



Liberty High School

Parent/ Athlete Handbook

2025-2026



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Participation in athletics is a privilege and responsibility. This handbook provides student-athletes and parents/guardians with the information to make the athletic experience a rewarding one for all involved. Please take the time to familiarize yourself with the rules and regulations which govern the Liberty Athletic Program. In addition, each student is responsible for adherence to the rules and regulations of the Colorado High School Activities Association (CHSAA).

Liberty High School Mission Statement

The mission of Liberty High School, a comprehensive learning community that builds on a rich tradition of excellence, is to educate and equip the whole student by providing academically challenging curriculum and extra-curricular opportunities that prepare every student for the post-secondary path of his or her choice.

Philosophy of Athletics at Liberty High School

At Liberty High School, our athletics program is an integral part of our educational mission. We believe that participation in sports fosters the development of well-rounded students who excel both on and off the field. Our goals are centered around four core principles: competitive excellence, holistic development, sportsmanship, and community representation.

1. **Competitive Excellence:** We strive for our athletes to reach their highest potential by providing top-tier coaching, facilities, and support. Our teams are committed to rigorous training, discipline, and teamwork, aiming to compete at the highest levels while embracing the challenges and learning opportunities that competition brings.
2. **Holistic Development:** Our athletics program is dedicated to the overall growth of our



students. Beyond physical fitness and sports skills, we focus on academic achievement, character building, and emotional well-being. We encourage our student-athletes to balance their responsibilities, manage their time effectively, and pursue excellence in all areas of life.

3. **Good Sportsmanship:** Sportsmanship is a cornerstone of our philosophy. We instill values of respect, integrity, and fairness in our athletes, both in victory and defeat. Our students are taught to honor the game, respect their opponents, and demonstrate humility, graciousness, and class in all their endeavors.
4. **Building School Pride:** Liberty High School athletics is a source of pride for our school community. Our teams and athletes are ambassadors of our school spirit, fostering a sense of belonging and unity among students, faculty, and families. We celebrate our achievements and support each other in our pursuits, creating lifelong memories and traditions.
5. **Representing the Community:** Our athletes represent not only our school but also our broader community. We emphasize the importance of community service, engagement, and positive representation. By upholding the highest standards of conduct, our student-athletes serve as role models and contribute to the greater good of our community.

In conclusion, the Liberty High School athletics program is committed to developing champions in sport and life. We believe that through dedication to competitive excellence, holistic development, sportsmanship, school pride, and community representation, our student-athletes will leave a lasting legacy of success and integrity.

Interscholastic Athletic Opportunities

The Colorado High School Activities Association (CHSAA) governs all sports at Liberty.

Fall Sports Offered in D20	Winter Sports Offered in D20	Spring Sports Offered in D20
Boys and Girls Cross Country	Boys Basketball	Baseball
Football	Girls Basketball	Girls Golf
Boys Golf	Ice Hockey	Girls Lacrosse
Girls Gymnastics	Girls Swimming	Boys Lacrosse
Boys Soccer	Boys Wrestling	Girls Soccer
Softball	Girls Wrestling	Boys and Girls Track and Field
Boys Tennis		Boys Swimming
Girls Volleyball		Girls Tennis



Game Day Cheer		Boys Volleyball
Field Hockey		

Academy School District 20 has two Boys' Lacrosse teams. One at Air Academy for AAHS and DCC students. The other is at Pine Creek for LHS, RHS, and PCHS students. Pine Creek will award Liberty athletic letters earned by Liberty students.

There is one gymnastics team. Interested gymnasts will try out and compete at Rampart High School. Rampart will award athletic letters earned by Liberty students.

There is one Boys Volleyball team. Interested students will try out and compete at Discovery Canyon. DCC will award athletic letters earned by Liberty students.

There is one district field hockey team. This is comprised of all high school athletes in D20. Pine Creek will award athletic letters for each of the schools earned by D20 students.

Game Admission

Season Passes

Season Passes are available at student registration or by calling the Bookkeeping Office. Each of the District 20 high schools offer season passes for adults, students (K-12), and families. These passes are good for the entire school year. Passes are valid for all home games of the issuing school and are not accepted for playoff games, hockey games, or tournaments.

- \$70 Adult Pass
- \$55 Student Pass (K-12)
- \$225 Family Pass – A maximum of 5 passes are included with the Family Pass (two of which may be adult passes) – Allows entrance into D20 team sporting events. (Pine Creek- Field Hockey and Boys Lacrosse, Rampart- Gymnastics)

Additional Family Passes are available for students (K-12) for \$55. Family members of college age or older must buy adult passes for \$70.

Ticket Prices:

- \$7.00 per adult
- \$5.00 per K-12 student
- \$5.00 per senior (60+)



Admission is charged at Liberty for:

- Baseball (playoffs)
- Soccer (any level played in the D20 stadium)
- Basketball (all levels)
- Swimming (all levels)
- Football (any level played in any D20 stadium, PCHS, or TMS)
- Track (invitational meets only)
- Gymnastics (all levels)
- Volleyball (all levels)
- Hockey (all levels)
- Wrestling (all levels)
- Lacrosse (any levels played at D20 stadium, PCHS or TMS)
- Softball (playoffs)

Opponents will charge admission at their discretion at any sporting event at any level.

Online Tickets

Tickets can be purchased ahead of the event through the [GoFan](#) website. There will be a one-dollar service fee per ticket.

