



**Liberty Christian Academy  
Athletic Handbook  
2025-2026**

**Athletic Director: Shawn Richmond**

**Head of School: Dr. Cheryl Cavanaugh**

**215 Kinston Highway**

**Richlands, NC 28574**

**910.430.0741**

8/2025



## Organization Affiliation

### Association

North Carolina Independent School Athletic Association (NCISAA)

### Conference

Coastal Plains Independent Conference (CPIC)



**LCA Athletics Official Medical Sponsor**

## **Table of Contents**

Mission/Vision/Statement of Faith .....	4
Athletic Mission/Gender/Athlete Expectations.....	5
Fees/Offerings/Eligibility/JV .....	7
Varsity/Tryouts/Practices.....	8
Games .....	9
Equipment/Uniforms/Conflict Resolution.....	10
Insurance/Injuries/Social Media.....	11
Athletes with Disabilities.....	12

## **LCA MISSION STATEMENT**

LCA provides an opportunity for every student to excel in education in an environment centered on Christ and committed to excellence. We exist to be the leader in education and to provide a positive and challenging environment where children are given the opportunity to grow intellectually and spiritually. LCA's purpose is to support parents in the Biblical mandate to "train up a child in the way he should go" (Proverbs 22:6).

## **LCA VISION STATEMENT**

LCA's students are world changers who are empowered with the knowledge, compassion, and divine calling to impact their community, locally and globally. The campus permeates Biblical peace and is a reflection of God's Kingdom on earth.

## **LCA STATEMENT OF FAITH**

*LCA is a Christ-centered evangelical private Christian school that believes:*

- **Scripture:** We believe the Bible to be the inspired, the only infallible, authoritative, inerrant Word of God (2 Timothy 3:16, 2 Peter 1:21).
- **Salvation:** Salvation is a free gift of God that is received by grace through faith in Jesus Christ and is for all who believe. Our ultimate goal is to provide opportunities for the student to confess Christ as Savior and Lord (Romans 10:9-10)
- **God, the Father:** We believe there is one God, the Creator of heaven and earth, eternally existent in three persons - Father, Son, and Holy Spirit (Genesis 1:1, Matthew 28:19, John 10:30).
- **Jesus Christ:** We believe in Jesus Christ, God's only Son (John 3:16), in the deity of Christ (John 10:30,33), His virgin birth (Isaiah 7:14, Matthew 1:23, Luke 1:35), His sinless life (Hebrews 4:15, Hebrews 7:26), His miracles (John 2:11), His vicarious and atoning death (1 Corinthians 15:3, Ephesians 1:7, Hebrews 2:9, 10:10), His resurrection on the third day (John 11:25, 1 Corinthians 15:4), His ascension to the right hand of the Father (Mark 16:19), and His personal return in power and glory (Acts 1:11, Revelation 19:11).
- **Holy Spirit:** We believe in the absolute necessity of regeneration by the Holy Spirit for salvation because of the exceeding sinfulness of human nature; and that men are justified on the single ground of faith in the shed blood of Christ and that only by God's grace and through faith alone we are saved (John 3:16-19, John 5:24; Romans 3:23; Romans 5:8-9; Ephesians 2:8-10; Titus 3:5).
- We believe in the resurrection of both the saved and the lost; the saved unto resurrection of life, and the lost unto the resurrection of condemnation (John 5:28-29).
- We believe in the spiritual unity of believers in our Lord Jesus Christ (Romans 8:9, 1 Corinthians 12:12-13, Galatians 3:26-28).
- We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life (1 Corinthians 3:16, 6:19-20, Romans 8:13-14, Ephesians 4:30, Ephesians 5:18).
- **Worldview:** We believe in the Christian perspective on the total worldview. The spiritual must permeate all areas. We help the student develop a Christian worldview by integrating life, and all studies, with the Bible. (Colossians 1:15-17; 2 Peter 1:3)

- **Evangelism:** We believe there is nothing more important than encouraging people to respond to the gospel of Jesus Christ. We believe the ultimate purpose in living is to know and glorify God and to attain eternal life through Jesus Christ our Lord, beginning within our own school families and then reaching beyond to the rest of the world that does not know of His love and sacrifice. (Matthew 28:18-2, Acts 1:8)
- We believe that the term marriage has only one meaning: the uniting of one man and one woman in a single, exclusive union, as delineated in Scripture (Genesis 2:18–25). We believe that God intends sexual intimacy to occur only between a man and a woman who are married to each other (1 Corinthians 6:18, 7:2–5; Hebrews 13:4). We believe that God’s command is that there be no sexual intimacy outside of or apart from marriage between a man and a woman.
- We believe that God wonderfully foreordained and immutably created each person as either male or female in conformity with their biological sex. These two distinct yet complementary genders together reflect the image and nature of God (Genesis 1:26–27).

