



TREASURE VALLEY
CLASSICAL ACADEMY

ATHLETICS HANDBOOK

2026-2027

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TVCA ATHLETICS MISSION STATEMENT

Treasure Valley Classical Academy (TVCA) provides athletics as an opportunity for growth in virtue and character. As General Douglas MacArthur famously stated, “On the fields of friendly strife are sown the seeds that on other days, on other fields will bear the fruits of victory.” The manner of which student athletes perform on the field is a measure of who they will be off the field—both in winning and in losing.

ATHLETICS PROGRAM OVERVIEW

The driving force behind TVCA Athletics is its coaches. Just as classes at TVCA are teacher-led rather than student-led, so each sport is a coach-led entity. A coach’s work is twofold: to lead the student-athletes in and through the obstacles of their sport with virtue and to teach dedication to their sport’s craft.

All athletics and sports clubs are under the banner of TVCA, which means that all student athletes are expected to exemplify the virtues of TVCA in school and while participating in their chosen sports.

Athletics are extracurricular, meaning that all student athletes are, first and foremost, students who have academic, behavioral, and attendance expectations to meet prior to participation.

We want our students to be well-rounded human beings which is why we have many extra-curricular options for students to choose from. However, students also must learn time management and the tradeoff between quality of performance and the number of activities undertaken.

The focus of the TVCA Athletics Program is students in 6th – 12th grades. TVCA encourages students in grades K-6 to participate in their local recreation district programs to gain athletic experience and skills.

Guidance for TVCA Athletics is provided by the Athletic Director under the supervision of the Upper School Principal and the Head of School. If parents or guardians would like more information about any of our athletics programs, they should feel free to contact the Athletic Director at any time by emailing athletics@tvcacademy.org.

At the high school level, TVCA is a member of the 2A Western Idaho Conference (WIC), District III, of the Idaho High School Activities Association (IHSAA). TVCA will follow all regulations and policies of the WIC Conference and IHSAA.

OFFICIAL SPORTS AND SPORTS CLUBS

TVCA has two separate designations for athletics: official sports and sports clubs. Official sports will include any IHSAA sports TVCA participates in, plus middle school cross country, middle school fall volleyball, and middle school girls basketball and boys basketball. Sports clubs are organized by club leaders and may be intramural in style and/or compete against other clubs in the area.

A proposal to start a new sports club or official sport must be done well in advance of the participating season. A proposal should include items such as practice and competition location, number of coaches and volunteers needed, number of students interested, and equipment list and costs. This proposal should be

provided to the Athletic Director at least a year in advance to provide the time needed to approve, publicize, and budget.

STUDENT ATHLETE CODE OF CONDUCT

Student athletes are expected to demonstrate the school's virtues in relation to their sports.

Student athletes are expected to:

- Be on time to all scheduled events.
- Refrain from cell phone use during practices and games.
- Refrain from vulgar speech or gestures.
- Not engage in any form of harassment or personal attack.
- Not engage in any form of hazing.
- Not use, possess, or distribute tobacco, e-cigarettes, alcohol, illegal drugs, performance enhancing drugs, or abuse prescription medications.
- Abide by any additional guidelines as given by individual coaches that are not expressed in this handbook.

Infractions regarding these virtues and expectations, including their standing under the terms described within the 'Student Eligibility' section below, will affect student's eligibility for practices and competitions.

STUDENT ELIGIBILITY

CHARACTER ELIGIBILITY

Students whose behavior at school causes a teacher to call home or whose actions result in a lunch detention (Upper School) may lose the privilege of participating in extracurricular activities, be they practices or games. These consequences will be imposed as soon as is reasonably possible by the Dean of Students. Coaches may impose their own consequences for misbehavior on the team. If the consequences will impact playing time, or if the misbehavior was of an especially egregious nature, the coach will communicate those consequences or issues to parents and the Athletic Director.

ACADEMIC ELIGIBILITY

An academic report will be pulled every Friday for student athletes. Students who have 2 Ds or 1 F in any class, will be put on academic probation for the following two weeks (Monday-Friday the next two weeks), during which time the student will be allowed to participate in practices and/or games while working to improve his/her grades. Students and parents will be notified via email of this probation. If after two weeks the student has failed to bring his/her grades up above the minimum standard, the student will be suspended from participating in practices and/or games for an entire week (Monday-Friday of the following week), regardless of whether or not grades are improved during the week of athletic suspension. If, at the end of the week of suspension, the student has brought his/her grades above the minimum standard, the student will be allowed to fully participate again. If a student has already been on academic probation at any point during the school year, if his/her grades ever drop below the minimum standard (2 Ds or 1 F), he/she will miss an entire week (five school days) of practices/games under the same conditions stated above.