Registration Fees

Athletic fees for all sports are as follows:

Tier One Sports Cross Country, Swim/Dive, Tennis, Track/Field	\$100 per sport per season up to the following maximums: \$350 per athlete per year \$350 per family per season \$700 per family per year	Fees cover a portion of the cost of operating the school athletic program. Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2024-25 Tier One Sport is \$150 and does not qualify for the maximum. Students cannot participate in the athletic program if fees are not paid.
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Tier Two Sports Baseball, Basketball, Field Hockey, Lacrosse, Soccer, Spirit-Cheer, Volleyball, Wrestling	\$150 per sport per season up to the following maximums: \$350 per athlete per year \$350 per family per season \$700 per family per year	Fees cover a portion of the cost of operating the school athletic program. Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2024-25 Tier Two Sport is \$225 and does not qualify for the maximum. Students cannot participate in the athletic program if fees are not paid.
Tier Three Sports Football, Golf	\$200 per sport per season up to the following maximums: \$350 per athlete per year \$350 per family per season \$700 per family per year	Fees cover a portion of the cost of operating the school athletic program. Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2024-25 Tier Three Sport is \$300 and does not qualify for the maximum. Students cannot participate in the athletic program if fees are not paid.
Ice Hockey	\$500 per season up to the following maximums: \$650 per athlete per year \$650 per family per season \$1000 per family per year	Fees cover a portion of the cost of operating the school athletic program. Participants who live outside of D20 and do not attend a D20 school will pay 150% of the fee. The fee for a 2024-25 is \$750 and does not qualify for the maximum. Students cannot participate in the athletic program if fees are not paid.

Reductions in fees will be applied when the maximum fee total has been met.

Coaches cannot register an athlete for a sport. Coaches are instructed not to take any forms from a player. **Refund of Participation Fees**, By School Board Policy JQ-R-2 Athletic Fees

Full Refund

- If the athlete is cut by the coach before the first scheduled competitive event
- If the athlete voluntarily drops before the first scheduled competitive event

No Refund

- If the athlete is cut as a result of disciplinary action



- If the athlete quits voluntarily after the first scheduled contest

Pro-Rated Refund if the athlete is injured.

- One-half refund if less than one-half of the regular competitive schedule has been played.
- No refund if one-half or more of the regular competitive season has been played.

Eligibility

All athletes representing Liberty High School must satisfy all eligibility requirements set for by the Colorado High School Activities Association **and** Liberty High School.

CHSAA requires that all athletes meet the following requirements for eligibility in any sanctioned activity:

- Must not be 19 prior to August 1st of his/her senior year (CHSAA 1760.1)
- Must not have had more than eight (8) semesters of high school participation. (CHSAA 1770.1)
- Must have passed 5 credits the previous semester. (CHSAA 1720 (d))
- Must be enrolled in 5 credit classes during the semester. (CHSAA 1720 (d))
- Enrolled in Liberty High School as a bona fide student or in a school that does not have the specific sport. (CHSAA 1720)

Liberty High School believes that athletes should be students first and athletes second, therefore the high school seeks to assist athletes in their academic studies while still participating. Grades are checked on the first day of each week using Infinite Campus. Teachers are expected to update their grades each week.

Liberty High School Athletics Academic Eligibility

An athlete may participate in contests provided they are not failing more than one class during the weekly check or at semester. If an athlete has more than one F he/she will not be able to compete in a scrimmage or any contest for one week. A student/athlete may appeal their grade in class if they feel that the grade is incorrect because of work that has not been graded but is turned in prior to the eligibility check, and/or an absence(s) that allows for make-up work to be turned in during the make-up window.

Forms can be picked up from the Athletic Office and must be returned to the Athletic Office no later than 3:00pm on the day of the eligibility check. If the athlete competes on the day of the check, then their form is due by 3:00pm that day. The form must be signed and agreed upon



by the teacher with the teacher writing the correct grade if necessary. No forms will be accepted after the deadline. Students failing more than one course at the start of the semester are ineligible until the regain date. See below for the specific season/sport regain dates.

Fall Sport Regain Dates

- Boys' Golf – Week 8
- Tennis – Week 10
- Spirit – Week 11
- Softball – Week 9
- Cross Country – Week 10
- Volleyball – Week 11
- Boys' Soccer – Week 11
- Football – Week 11

Winter Sport Regain Dates

- The regain day is the Monday of the designated weeks:
 - All Winter Sports (except Ice Hockey) – Week 20
 - Ice Hockey – Week 19

Spring Sport Regain Dates

- Baseball – Week 39
- Girls Golf - Week 29
- Girls Lacrosse – Week 38
- Girls Soccer – Week 38
- Boys Swim and Dive – Week 37
- Girls Tennis – Week 36
- Track and Field – Week 39

Fall weekly eligibility checks begin on the Tuesday following Labor Day, and the Tuesday following Martin Luther King Day in the spring.

Only the Athletic Director may declare an athlete eligible for participation in scrimmages or contests.

Outside Competitions



Often times student/athletes at Liberty will seek to play club sports while playing a high school sport. CHSAA and Liberty High School recognize that this often times is important to athletes that wish to improve their skills. Members of a high school sport team may compete on any other non-school team in that sport season with the written permission of the principal. Permission shall be granted if the student's attendance in school is not compromised, and the student is in good academic standing. It is expected that any athlete participating on a non-school team will not miss a high school game, practice or team activity to attend a non-school sports activity. Parents and athletes must communicate and obtain written permission from the sports head coach and the athletic director if a student/athlete chooses to participate on a non-school team. The form is available on the school website or in the athletic office.

Athletic Equipment

Athletes are responsible for all individual and team equipment issued to them during the season. The athlete will be financially responsible for any damaged or missing equipment.