Our *Statement of Faith* is not exhaustive of all of our beliefs. The Bible, as the inspired and infallible Word of God, speaks with absolute authority regarding the proper conduct of mankind and is the unchanging foundation for all belief and behavior. The LCA Board of Directors holds final interpretive authority on Biblical meaning and application with regard to faith, doctrine, policy, practice, and discipline.

\*\*\*\*

## **LCA ATHLETIC MISSION STATEMENT**

The Liberty Christian Academy Athletic Program seeks to disciple students by pointing them to Jesus through athletic competition. The LCA Athletic Program strives to be consistent with the mission of LCA by providing Christ-centered athletic competition, developing athletes who strive for excellence in all areas of life, and encouraging athletes to become men and women of strong Christian conviction that point others to the hope of Jesus.

## **GENDER**

LCA believes that God wonderfully foreordained and immutably created each person as either male or female in conformity with their biological sex. These two distinct yet complementary genders together reflect the image and nature of God (Genesis 1:26–27). LCA believes gender differentiation and male/female uniqueness are part of a divine design that God indelibly engraved upon creation. Gender is determined by the student’s birth certificate. Student-athletes are only allowed to participate on teams that coincide with their official birth certificate.

## **STUDENT-ATHLETE EXPECTATIONS**

All students involved in the LCA sports programs are considered student-athletes. Participants are always students first, then athletes.

## Academics

In order to be eligible to be placed on a team roster, the individual must have a 2.5 GPA at the time of the designated tryout dates. Student-athletes are expected to maintain a 70% overall

average and must maintain a 70% average in all subjects. This includes any dual enrollment classes.

All homework and classwork assignments must be completed before leaving for an overnight game or tournament.

### Conduct

Student-athletes are expected to be examples of strong Christian conviction and character. This is demonstrated in how they respect their peers, teachers, coaches, and officials. All student-athletes are expected to adhere to and follow all LCA behavior policies and rules. Any student-athletes choosing to conduct themselves in a disrespectful manner, will be held accountable by the coaches or the Athletic Director.

### Grade/Behavior Checks

Grades and behavior will be checked by the Athletic Director every three weeks during the season. All student-athletes will be given a grade/behavior check sheet that must be verified and signed by each of their teachers. In addition, a parent/custodian must sign the completed form before the student-athlete presents it to the respective coach. Failure to do so may result in ineligibility to play. In the event the grade/behavior check sheet is due on a game day but has not been turned in to the coach prior to the game, that student-athlete will not be allowed to play in the game that day. Any student-athlete who is found deficient in any subject area should be placed on a two-week academic probation. While on probation the student-athlete may participate in practice but will not be able to play in games. If after the two-week probation the student has not made satisfactory progress, he/she will be suspended from participating in any games for the remainder of the season.

### School Attendance

Student-athletes are expected to attend at least half of their classes on campus in order to participate in practices and games. In accordance with the *LCA Student Handbook*, a student-athlete may not accrue more than 10 unexcused absences in a semester in order to be eligible to play a sport the following semester. For example, if a student has more than 10 unexcused absences during the spring semester, when he/she returns to LCA in the following fall semester, he/she will not be eligible to participate as a result of the excessive absences in the spring semester. Students who are dually enrolled in college courses must be present for classes and meet the standards outlined in the *LCA Student Handbook* for students leaving campus.

Failure to uphold these expectations may result in specific consequences as outlined above. Repeated violations could lead to ineligibility.

\*\*\*\*

## **ATHLETIC FEES**

There is a required non-refundable \$100 student-athlete fee per sport played. These fees help fund the needs of LCA's athletic program. Charges will be billed to the student-athlete's family FACTS account based on the team roster provided by the coach. Fees must be paid prior to the first game.

## **ATHLETIC OFFERINGS**

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Boys Football (V) Soccer (V)  Girls Volleyball (JV/V)  Co-ed Cross Country (V)	Boys Basketball (JV/V)  Girls Basketball (JV/V)  Co-ed Cheerleading (JV/V)	Boys Baseball (V) Golf (V)  Girls Soccer (V) Softball (V)

## **ELIGIBILITY**

In order to be eligible to participate in LCA's athletic program, student-athletes must:

- be enrolled at LCA in Grades 6 - 12
- not have reached his or her 19th birthday on or before August 1 of the current school year.
- have an overall 2.5 unweighted GPA at the time of the designated tryout dates.
- have a current physical examination record on file with the Athletic Director. This must be completed by a licensed medical doctor before participating in any sport at LCA. An athlete will not be allowed to participate in tryouts, practice or games without proper documentation.
- Have a completed Liability Waiver Form on file with the Athletic Director. It must be signed by a parent or guardian.
- Exhibit a coachable, positive attitude.