Additionally, Idaho High School Activities Association (IHSAA) in its *Rules and Regulations* as described under *Rule 8-1*, specifies that a student must “*receive passing grades and earned credits in the required number of courses during the previous reporting period.*” The specifications are as follows:

<i>3 class attempted</i>	<i>must pass all three</i>
<i>4 class attempted</i>	<i>must pass at least three</i>
<i>5 class attempted</i>	<i>must pass at least four</i>
<i>6 class attempted</i>	<i>must pass at least five</i>
<i>7 class attempted</i>	<i>must pass at least five</i>
<i>8 class attempted</i>	<i>must pass at least six</i>

Student performance in the previous reporting period will determine eligibility to begin a season.

For students enrolled with an I.E.P., the IHSAA, under *Rule 8-1-6*, specifies “*For students enrolled in an approved special education program in which the IEP is the standard of measurement for progress toward graduation, the district shall verify that the student is making satisfactory progress and meeting the standards of the IEP.*” The existence of an IEP does not automatically mean a student is exempt from rule 8-1.

ATTENDANCE ELIGIBILITY

To be eligible to participate in practice or competition on a school day, student athletes are required to be present at school for all classes on that day until official dismissal time. Excused absences do not count in this determination. If a student misses school due to illness, they are ineligible to participate that day. Please note that according to the family handbook, if a student misses more than 5 minutes of class due to a tardy that is not approved, the student is considered absent for that class period.

MISSING SCHOOL FOR ATHLETICS

When athletes will miss class due to participation in school sponsored athletics, students are expected to reach out to their teacher before the absence to inform the teacher, get homework assignments, coordinate a time to make up any missed assessments or activities, etc. The expectation is that homework will be turned in on the regular schedule for the rest of the class unless special arrangements have been made with the teacher before the sports absence.

SPECTATOR CODE OF CONDUCT

TVCA Athletics sees parents, guardians, relatives, and any other spectators as partners to further student athletes’ character and well-being. It is great to have a full crowd to support and cheer on our athletes. Spectators are expected to be role models for their student-athletes in two main areas:

1. By providing their student-athletes with guidance that does not contradict guidance specified within this handbook or the TVCA Family Handbook.
2. By modeling the virtues that we would expect of their student-athletes in their interactions with the coaches, the opposing teams and fans, and any referees or judges presiding over competitions.

Any spectators, including parents and guardians, may be removed from events or prohibited from attending future events for violating these standards.

Examples of inappropriate spectator conduct include:

- Coaching from the stands.
- Approaching the team without permission from the coach.
- Confronting referees.
- Using less-than-virtuous language in a public setting.
- Yelling negative or disparaging comments.

Examples of a spectator exemplifying virtue:

- Respecting referees before, during, and after competitions.
- Displaying good sportsmanship to the other team and their fans.
- Controlling emotions by focusing on cheering for our team.
- Being encouraging to *all* participants.

STUDENTS PLAYING FOR OTHER SCHOOLS

Students may play a sport for another school district if that sport is not offered at TVCA. Students who play for another school will be expected to follow all rules and guidelines of that school and IHSA.

If a TVCA student who is participating in an athletic program for another school violates any of TVCA's character, academic, and/or attendance policies, the TVCA Athletic Director will notify the respective school's Athletic Director of the violation. Decisions of athletic eligibility will be made by the school and by the team upon which the TVCA player is participating, not by TVCA policy.

CHECKING OUT OF SCHOOL WHEN PLAYING FOR OTHER SCHOOLS

Students and families will prioritize staying in class as long as possible when athletes must leave for a sporting event with another school. Students must provide a season schedule to the Athletic Director which includes game times and the time the coach expects students to arrive. Dismissal from TVCA will occur based on time to travel to the game departure point or location, plus 15 minutes.

SOCIAL MEDIA GUIDELINES

Student athletes represent TVCA in the community at large. This involves a responsibility that the student athlete must take seriously by conducting themselves in a positive manner online.

Any student athlete engaging in inappropriate, harassing, demeaning, threatening or offensive behaviors while participating in online communities may lose eligibility for current and/or future participation in TVCA athletic programs.

STUDENT HEALTH

PHYSICALS AND FORMS

Students must have a current sports physical on file to participate in TVCA Athletics. A valid physical must be on file before a student is allowed to practice. Physicals are valid for up to two years. IHSAA requires new physicals in 9th grade and 11th grade. Physicals cannot be dated earlier than May 1 to be valid for the following academic year. The sports physical form can be found [here](#).

Interim Questionnaires are required to be submitted in years when a valid physical is already on file and a new physical is not required (subsequent middle school years, 10th grade, and 12th grade). The Interim Questionnaire can be found [here](#).