1. Athletic uniforms are to be worn at school-sponsored events only, unless designated by the coach.
2. Athletes in possession of uniforms and/or equipment not officially issued to them will be subject to suspension and possible dismissal from the squad.
3. All issued items must be returned to the head coach and athletic department prior to the presentation of any athletic award.
4. No athletic equipment will be issued to any student with an outstanding financial obligation for lost or damaged equipment.
5. Athletes who have not returned or paid for lost/damaged equipment will be referred to the administration. Equipment Safety – Athletes should inspect their equipment on a daily basis. Each coach will instruct squad members on the proper use and care of individual and team equipment. Athletes should notify the coach immediately of any deficiency.
6. Uniforms must be cleaned prior to every contest.
7. In some sports it may be the practice for athletes to use personal equipment for the school sport. i.e. hockey sticks, tennis racquets, hockey skates, soccer shin guards, etc. For football, all athletes must use safety equipment, specifically helmets, checked out by the school. Athletes may provide their own helmets. The practice of District 20 is that athletes may provide their own football helmets as long as they are NOCSE approved or may use ones provided by the district and re-certified on a regular basis as prescribed by the manufacturer. Please see the Head Football Coach for the procedure for using a personal helmet in the program.
8. Cleats are not to be worn in the building at any time.
9. Athletes are expected to keep the locker and playing areas clean. This includes home and away locker and playing areas.



Attendance at School and Practice Participation

Absences - Students are expected to be in school the entire day. A student/ athlete must be in attendance 2 of the 4 class periods on the day of a practice and or contest. Exceptions may be granted by the athletic director for school activities, medical/dental appointments, family emergency, and/or religious obligations. Student athletes should notify coaches or the athletic office prior to the absence. Exceptions to this rule must be verified 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 on that day.

Athletes are expected to attend all scheduled competitions and practices during the entire season (including state tournament competition after the regular season has ended). Exceptions that may be granted by the athletic director may include school activities, medical/dental appointments, family emergencies, religious obligations, and tutorial assistance.

Coaches may suspend athletes from competition for unexcused absences and dismiss athletes from teams for repeated offenses of this rule. Athletes who miss practices or games due to family outings, or holidays, vacations, jobs, or participation in extra-curricular activities other than athletics risk losing their position in the team line-up and may not receive athletic letter awards. Coaches may dismiss athletes from teams if there have been excessive misses for these reasons.

General Awards and Lettering Guidelines

Award winners must:

- Have conformed to the eligibility criteria.
- Attended practices and contests to the satisfaction of the coach.
- Maintain academic eligibility to the satisfaction of the coach.
- Returned all loaned equipment and have no outstanding obligations for fees or lost equipment.

An injured athlete who is not able to participate may receive an award by a recommendation from the coach or the athletic director.

Specific Award Requirements for a Letter:



Letters are awarded to athletes who have met the program requirements and are in good standing with their respective coaches. Lettering Requirements are different from Sport to Sport, Coaches will have their Lettering Requirements in their team handbook and discuss the requirements at their parent meeting before their season starts. Coaches have the right to deny letter winner status based on behavior violating team or school policy.

Senior Standout

Appropriate recognition of high school athletes is a positive tool for school pride and achievement. The Senior Standout shall provide recognition for each outstanding athlete(s) in all sports. The following policy will apply to this recognition program.

1. The head coach of each varsity sport shall be responsible for submitting the name of one athlete to receive this honor to the Athletic Director and Athletic Secretary. The names must be submitted after the season.
2. The student will exemplify good sportsmanship, leadership on the team and in the school, high academic and athletic performance/achievement.
3. The student athlete designated for this honor will be a junior or senior at Liberty High School.

Academic All-State

The CHSAA sponsors the recognition of athletes for their academic achievements. District 20 schools use weighted GPA's for this recognition. Candidates are submitted to the CHSAA by the athletic office.

Individual Academic All-State:



First Team Criteria:

1. 3.60 or higher cumulative GPA (unweighted)
2. Minimum junior in school.
3. Must be a letter winner or equivalent in activity nominated.
4. Must be a participant in a CHSAA sanctioned activity during current season.

Honorable Mention:

1. 3.30 to 3.59 cumulative GPA (unweighted)
2. Minimum junior academic standing
3. Must be a letter winner or equivalent in activity nominated.
4. Must be a participant in a CHSAA-sponsored activity during current season.

Academic Team Champions

1. Team must have a 3.50 cumulative or higher GPA. Freshman use current GPA to date.
2. All varsity team members that participate on the team/speech-festival-tournament/music-orchestra-band- choir, student council, for more than 75% of season/contest the must be figured in team GPA.
3. Boys' and girls' teams must be figured separately.
4. Only varsity team member's GPA's can be used no lower levels, managers, team attendants, or trainers.

Senior Male and Female Athlete of the Year Award

To be considered for this award the athlete must be a senior and have had lettered in 1 or more sports during the current school year. In addition to this, coaches will also consider the following criteria.

- Participation
 - Total number of letters earned in Athletics at HS
 - Captain
- Individual Athletic Accomplishments League or Conference Honors
 - Player of the Year
 - State Honors--All State by major publication or CHSCA
 - National Honors
- Academic Achievement-Cumulative GPA

Bonus Points can be awarded for athletes that break State/School records as well as compete in multiple events at the league and state events. (Points TBD by AD)



The Tie Breaker will consist of:

- Number of sports that the athlete has lettered in during the current year.
- Highest GPA
- Co-Athlete awarded if still a tie.

Rotary Champions Award

Each sport is to nominate their top student/athlete regardless of their grade level.

- This student must have at minimum at 3.0 GPA.
- This student must be excelling on the playing field, classroom, and in the community.

The Rotary Champions program awards scholarships to outstanding scholar-athletes from high schools throughout the Pikes Peak Region.

Students are nominated by their schools based on their academic, athletic and community service accomplishments.

Each of our sponsorship levels entitles you to attend the awards ceremony and to receive a level of recognition for your support.

