



# Extracurricular Athletics Handbook 2023-2024



THE LIBERTY SCHOOL DISTRICT

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



Dear Parents and Players,

The Liberty School District is committed to excellence in academics, athletics and extracurricular activities. Our goal is to establish worthwhile athletic and leisure time interests, to offer students wholesome recreational and social activity, and an opportunity to develop 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 Elementary School District Athletics and Activities 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. As part of our athletics program, we strive to prepare students to play at a higher level. With that in mind, athletes should not expect equal playing time. 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:**

- Governing Board policy JJJ states in part - Students who, upon having their work checked on a cumulative basis at the end of each week, show that they are not working to capacity and have one (1) or more failing grades will be removed from any athletic teams or extracurricular activities.
- 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 is ineligible, that student will be required to receive tutoring in that subject area during a time arranged with the teacher.
- Arizona Interscholastic Association Article 15 states in part - 15.1.1 - All participants in interscholastic activities must be in compliance with all student eligibility rules
- 15.1.1.1 Failure to meet all eligibility requirements by all participants while participating in an interscholastic event may result in forfeiture or disqualification by the offending school

Academic eligibility checks will be made weekly for students in sports, Student Council, and certain clubs. The sports schedule and eligibility schedule are posted on the district website under [For Students](#), then click on [District Athletics](#).

Students who have an **F** in any class where a grade is issued will not participate in games, practice, or meetings at all during the one-week period until the next eligibility check. They may not suit up for home games or travel to away games, and are REQUIRED to attend tutoring in the deficient

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subject after school or at an arranged time with the teacher until the grade has been raised.

Students who have a **D** in any core subject area are **REQUIRED** to attend tutoring in the deficient subject after school or at a time arranged with the teacher, until the grade has been raised.

Any student who is currently in school or out of school suspended will be excluded from after-school activities for the designated day(s).

Students need to be in attendance half of the school day to be eligible to participate or attend extra-curricular activities.

### **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.

### **Practices and Games**

- When a student makes a team, attends all practices, and works hard, they will participate in every contest with minor exceptions.
- However, one should not expect a coach to play every player an equal amount of time.
- The following might be exceptions as to why a student is not participating: poor sportsmanship, unexcused absences of practices,

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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.
- 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**

- 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.
- Do not expect equal playing time with other members of your team.

### **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 an example not follow 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.

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- Recognize the value of coaches, referees and officials and give them clear signs of respect.

### **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.

Each sport has tiebreakers in place to determine postseason seeding.

Volleyball –

- tiebreak #1: overall record;
- tiebreak #2: head to head;
- tiebreak #3: total # of sets won;
- tiebreak #4: total # of sets lost;
- tiebreak #5: average number of points for;
- tiebreak #6: total number of points against;
- tiebreak #7: coin flip

Basketball/Baseball –

- tiebreak #1: overall record;
- tiebreak 2: head to head;
- tiebreak #3: average number of points/runs for;
- tiebreak #4: total number of points/runs against;
- tiebreak #5: coin flip

Soccer –

- tiebreak #1: season total points rankings & overall record;
- tiebreak #2: head to head;
- tiebreak #3 goals for;
- tiebreak #4: goals against;
- tiebreak #5: coin flip

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## **Uniforms:**

- Uniforms are the property of Liberty School District.
- If personal shorts are worn, the inseam must be at least 4 inches.
- 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 all athletic events will be provided by the Liberty School District.
- Athletes are expected to be picked up at the location of the games.

## **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



## 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.

## 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.

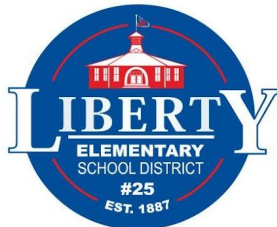


*The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.*



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)



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

**Athletic Contract:**



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(s) \_\_\_\_\_

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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.

**PLEASE SIGN  
& RETURN**

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

Signature \_\_\_\_\_

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