Other forms and waivers will be required. Required forms must be submitted before students are allowed to tryout, practice, or play. These forms will be provided by the Athletic Director via paper copy or electronic versions.

INSURANCE

Parents/Guardians are expected to carry insurance for their athlete(s). TVCA does not provide insurance coverage.

INJURIES AND RETURN TO PLAY

Cooperation between doctor, coach, parents or guardians, and the athlete will determine return-to-play for the athlete who becomes injured during the season.

CONCUSSIONS

Concussion information can be found at <https://idhsaa.org/concussion>.

The following excerpt from the IHSAA Concussion Management Implementation Guide describes how possible concussions should be handled:

“If during any practice or game situation, an athlete sustains a concussion or exhibits the signs, symptoms or behaviors consistent with the injury, he/she must be immediately removed from all athletic participation. That athlete may only return to physical activity if/when he/she receives a written clearance from an appropriate health care provider who is specially trained in the evaluation and management of sports related concussion. This can include a physician, a physician assistant, an advanced practice nurse, or a licensed health care professional trained in the evaluation and management of concussions who is supervised by a directing physician. Students who have sustained a concussion and return to school may need informal or formal accommodations, modifications of curriculum, and monitoring by a medical or academic staff until the student is fully recovered. A student athlete should be able to resume all normally scheduled academic activities without restrictions or the need for accommodation prior to receiving authorization to return to play by a qualified health care professional.”

Additional information is available in Appendix 1 of this handbook.

OTHER POLICIES

COMMUNICATION

Parents will be invited to TVCA's team platform (currently TeamSnap ONE). This is the official means for coaches to communicate with parents and players.

Coaches should not text, message, or call students directly.

PRACTICES

Athletes should go into the season dedicated to their sport. At the middle school level, athletes should only miss one practice a week consistently because of other activities and the coach must be informed what day that will be ahead of time. For example, an athlete who also participates in orchestra may miss Monday practices each week, but the coach will be informed in advance. If practices are held less often (e.g., 2-3 days per week) it becomes even more crucial to not miss practices consistently and to coordinate with the coach beforehand. If middle school athletes miss more than one practice per week consistently, this can impact playing time.

High school level teams demand a high level of commitment and consistent practice. Consistency and team cohesion during practice are essential to the overall success of the team. High school athletes who miss practices for other activities or illness should expect reduced playing time or no playing time compared to those who maintain regular attendance. Decisions about playing time for missed practices are at the discretion of the coach.

Practices provide a limited amount of time for coaches to work with their team(s) and build team cohesion. To reduce distractions and maximize the effectiveness of practice time, we request that parents refrain from attending practices. If parents are interested in observing practices, they may request to do so. Parents should send the request via email to the coach and Athletic Director (athletics@tvacademy.org) or via the team communication app to both the coach and Athletic Director. Requests to observe must be made at least 24 hours in advance of the practice you would like to observe.

TRANSPORTATION

TVCA will provide transportation for official high school sports when possible. When TVCA transportation is provided, all student athletes are expected to ride with their team to competitions/events. If TVCA is unable to provide transportation, parent carpool will be organized by coaches. Parents, guardians, siblings, spectators, etc. are not allowed to ride with the team on TVCA provided transportation. Coaches are expected to ride with the team unless other arrangements are made with the Athletic Director.

Student athletes may be released to ride home with parents or guardians who sign out the athlete(s) after a competition. Parents must speak with the coach and sign their athlete out at the end of the competition. Verbal consent via a phone call will only be accepted if the coach can verify who the speaker is. If a coach cannot verify the speaker, the athlete(s) will travel back to TVCA with the team. To avoid any issues, confirm in advance with the coach if your athlete(s) will leave the competition with a sibling, with another teammate's parent or guardian, or in any other circumstance not described herein.

Coaches are expected to remain until the entire team has been picked up after practices and competitions. It is expected of parents and guardians to be punctual out of respect for the coaching staff.

Transportation to and from club competitions will not be arranged by TVCA unless the club is approved to do so beforehand. Parents and guardians should expect to provide or arrange transportation for their student participants.

JERSEYS/UNIFORMS

TVCA uniforms/jerseys will be assigned to players. If that jersey or uniform is lost, the cost of replacement will be billed to the student.

TVCA may request that uniform pieces purchased by families meet certain standards or match in style, color, etc. Examples include volleyball shorts, soccer socks, headbands, etc.

FEES

All student athletes must purchase an Activity Card each school year. Activity Cards admit the students to all regular season home games. Activity Cards also provide a discounted entry fee at away games and may provide discounts for district games or state competitions.

Activity card fees and sports registration fees must be paid before an athlete can participate in competition. If the ability to pay for activity cards or specific sports is delayed, then those fees must be by the deadline set by the Athletic Director.