Conflicts with Activity Participation

When conflicts between sports and activities/academics arise for athletes, it is important that the athlete notify the coach and sponsor as soon as possible so they have the opportunity to see if the scheduling conflict can be avoided. If the conflict is between a performance (graded) and a game and the coach and sponsor cannot work out a compromise, the student must make a choice that reflects their best judgment. Students must communicate with their coach and activity sponsor in advance in order to avoid such conflicts. Grades may never be used to force a student to choose. For students who have a job: school related functions always take priority over work.

Cutting and Team Selection

Considering realistic constraints of facilities, personnel, equipment and team sizes, not all students will be able to participate. Therefore, a fair system of tryouts will be utilized at Liberty when necessary to assure equitable opportunity for each student to secure a place on a Liberty athletic team.

1. All players will have the opportunity to make the varsity team. However, since varsity is the most competitive team, only those athletes who, in the opinion of the coach possess the necessary skills, physical preparation, safe play, attitude, sportsmanship, desire and commitment shall be selected for that privilege.
2. Tryouts for any given sport shall be based on specific criteria set down by the athletic coach for each sport and the duration for tryouts shall vary according to the nature of



the sport, number of student athletes participating and the number of team levels available for each sport.

3. The student athlete should attend all scheduled practices and team meetings to be seriously considered for any team level. Exceptions include only serious illness, religious observances, death in the family, transfer into the district, injury, or those involved in a sports season.
4. When any team's season overlaps the tryouts of another sports season members of that sports team may try out for the next sports season after their season ends. This may occur in the case of football and boys or girl's basketball when the teams advance into state playoff competition. Even if tryouts of the new sports season have been completed athletes will be given the chance to tryout provided they signed up for the sport during the announced sign-up period. Students that transfer to Liberty High School after the start of the sports season may be given a tryout if the move is a bona fide move as defined by the Colorado High School Activities Association. The athlete should have been part of the same sports team at the previous school before the transfer unless the timing of the move prohibited participation.
5. Tryouts for any athletic team should be closed by the first athletic competition or contest in which that team participates, including preseason tournaments. Exceptions to this rule will include only those athletes still participating in another sports season, new students moving into the district or school, serious illness requiring a physician's statement, injury, death in the family.

Division of Skill – The exact make-up of teams is at the discretion of the head coach and may differ from sport to sport. Seniors will not be selected for any level other than varsity.

C-squad level teams are available for freshman athletes primarily but may have some sophomores. The focus is on skill development regarding both team and individual skills. Student-athletes earn the privilege to play increasing amounts of time. At the discretion of the coach, student athletes who have not attended practice consistently or whose efforts in practice do not contribute to the team dynamic may not receive playing time. Seniors and juniors may not participate on C-Squad.

Junior Varsity teams are an advanced developmental program available for freshmen, sophomores, and juniors. Skills taught at this level will prepare the athlete for varsity competition. Junior Varsity level student-athletes earn the privilege to play in each contest. Skill development is especially important since the main objective of this level is to prepare students for varsity play. Team membership does not guarantee game time. Seniors may not participate on JV.

Varsity teams are the highest level of teams we have at Liberty. Freshman through seniors are eligible for this team. At the Varsity level membership is based on above average fitness,



ability, and attitude, and consistent effort, knowledge of fundamentals, skill, and commitment. A student-athlete earns the privilege to make the team and play. The best student-athletes, at the coach's discretion, play as much as required in an attempt to achieve competitive excellence and win the contest. A valued team member in good standing may play every minute of a contest or not at all. Team membership does not guarantee game time.

At the discretion of the coach, student athletes at any level who have not attended practice consistently or whose effort in practice does not contribute to the team dynamic may not receive playing time.

Electronic Media and Websites

Liberty High School and the Athletic Department have policies on underage drinking, drugs, hazing, smoking, and inappropriate behavior. An athlete's decision to post items through a text or on internet web sites or apps such as but not limited to: Snap Chat, KiK, Instagram, Tik Tok, or Facebook is a personal one; however, the athletic department and your individual team policies should serve as a filter for what you decide to put online. You must remember that you represent Liberty High School at all times. Do not post pictures, comments or information on web sites that would/could embarrass you, your family, your team or Liberty High School. The use of text messaging may also pose a violation of school and team policies if it is of a harassing, threatening or involves violations team or school rules.

Hazing

Hazing occurs when an act is committed against a student, or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with an athletic team. Hazing includes, but is not limited to:

1. Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, and 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 student to an unreasonable risk of physical harm.
3. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
4. Any activity that subjects a student to levels of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student;
5. Any activity involving any violation of federal, state, or local law or any violation of school



district policies and regulations.

Hazing perpetrators are subject to appropriate disciplinary action including, but not limited to, expulsion from the team. Hazing is covered by board policy on harassment, intimidation, and bullying.

Report any incident of hazing or bullying to someone. Administrators, D20 Security, and the SRO are good people to talk to if you or your child feels that there have been occurrences of hazing or bullying.

Liberty Discipline Policy and Athletics

Any student who has been suspended from school will not be permitted on or around school grounds, nor allowed to attend or participate in co-curricular activities while on suspension. Athletes that are suspended from school will not be able to practice or play or practice during the term of their suspension. Athletes may lose additional playing time or position on their team due to absences due to their out of school suspension. In some instances, the player may be removed from the team.