Homeschool students are not eligible for varsity competition with the exception of varsity football, grades 9-12.

## **JUNIOR VARSITY (6TH-10TH GRADE)**

The purpose of LCA's junior varsity (JV) athletic program is to build foundational skills and character. JV athletes are expected to work hard and be coachable. LCA strives to open participation to as many students as possible. Students wishing to participate on a JV team must

participate in the tryout process at the beginning of the season. Once the season begins, extra effort will be made to allow all players appropriate playing time in order to develop skills and experience.

### **VARSITY (7TH-12TH GRADE)**

The purpose of LCA's varsity athletic program is to provide a high level of competition and to build character. Varsity sports are an outreach of LCA, projecting our school's values and commitment to discipleship. Varsity teams will strive to be competitive and utilize their best players to generate a competitive advantage. No player is guaranteed to receive playing time. Membership in high school sports teams is a privilege for those that demonstrate commitment to the good of the team.

### **TRYOUTS**

All interested students are welcome to participate in tryouts. Schedules and requirements will be set by the LCA Athletic Director at the beginning of each season. We encourage all eligible students to participate. Tryouts will include assessments of a wide range of skills and physical conditioning related to the sport. Head Coaches will evaluate each prospective athlete based on skill, attitude, and performance. The number of players on a team varies from sport to sport and each team may be limited to a set number of participants. Based on these limitations, some students who try out may not be added to the team. Team selection and cuts will be communicated via email by the Athletic Director and team rosters will be posted in MaxPreps.

**\*\*Please note:** In special situations, selected players may be part of both junior varsity and varsity teams. This decision is at the discretion of the Athletic Director based on team roster space.

### **TEAM PRACTICES**

Student-athletes are expected to be present and on time for all practices during the season of a particular sport. Practices are typically scheduled Monday, Tuesday, Thursday, and Friday. There are no practices on Sundays or Christian holidays. There may be practices scheduled during extended holiday breaks that student-athletes are expected to attend. All practices will be closed to parents and any other students who are not on the team's roster.

All athletes are expected to stay at practice until they are dismissed by the coach. In the event of an upcoming expected absence, students are required to communicate this information well in advance to coaches, regardless of the reason. If a player repeatedly misses practice without communicating with the coach, he/she will be deemed ineligible for the remainder of that season.

### **Dress Code**

Prior to tryouts or practices, athletes must change into the appropriate practice attire as designated by coaches. Upon changing, students should immediately report to the practice facility. Practice attire is only allowed during practice and is not acceptable during the regular school day.



Appropriate apparel, as outlined in the student handbook, should be worn for all road trips, and before and after games. Athletes may be asked to wear special attire, as designated by their Head Coach, on game days.

### Transportation

Most practices take place on campus. If a practice is off-campus the school will provide transportation to practice. For example, baseball and softball practices currently take place at Steed's Park at 278 Francktown Road in Richlands. Athletes are expected to remain for the entire practice and picked up immediately when practice ends. It is the athlete's responsibility to arrange transportation from practices.

### Quitting/Dismissal

Any student-athlete, who makes a team and is on the roster from the tryout date, that quits or is dismissed for any reason before the season is complete, will be ineligible to participate in athletics for one calendar year unless released by the Head Coach of that team, the Athletic Director has the final decision.

### **GAME DAYS**

Athletes are required to ride on the team bus to all games. Athletes may leave games with their parents after notifying the Head Coach or Athletic Director. An athlete may ride home with another adult if written permission has been granted by the athlete's parents. Students are not allowed to ride with other students to or from a game without a parent in the car.

### Playing Time

Starters for games will be chosen by the Head Coach based on past performance and character. Determining how much playing time each player gets is at the discretion of the Head Coach. However, LCA strives to attain the following standards:

JV: To maintain the goal of building foundational skills, all players will play, if possible. The JV team is a feeder program for varsity. JV teams strive to win and will play their most skilled and gifted players more than those still learning the sport.

Varsity: To maintain the goal of achieving a higher level of competition, playing time at the varsity level is not guaranteed.