If you are unable to pay the fees by the due date, you must contact the Athletic Director to work out a payment plan. Students who have not paid their fees or created a payment plan by the start of competition or by the fee deadline will not be allowed to participate.

PHOTOGRAPHY, VIDEOGRAPHY, OR IDENTIFICATION

Competitions are attended by spectators, members of the media, yearbook, etc. Students who participate in sports will be photographed and/or filmed. They may also be identified on rosters, in news stories, etc. By allowing their students to participate, parents and guardians consent to their students being photographed, filmed, and identified in conjunction with their sport. Likewise, anyone attending competitions should expect that their image may be posted online, in media, in yearbook, etc.

Student images, recordings of students, and student names may be utilized by TVCA Athletics on TVCA social media pages to promote our programs, teams, or individual accomplishments. The Athletic Director will request an annual list of students who have opted out of the social media release with the office and avoid using pictures of those students on TVCA controlled social media without specific written permission.

HARASSMENT

Harassment in any form, both physical and/or sexual in nature, is not tolerated and is not consistent with the character expected of students and adults at TVCA.

Sexual harassment includes all acts of a sexual nature, whether verbal or physical, which are unsolicited, unwelcome, inappropriate, and/or demeaning, which interferes with and individual's performance or creates an intimidating, hostile, or offensive atmosphere.

Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct which creates a hostile, offensive, or fearful environment including acts that inflict injury or damage and/or acts intended to control by fear and or/intimidation.

TVCA's Harassment Policy is consistent with that of Idaho Law Code as described in Section 18-917A:

18-917A. STUDENT HARASSMENT — INTIMIDATION — BULLYING.

(1) No student or minor present on school property or at school activities shall intentionally commit, or conspire to commit, an act of harassment, intimidation or bullying against another student.

(2) As used in this section, "harassment, intimidation or bullying" means any intentional gesture, or any intentional written, verbal or physical act or threat by a student that:

(a) A reasonable person under the circumstances should know will have the effect of:

(i) Harming a student; or

(ii) Damaging a student's property; or

(iii) Placing a student in reasonable fear of harm to his or her person; or

(iv) Placing a student in reasonable fear of damage to his or her property; or

(b) Is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening or abusive educational environment for a student.

An act of harassment, intimidation or bullying may also be committed through the use of a landline, car phone or wireless telephone or through the use of data or computer software that is accessed through a computer, computer system, or computer network.

(3) A student who personally violates any provision of this section may be guilty of an infraction.

HAZING

Hazing is not tolerated at TVCA. Any activity that intimidates or threatens a student with ostracism or subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school or participating in athletics or activities is considered hazing. This is regardless of the person's willingness to participate.

APPENDIX 1: CONCUSSION INFORMATION



CONCUSSION INFORMATION PAGE 1/2

What is a concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

What are signs and symptoms of a concussion?

Signs and symptoms of concussion may be evident right after the injury or may not be evident until days or weeks after the injury. Athletes who report one or more symptoms of concussion after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury. Athletes should only return to play with the permission from a health care professional experienced in evaluating for concussions.

Symptoms

Athlete-reported symptoms include:	Coach-observed signs include:
• Headache or "pressure" in the head • Nausea or vomiting • Dizziness or balance problems • Blurry or double vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • "Not feeling right" or "feeling down"	• Appears dazed or stunned • Is confused about assignment or position • Forgets instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes • Cannot recall events prior to hit or fall

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CONCUSSION INFORMATION PAGE 2/2

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Athletes who exhibit any of the following danger signs after a bump, blow, or jolt to the head should receive immediate medical attention:

• One pupil larger than the other • Is drowsy or cannot be awakened • A headache that gets worse • Weakness, numbness, or decreased coordination • Repeated vomiting or nausea • Slurred speech	• Convulsions or seizures • Cannot recognize people or places • Becomes increasingly confused, restless, or agitated • Has unusual behavior • Loses consciousness (even briefly should be taken seriously)
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What should you do if you think your athlete has a concussion?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Keep the athlete out of play the day of the injury and until a health care professional experienced in the evaluation of concussion approves the athlete's return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercise and activities involving a lot of concentration (such as studying and working on a computer) may cause concussion symptoms to reappear or worsen. Returning to sports and school post-concussion is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will exhibit symptoms for days, weeks, or in the most serious cases, even months.

Why should an athlete report their symptoms?

If an athlete has a concussion, his or her brain needs time to heal. While an athlete's brain is still healing, he or she is much more likely to suffer another concussion. Repeated concussions can increase recovery time. In rare cases, repeated concussions in young athletes can result in brain swelling or permanent damage to the brain. Concussions can even be fatal.

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