Athletic Training Rules - Regarding drugs, alcohol, or tobacco

Liberty High School has the following set of training rules and due process that each athlete and their parents have agreed to when signing the parent/athlete handbook. As a participant of athletics at Liberty High School, the student-athlete will not use, be in possession of or distribute alcohol, drugs, drug paraphernalia, E-cigarettes, vapor pens, or tobacco (in any form). Athletes will not attend functions on or off school grounds during any part of the school year where alcohol and/or drugs are present. This requirement for student athletes does not preclude religious activities or special functions for the family (Colorado Law 18-13-122). This agreement is for all athletes in and out season. Should the student-athlete violate any of the above, the following procedures will be followed:

Violation of Administrative Policy JICH - In-season & out of season violations

For drug or alcohol distribution:

- 365 day ineligibility for all CHSAA sanctioned athletics at Liberty. For drug or alcohol use or possession:
- 1st offense: 365 day suspension from all Liberty CHSAA competitions with an opportunity to reduce to 30% of each season the athlete participates subject to a due process committee review with athlete.
- 30% can be carried into the next athletic season of the school year.



- 2nd offense: 365 day suspension for all Liberty CHSAA competitions
- without an opportunity to appeal.
- 3rd offense: permanent removal from all CHSAA sanctioned athletics at Liberty.
- Coaches may withhold any athletic letters for any violations.

Violation of Administrative Policy ADC – In-season & out of season violations

Possession and/or use of tobacco products is strictly prohibited on school district property and at school sponsored activities. Violation of district rules whether on/off-campus behavior involving the possession and/or use of tobacco products whether or not it occurs within the athletic season will result in consequences in accordance with the Student Code of Conduct and school disciplinary procedures. In addition, student athletes will be suspended from minimum of 10% of all Liberty CHSAA competitions. The suspension will be for the current season they are participating or the next one if violation occurred out of season. In addition to the suspension, student athletes must complete the NFHS – [Understanding Vaping and E-Cigarettes class](#) and submit the certificate to the athletic director before they regain competition eligibility. Each coach may establish additional training rules and consequences dealing with use of tobacco.

Due Process Committee may include but not limited to: Athletic Director, Grade Level Administrator, Dean of Students, and Head Coach.

Parent/Coach Communication

Parents and coaches are important role models for students. They both provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work as adults. When parents and coaches understand and respect each other, they can work together to benefit children. You have a right as a parent to understand the commitment, expectations and responsibilities that accompany participation in the Liberty Athletic Program. Clear communication between parents and coaches facilitates this understanding. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. Encourage your son or daughter to exercise the opportunity to speak directly with his/her coach about any topic preferably before a parent/coach conversation is scheduled.

Communication a parent might expect from a coach:

1. Philosophy of the coach.
2. Locations and times of practices and contests.
3. Expectations the coach has of the team and the players.
4. Team requirements.
5. Team disciplinary action that results in the denial of your child's participation



6. What role parents may play to help the coach or team...i.e. scorekeeper, help with awards program, etc.

Communication coaches might expect from a parent:

1. Concerns expressed directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Specific concerns in regard to coaches' philosophy or expectations.

Procedure to set up a Player/Parent/Coach Conference

There are situations that may require a conference between the coach and the parent. Please do not attempt to contact a coach immediately before or after a practice or game. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Please wait 24 hours before contacting the coach. When these conferences are necessary, the following procedure should be followed.

- The athlete needs to talk to their coach first about their questions or concerns.
- The athlete and parent need to talk to their coach.
- The athlete, parent, coach, and AD will meet to discuss any concerns or questions that may still exist.

Often it is difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. Certain things can and should be discussed with the coach. Other things must be left to the discretion of the coach

Appropriate concerns to discuss with a coach:

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

Issues not appropriate to discuss with coaches

1. Athlete's playing time
2. Team Strategy
3. Organization and administration of team and program
4. Other student-athletes and parents.



Use of Social Media

Social media refers to interaction in which people create, share, and/or exchange information and ideas in a virtual or online environment. Staff members may use social media within school district guidelines for instructional purposes, including promoting communications with students, parents/guardians, and the community concerning school related activities and for purposes of supplementing classroom instruction. As with any other instructional material, the application/platform and content shall be appropriate to the student's age, understanding, and range of knowledge.

Staff members are expected to serve as positive role models at all times and must represent their school and district professionally at all times. All off-campus expressions on social media that is made pursuant to a staff member's official job duties is subject to this policy.

Staff may not use a personal social media account to interact with students. If staff chooses to use social media to communicate with students and parents, they should establish a separate public professional social media account. Staff members shall not use email, text messaging, instant messaging, or social networking sites to discuss non-school related issues with students. Staff members are expected to protect the health, safety, and emotional well-being of students and to preserve the integrity of the learning environment. Online or electronic conduct that distracts or disrupts the learning environment or other conduct in violation of this or related district policies may form the basis for disciplinary action up to and including dismissal from employment.

Coaches and players are not to text individually; all text must be within the team text.

Program Policies Available to Parents

Every coach will present a list of policies to parents, and players. These policies should contain information that will answer questions for parents and athletes about the program and its expectations. The policies should include the following information:

- A brief outline of the coach's philosophy about athletics, player development and the program in general. Expectations of the athletes as students, team members and individuals.
- Practice Policies
- Training rules
- Eligibility expectations, especially if they are stricter than the school and CHSAA policies.
- Lettering policies
- Travel policies and expectations
- Dress requirements if you have any.



- Sportsmanship expectations
- How/when to contact coaches

Sportsmanship

The Academy School District 20 recognizes the role of administration, faculty, coaches, parents, athletes, students, and fans in promoting sportsmanship within our community.

- We will educate, promote and recognize positive sporting behavior within our athletic programs.
- We challenge our community to communicate their support of this mission through showing respect for all participants, officials and spectators. We commit to the demonstration of self-control and positive school spirit at all sporting events.

Liberty High School is committed to uphold the highest levels of sportsmanship in all competitive activities in which our students participate. Sportsmanship embodies the very essence of the Honor Code of LHS. If any student/athlete is officially disqualified or ejected from a Colorado High School Activities Association (CHSAA) event by an official, referee, or umpire for any type of unsportsmanlike behaviors, that student must appear before the “Sportsmanship Committee” of LHS which shall be referenced further as the “Committee.”

