleep**

A concussion feels different to each person, so it's important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn't right.

*The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.*

## HOW CAN I HELP MY TEAM?

### PROTECT YOUR BRAIN.



All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

### BE A TEAM PLAYER.



If one of your teammates has a concussion, tell them that they're an important part of the team, and they should take the time they need to get better.



Center for Disease Control and Prevention  
National Center for Injury Prevention and Control

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

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Once you have reviewed these documents, please sign, date and return this form to your child's coach.

## **Athletic Contract:**

**PLEASE SIGN  
& RETURN**

I have read, understand and agree to the above Liberty Elementary School District Athletic Handbook.

Athlete's Name \_\_\_\_\_

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

## **Parent contract:**

I have read, understand and agree to help my athlete abide by the expectations set out in this Liberty Elementary School District Athletic Handbook.

Parent/guardian \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_

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## Interscholastic Sports (Mild Traumatic Brain Injury (MTBI)/Concussion)

### Statement and Acknowledgement Form

I, \_\_\_\_\_ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, and athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the Centers for Disease Control (CDC) Concussion Fact Sheet (<http://www.cdc.gov/concussion/HeadsUp/youth.html>) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following a concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document

#### Student Athlete:

Print name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

**Parent or legal guardian** must print and sign name below and indicate date signed.

Print name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_



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