### Parents/Fans Expectation

Parents/Fans are expected to:

- To demonstrate excellent sportsmanship at all athletic events.
- Refrain from cheers that may threaten the opposing team, fans, or officials.
- Support the athletic director and coaches' efforts in advocating for your student-athlete at practices, games, and other sporting events. Communicate with coaches concerning any form of absence or tardiness to a practice or game.
- Pick student-athletes up promptly after games and practices.

- Parents of student-athletes are expected to volunteer once a season to work gate and or concessions if this does not interfere with watching your own child participate in athletic events.

If a parent cannot uphold these expectations this will lead to a conversation with the Athletic Director. Repeated violations may lead to the loss of attendance privileges at all sporting events at LCA.

## **EQUIPMENT & UNIFORMS**

All athletes are responsible for the care and security of issued equipment. Uniforms are issued at the beginning of each season. Equipment and uniforms must be returned within ten days of the final game. Students will be charged through FACTS or any lost or damaged equipment and/or uniforms. As a matter of policy, transcripts/report cards will not be issued until payment is made.

\*\*\*\*\*

## **CONFLICT RESOLUTION**

### 12-Hour Policy

LCA requests that all parents wait at least a minimum of 12 hours before speaking to any coach about matters of conflict that arise concerning a student-athlete. We kindly ask that all parents respect our coaches' personal time and refrain from contacting them during late-night or early-morning hours. While we value open communication and are committed to supporting our student-athletes, it's important to maintain healthy boundaries. Please reach out during reasonable daytime hours or via email, and allow up to 24 hours for a response.

### Biblical Principles

LCA requests that all parties involved abide by the biblical principles written in Matthew 18:15-17. If at all possible, meet face to face with the coach(es) to discuss the conflict in a respectful and courteous manner. If the issue cannot be resolved, a meeting with the parents, coach(es), and athletic director will be scheduled. If a resolution can not be reached during this meeting, a subsequent meeting will be scheduled with all parties and the Head of School.

For purposes of LCA's faith, doctrine, practice, policy, and discipline, the LCA Board of Directors is LCA's final interpretive authority.

### Conflict With Opposing Teams

If a conflict with the opposing team arises that cannot be resolved by the officials, notify the athletic director immediately. Should further issues occur after the game, the athletic director and/or LCA administration will handle communication with the opposing team. At all times, coaches, students, and administration are expected to respond and act with Christlike character.

**\*\*\*\***

## **INSURANCE**

Athletes must provide their own medical insurance to cover any injuries sustained during athletic participation during tryouts, practices, or games.

## **INJURIES**

All injuries should be reported to the athletic director, who will then communicate it to the school nurse. Additionally, any athlete who sees a doctor for any reason must provide the athletic director with a medical release before returning to practice or games.

**\*\*\*\***

## **SOCIAL MEDIA POLICY**

Student-athletes at LCA are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your family, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you but benefit the whole team. Instagram, Facebook, Twitter, Vine, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at LCA in one form or another. Student-athletes should be aware that third parties, including the media, faculty, future employers and NCAA universities and coaches could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, our athletic program and LCA. This can also be detrimental to a student-athlete's future college and employment options.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses, etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault,

gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

- Information that is sensitive or personal in nature or is proprietary to the athletic program or LCA, which is not public information (examples: tentative or future team schedules, student athlete injuries and eligibility status, travel plans/itineraries or information).

If there is a possibility that you were hacked and the post did not come from, ensure you have taken the proper steps to ensure that account is deleted and be able to provide evidence that it was hacked.

Please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic program and LCA. Remember, always present a Christ-like image and don't do anything to embarrass yourself, the team, your family or LCA.

\*\*\*\*\*

## **STUDENT-ATHLETES WITH DISABILITIES**

Extracurricular athletics at all education levels are an important component of an overall education program. Extracurricular athletics opportunities provide important health and social benefits to all students, particularly those with disabilities. These benefits can include socialization, improved teamwork and leadership skills, and fitness.

Each student, regardless of disability, is provided an equal opportunity to engage in extracurricular activities at LCA. The necessary accommodations to provide that opportunity will be provided by either LCA or the parental guardian. For example, if a student requires an aide, LCA may provide one or request the student's parental guardian to provide assistance. Simply because a student is a "qualified" student with a disability does not mean that the student must be allowed to participate in any selective or competitive program offered by LCA. LCA may require a level of skill or ability of a student in order for that student to participate in a selective or competitive program or activity, so long as the selection or competition criteria are not discriminatory.

LCA strongly prohibits the discrimination of any student based on their disability.