The “Committee” shall consist of the Athletic Director, an Assistant Principal, an out of season coach, and an out of season student/athlete. The “Committee” will completely review the entire incident, which includes the ejecting officials report from CHSAA. The student/athlete will be interviewed pertaining to his/her behavior, attitude, and any relevant circumstances pertaining to the ejection. The entire purpose of the “Committee’s” review of the incident is to determine if LHS shall increase the length of suspension above that which is imposed by CHSAA. This could range from one game to all the remaining games of that sport season.

The Athletic Director will provide a decision, both written and verbal, to the student and his/her parents within five school days following the incident.

The head coach of that athlete’s sport has the right to permit or suspend the athlete from attending team practices while the LHS suspension is in effect. Further, the student/athlete is completely suspended from all further interschool competition until the “Committee” has rendered a final decision.

Liberty’s High Fives of Game Conduct

Everyone High Fives

1. Show respect for the opponent at all times.
2. Show respect for the officials.



3. Know, understand and appreciate the rules of the contest.
4. Maintain self-control at all times.
5. Recognize and appreciate skill in performance regardless of affiliation.

Coaches

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the athletes, parents and fans.
3. Develop and enforce penalties for participants who do not abide by sportsmanship standards
4. Treat opposing coaches, participants and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in forming to the spirit as well as the letter of the rules. Model good sportsmanship by respecting the officials and their job.

Players

1. Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
2. Treat opponents with the respect that is due them as guest and fellow athletes.
3. Exercise self-control at all times, accepting decision and abiding by them.
4. Accept both victory and defeat with pride and compassion, never boastful or bitter.
5. Live up to the high standards of sportsmanship set for you by your coaches and help your teammates maintain these standards.

Cheerleaders

1. Help develop a reputation of good sportsmanship for your team, school and community.
2. Stimulate desired crowd response using only positive cheers, signs and praise without antagonizing or demeaning opponents.
3. Treat visiting cheerleaders and fans with respect.
4. Give encouragement to your team and recognize outstanding performance, regardless of team affiliation.
5. Maintain enthusiasm and composure, serving as a role model.

Student Fans

1. Realize that a ticket is privilege to observe a contest and support your team not a license to verbally assault others.



2. Be a role model and positively support your team in every manner possible, including content of cheers and signs.
3. Recognize and acknowledge good performance by athletes on either team.
4. Give support to those participating in, conducting, and or/ officiating the event.
5. Learn the rules of the sport so that you can fully appreciate and respect the performance and judgment and strategy of the team and coach.

Spectators

1. Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.
2. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
3. Remember that school athletics are learning experiences for students and mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
4. Learn the rules of the game, so that you may understand and appreciate why certain situations take place. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
5. Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.

Administration

1. Develop a plan for teaching and promoting the ideals and fundamentals of good sportsmanship within the school.
2. Provide appropriate supervisory personnel for each athletic event.
3. Be sure parents thoroughly understand what the school expects of its athletes.
4. Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans
5. Recommend for employment athletic coaches to the school board, who are concerned primarily with educational objectives and the well-being of the students.

Acceptable Behavior

1. Applause during introduction of players, coaches and officials.
2. Shake hands with participants and coaches at the end of the contest regardless of the outcome.



3. Accept all decisions of officials.
4. Positive cheers that encourage your team.
5. Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior

1. Disrespectful or derogatory yells, chants, songs, or gestures.
2. Booing or taunting an official, coach, player or cheerleader.
3. Refusing to shake hands or give recognition for good performances.
4. Blaming loss of a game on officials, coaches, or participants.
5. Use of profanity or displays of anger that draw attention away from the game.

If a player is ejected from any contest or scrimmage they will miss the next scheduled competition by CHSAA rules. The athlete will also meet with the Athletic Director and Head Coach to determine further consequences and or possible removal from the program.

Any parent removed from any sporting event will forfeit their ability to attend future athletic events at Liberty High School and any that Liberty is participating in at other sites. The removal will be for the remainder of that sport season and may result permanent ban from all Liberty High Athletic Events.

Training Room Injuries

The safety and welfare of athletes is of prime importance, Liberty High School emphasizes that it is the responsibility of coaches to provide adequate instruction and to protect their athletes as much as possible and for athletes to report injuries when they occur to the coach and athletic trainer.

The trainer assigned to Liberty will be available for all athletes on a first come first serve basis. The trainer's hours will begin after school, until practice or competition ends each school day and as needed on Saturdays or when school is not in session during the school year. Since there is only one trainer he/she will cover sports in the priority as defined by the NCAA (National Collegiate Athletic Association) categories. The NCAA sport categories are collision, contact and non-contact sports. When trainers are not available for a practice or competition the coach is responsible for providing first aid and in the event of an emergency or life-threatening situation for calling 911.

When injured it is the athlete's responsibility to communicate with both the coach and the athletic trainer as soon as possible. The athletic trainer will have the sole responsibility for determining the athlete's ability to return to play. If the athlete sees either his/her primary care



physician or an emergency room physician they MUST get a script from the doctor which states the injury, the severity of the injury and when that athlete may return to play. The athlete must bring that script to the trainer or the coach as soon as possible, so that the trainer and the coach can work with the doctor to facilitate rehabilitation and or return to play for the athlete as quickly as possible. If a parent or guardian holds out an athlete for any reason without the authorization or direction of the trainer or physician, an athlete will not be permitted to participate until an evaluation is completed by the trainer or licensed physician.

In Accordance with the CHSAA by-law 1790.2 when a doctor removes an athlete from competition due to illness or injury the athlete MUST have a written release from a doctor to return to play. The doctor may specify the duration of the restriction. The Athletic trainer assigned to Liberty will work with the athlete and his/her parents to rehabilitate and enforce this rule.

