



## Athletics Parents' Information Guide

### ATHLETIC DEPARTMENT CONTACT INFORMATION

- Jeff Poore [jpoore@carychristianschool.org](mailto:jpoore@carychristianschool.org) (205) 585-0381
- Justin Kvantas [jkvantas@carychristianschool.org](mailto:jkvantas@carychristianschool.org) (919) 889-9681

**REQUIRED NCISAA ELIGIBILITY FORMS:** The North Carolina Independent Schools Athletic Association (NCISAA), of which CCS is a member, has established the following eligibility requirements to participate in Athletics at Cary Christian:

1. Consent to Participate & Release Form
2. Pre-Participation Form (Physical)
3. GW Compliance Form

These forms must be completed prior to the start of that season's daily practices (Athletic Department will provide dates by season). Athletes cannot participate in practices or games until these forms are completed, submitted, AND approved by the Athletics Department.

The forms are available on the Parent Portal - Athletics tab, or under your child's Magnus profile. In Veracross, click on NCISAA Health Forms in the Important Links on the left of the page. To complete the required forms: (1) download the forms, (2) fill out the forms (Physical requires a doctor examination & signature), and (3) upload copies of the completed forms, in their entirety, to Magnus in Veracross. The Physical is valid for 13 months from the date of the doctor's examination. The other two forms must be completed annually.

### FEES

- The fee for varsity and junior varsity and middle school sports is \$300. Athletic fees help fund officials, coaching stipends, facility maintenance, entry fees for tournaments or meets, sports equipment, uniforms, conference & Athletic Association fees, medical trainer support, athlete recognition, off site rentals, subscriptions (i.e. HUDL), travel, & safety.
- Coaches may propose additional fees to be collected for the following:
  - Team specific gear or equipment
  - Social events (i.e. Pizza & Prayer nights)
  - Off-season camps

- Coaches & parents can propose additional fees to the Athletics office for their team. Any fee on top of the mandatory \$300 athletic fee must be approved by the Athletics office. Proposals should include the events, equipment, costs, and any applicable dates. For more information, reach out to the Athletic Director.
- Gate Fees: There is no charge for the Cary Christian community to attend a Cary Christian Athletic event at our school (excluding home State Playoff games). If your team would like to charge admission to your games for visiting fans, a volunteer must be provided. Reach out to the Athletics office for information on admission fee structure & process for collecting gate. Other schools may have an admission charge. Always take cash or card for Away games.

## **PLAYING TIME**

Playing time is determined by the coach's objective judgment of which players give the team the best opportunity to succeed in competition. While coaches are committed to developing all players through training and practice, game-time decisions are made with the goal of winning.

We believe that playing time is earned through effort, attitude, and performance. There is no minimum or guarantee of playing time for any of our teams. Players who have questions about their playing time are encouraged to speak directly with their coach in a respectful and appropriate manner.

Keep in mind that the competitive season spans 10-12 weeks. While individual development certainly occurs during this time, the coach's primary responsibility is building a cohesive and competitive team. Significant personal growth, both physically and skill-wise, typically takes place during the other nine months of the year through consistent training and effort outside of the season.

## **PLAYING UP**

Our goal is for students to primarily play with their class or age group. However, there are times where we make exceptions or offer additional opportunities to junior varsity and middle school students. Some exceptions may include:

- If a varsity team needs numbers to make a reasonable roster number, eighth graders may be asked if they are willing to play on that team. If the parents and student agree, then the student is rostered only on a varsity roster. It is VERY important that this student does not take this opportunity to socially lord it over their classmates. If this is the case, that student may be asked to move back to their age-appropriate group.
- If a varsity team sees the potential from a junior varsity student, that team may ask the player to dual roster. In this case the student would play where they are most needed on game days.
- If a varsity team sees potential in an eighth grader, the coach may ask the player if they are interested in training with the varsity team occasionally and or playing games with

the varsity from time to time. If this is the case, the student will be dual rostered. The student will practice and play with their middle school teams primarily. They may add additional practices and games where it does not conflict and with the permission of the student's parents. Again, the eighth grader must not use this to socially elevate themselves over their classmates or they will have this opportunity taken away. Also, this opportunity needs to be presented to the student before the middle of the season. We do not want to wait and move students up (either because of ability or entitlement) at the end of the middle school season.