General CHSAA Rules

Winter Vacation (CHSAA 2310.4) The CHSAA restricts contact with athletes of any sport and Coaches of Liberty High School and Liberty faculty members from December 24 through December 27 and New Year's Day. Winter sports may have voluntary practice (excluding Sundays) on the remaining days.

Sunday Contact (CHSAA 2310.5) No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned activity from the student's school shall take place on Sunday at any time during the school year. (This is to include both in-season and out-of-season sports/activities other than those noted in the Music Bylaws.) The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

- Exception 1 – A coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.
- Exception 2 – Teams may participate and represent their schools, in or out of season, with coach/directors in attendance, on a Sunday in national events sponsored by the NFHS (National Federation of High Schools).

Practice With Outside Groups (CHSAA 2110) Members of any high school sport may not practice with any individual or non-school group without prior approval of the high school principal. Students that wish to practice or play with an outside group may obtain a form in the Athletic office to seek permission from their Head Coach and the Liberty High School Athletic Director or Principal. The form must be returned prior to the competition.



Player Ejection from A Contest (CHSAA 2200) Any player who has been ejected from a match or contest shall be disqualified for the remainder of that match or contest. In addition, the player shall be suspended from competition for the next regularly scheduled match or contest of the same level (c-squad, junior varsity, or varsity).

If an ejection occurs in the final match or contest of the season, then that player shall be suspended from competition for the first match or contest of the next season of sport that the player elects to play. (CHSAA 2200.14)

A player ejected from a second match or contest during the same season shall be suspended from competition for the next two matches or contests of the same level (c-squad, junior varsity or varsity). **(CHSAA 2200.15)**

Any player ejected from a third match or contest during the same season shall be subject to a penalty to be determined by the CHSAA Commissioner **(CHSAA 2200.16)**

Note: Any player demonstrating a lack of sportsmanship that may result in ejection from a contest may be subject to additional school consequences. Any player removed from a contest will have to sit before the sportsmanship committee to determine any additional athletic consequences.

Appeal of A Player Ejection or Outcome of a Contest (CHSAA 2530.1) A decision of an official to eject a player from a contest for unsportsmanlike conduct or the outcome of a contest, judgment or misapplication of a playing rule by a contest official may not be appealed.

Protest of the Decisions by Contest Officials (CHSAA 2410.3) No protests involving the judgment or misapplication of a rule by a game official will be considered by the league or Association.

Transfer Rules CHSAA - <http://www2.chsaa.org/about/>

When transferring schools, it is important to be aware of how this might affect an athlete's eligibility. To define eligibility CHSAA uses three terms: full eligibility, partial eligibility, and restricted eligibility. If you are planning to transfer schools check with your Athletic Director to clarify any questions you may have.

Full Eligibility permits the athlete to be able to compete at the varsity level for the entire sport season provided they meet other CHSAA rules and school rules. This occurs when a student transfers at the beginning of the school year, or middle of the year after a bona fide move. A move is termed bona fide when there has been a move of primary residence by the entire family.

Restricted Eligibility means that an athlete can only participate in sub-varsity competitions.



School Transfer With Club Coach (CHSAA 1800.21 Exception 2)

A student who transfers to a school where his/her club or “outside coach” is contracted as a school coach, will be ineligible for varsity competition in that sport for an entire calendar year.

Head Trauma (CHSAA 1790.21)

If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner before participating again. A school district may impose stricter standards.

A complete list of CHSAA By-Laws can be found at www.chsaanow.org

Health Information for Parents/Guardians of School-Aged Athletes

From Academy District #20 Nurses

- It is the parent/guardian’s responsibility to notify the coach/athletic trainer of any health conditions of their athlete. IE physical and/or emotional diagnoses, medications, and allergies.
- Please notify your child’s coach/athletic trainer immediately with the following health conditions: Diabetes, seizure disorder, heart condition, severe allergies requiring epi-pen (bee sting or severe food allergy), severe asthma.
- All athletes should provide their own water bottle for practice and games, and it should be taken home daily and washed. *(Do not share water bottles due to risk of meningitis, mononucleosis, strep infections)
- Head injuries and concussions are serious health concerns. Please consult your child’s physician after a head injury for treatment issues.
- Nutritional or dietary supplements (those that claim to build muscles, improve physical performance, reduce stress, and induce sleep) may be dangerous to your child’s health. They also may not be approved through the FDA. Please be informed of what your child is taking. These supplements have been known to cause life-threatening reactions. They also can interact with other medications.
- Your child (athlete) should not be in school or participate in their sport if they are ill. Symptoms can include but are not limited to fever, productive cough, vomiting/diarrhea, undiagnosed skin rash, or any contagious illness.
- Contagious Diseases: Athletes who have been diagnosed with strep throat or conjunctivitis (pink eye) require antibiotics for treatment and are contagious for 24 hours until on antibiotics. Skin rashes such as impetigo (strep infection) or ringworm *fungus are also contagious. Please have your students properly diagnosed and treated before returning to practice and games.



Ways to Prevent Illness and Spread of Infection

1. Practice clothes should be taken home regularly and washed.
2. Students should provide their own towels for practice and games.
3. Students should not share water bottles and should carry their own.
4. Parents, please remind your students to avoid contact with another people's blood to protect them. Please report any contagious disease and keep your student at home if ill.

Why should your child be involved in athletics?

Results for a US Department of Education Center for Educational Statistics study of 18,500 students found that those who participated in athletics generally had higher grade point averages than those who did not. Similarly, a 1996 study concluded that student-athletes had fewer discipline problems, were less likely to drop out, were better prepared for postsecondary education and had a higher sense of self-worth than non-athletes. Athletics & Achievement, Report of the commission on High School Athletics in an Era of Reform, National Association of State Boards of Education. 2004 92% of student-athletes believe participating in sports helps them to be a better person. 97% of student-athletes say the main reason they play sports is because it is fun and exciting.

"The Athletes Speak Survey 2002-2004," a survey of pilot projects conducted by the national Center for Student Aspirations involving Maine and Massachusetts student-athletes.

How to Be a Good Sports Parent

Fixing the crisis in kids' sports begins at home. Here are some tips from Sports Done Right to get parents started: Encourage your child, regardless of his or her degree of success or level of skill.

- Ensure a balance in your student athlete's life, encouraging participation in multiple sports and activities while placing academics first.
- Emphasize enjoyment, development of skills and team play as the cornerstones of your child's early sports experiences while reserving serious competition for the varsity level.
- Leave coaching to coaches and avoid placing too much pressure on your youngster about playing time and performance.
- Be realistic about your child's future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract.
- Be there when your child looks to the sidelines for a positive role model.



NCAA Eligibility

In order to compete at a NCAA Division I or II institution athletes must be certified by the Eligibility Center (formally the NCAA Clearinghouse)

You need to complete the following:

- Graduate from high school;
- Complete a minimum of 14* core courses;
- Present a minimum grade-point average (GPA) in those 14* core courses; and present a qualifying test score on either the ACT or SAT.

To determine if you have taken the necessary number of core courses go to www.ncaaclearinghouse.net, click on “General Information” then on “List of Approved Core Course”. You will need Liberty’s school code which is 060-287. You may also find the list of core course in Liberty’s Registration Guide.

To register with the Eligibility Center go to www.ncaaclearinghouse.net and click on “Prospective Student-Athletes” to start the process. Your transcripts will need to be sent twice, once when the student finishes at least six semesters of high school and again after graduation. You will need to request a transcript be sent by contacting the College and Career Secretary, Mrs. Briggs. With any questions regarding NCAA eligibility, please see the College and Career Counselor.

When registering for the SAT or the ACT, including the state ACT given in April, select code 9999 (the Eligibility Center code) as one of the free test-score recipients.

Students Interested in Collegiate Athletics

Students interested in collegiate athletics with NCAA or NAIA should go to their web sites to read about eligibility requirements. Your high school course selection, grades/GPA, and ACT/SAT test scores are vitally important to your eligibility to play college athletics! For NCAA, only classes listed on the approved core course list of each high school attended will count for eligibility, and for the NCAA, only Division 1 and 2 schools can offer athletic scholarships! Go to www.eligibilitycenter.org for NCAA or www.playnaia.org for NAIA.

These organizations will need you to register and pay with their eligibility centers on-line and send an official transcript to them after you have completed your junior year to determine your academic eligibility (you must send transcripts from ALL high schools attended). When you sign up for the ACT and/or SAT, be sure to include the NCAA code of 9999 to have your scores sent directly to the NCAA or 9876 for NAIA (they only accept test scores sent to them directly from the testing agencies). If you need to send scores from previous test dates, you will need to request score reports from ACT and/or College Board to have those scores sent directly to NCAA or NAIA.



It is the responsibility of the student and their parents to educate themselves and know what the NCAA and NAIA require. Both organizations offer a Guide for the College Bound Student Athlete on their web sites.

Questions to Ask a College Coach When Looking at Playing in College

1. What does a full scholarship provide?
2. What does a partial scholarship provide?
3. Are you offering me a scholarship to your school?
4. Are my grades/test scores good enough to earn an academic scholarship if your school does not grant full athletic scholarships? How do I find out?
5. Does your school have my intended major?
6. What is the graduation rate on you team and how many years does it usually take for the players to graduate?
7. What are the hours per week for off-season workouts? What is the morning, afternoon, evening commitment?
8. What are the hours per week for in-season practices? What is the morning, afternoon, evening commitment?
9. Will I be required to attend summer school?
10. Are tutors available?
11. Study table, is it required? How long?
12. What are the living arrangements? Can I live off campus? What year?
13. Can I have a car on campus?
14. What is the mode of transportation to games? Buses, vans, planes?
15. Describe your personality on and off the playing field.
16. Describe your coaching style.
17. Describe your relationship with your players. (Tough disciplinarian, open door, policy, must I go through an assistant coach, etc.)
18. What is the line of communication if I feel I am having problems with another player, problems in class, problems with an assistant coach, or problems with the head coach?
19. Describe a typical practice.
20. Describe the roles of the assistant coaches.
21. What is the practice and competition facilities like?
22. What services and facilities are available if I am injured?
23. If I come for an official visit, outline a general itinerary for my time on campus.
24. Will my parents have an itinerary for my visit? Will they know a contact person if they have questions? Will someone be contacting them while I am there for my visit? Can my parents come with me when I make my visit?



25. What position will I play?
26. Am I your top candidate at my position? How many players are you actively recruiting at my position?
27. How many players are presently on the team at my position? What year are they?
28. Do you think I can play as a freshman? If not, how soon?
29. Is your intent on signing all your recruits in the early signing period?
30. If I agree to accept a scholarship to your school, what are the next steps I need to take?

National Letter of Intent (NLI) Signing Celebrations:

National Letters of Intent (NLI) or Service Academy appointment paperwork are required for inclusion in this event. Upon notification from university coach, that an NLI is forthcoming, student-athletes must notify the Liberty Athletic Office 7 business days before the scheduled signing celebration. We will hold **one** event in the spring for all signees. Inclusion in this event is restricted to NCAA-sanctioned sports. Only Liberty coaches or staff members may speak on behalf of signees. Athletes committing to play at the collegiate level without an NLI must provide the athletic office with documentation from their college/university and will be honored at the Athletic Awards Ceremony held in the spring.