- We make it a practice to not move any middle school student up to make a junior varsity team. As above, a student can be dual rostered on JV, if the student fulfills their middle school responsibilities.

**STUDY HALL:** If there is not a middle school team with which Varsity and/or JV players can practice, a study hall can be made available provided we have parent volunteers to supervise the class as they wait for varsity/JV practice(s) to begin. Note that students staying on campus for practice **MUST** be in a study hall. They cannot roam free on campus.

**GAME SCHEDULES:** Schedules are located on the Parent Portal - Athletics Tab and ParentSquare. In Veracross, there are three options to choose from in the Important Links section on the left.

- Monthly: CCS Athletic Calendar
- Daily: Team Calendars
- Subscribe to Schedules (to link the calendars to your phone or computer)

Fans outside the CCS community may see and subscribe to the schedules at

[Athletics Calendars - Cary Christian School](https://carychristianschool.org/athletics-calendars/)

[<https://carychristianschool.org/athletics-calendars/>]

**NOTE TRAVEL TIMES:**

- Sports on campus or at a competitor are generally local for middle school (within an hour transit). Varsity games are local as much as possible, but for competitive reasons we may travel as far away as 2 ½ hours.
- Sports at a rental facility are always off site. Some are local, but some require travel.

**GAME BROADCASTS THROUGH HUDL:** We have chosen to use the HUDL camera system for games on the CCS campus (except baseball). The benefits to us are enormous over the previous camera system. All games are streamed **FREE** on our HUDL Channel:

[CCS HUDL Channel](#)

**TRANSPORTATION:** Transportation is provided most of the time via CCS buses. Sometimes carpooling is necessary, but we try to limit that as much as possible. Students may ride home with parents after events, but we ask that you make sure to tell the coach before taking responsibility for your student. Parents, coaches, or student drivers may provide transportation, but certain protocols must be followed. Please contact the Athletic Department for this information. Parents wishing to become certified to drive CCS buses must apply and get approved. There is no cost for this, only paperwork. Please contact the Athletic Department

for more information. The Facilities Department will also provide basic training on driving the buses.

**GAME CANCELLATION PROCESS:** We will notify the coach and the team parent manager first. The coach will let the Athletic Department know if there will be a practice or meeting instead. That information needs to be sent out via ParentSquare by either coach or team parent captain. The Athletic Department will post a note on the bulletin board in the appropriate hall as to next steps. The plan is to have this determination no later than 1:00 pm if possible. Sometimes it will occur earlier or later depending on the situation.

Note that only conference games will be rescheduled in case of weather or other type of cancellation. Other regular season games will not be rescheduled.

**TEAM PARENT CAPTAIN:** The most important person on the team besides the coach is the Team Parent Captain (TPC). This person is responsible for a host of duties including social functions and essential game personnel not provided by the Athletic Department. Training is provided for this position by the Athletic Department. TPC will also be given access to ParentSquare so they can communicate to the team and parents.

**COMMUNICATION:** All team communication will be done through the **ParentSquare** application. Once your student is rostered, you will automatically receive alerts and emails through this system. It also allows you to communicate with other members of your sport community. Communication from the Athletic Department will also be done through this app.

Also, for everyone's protection, we ask that students not text coaches and coaches not text students unless they also copy a parent.

**COACHES:** Head coaches of each Cary Christian team have been approved by the Athletic Department. If there is an opening for a team head coach, please contact the Athletic Department for information on the hiring process. Parents are also encouraged to volunteer to assist our head coaches. If you are interested, please contact the head coach of that team for more information. There is still a volunteer process to follow with the Athletic Department if the head coach proposes you to help. This is a paperwork process and includes a background check.

**ATHLETIC TRAINER AND HEALTH SERVICES:** Currently, we are using Go4 Healthcare for game coverage. They are providing licensed trainers for our events. We scheduled them to arrive approximately 30 minutes before the first event. We are working to have an onsite first responder available for practices. We have a fire station within one mile of us for emergencies.

If a player needs a Return to Play (RTP) Protocol, we will not be providing this service in house. We will refer all RTP requests back to the student's physician for them to manage. Players will not be allowed to return to practice or compete until the CCS Health Office receives this information from the student's physician. If a player has an injury that results in a medical office visit, the parent must send a copy of the visit notes to the CCS Health Office, Attn: Amber Boger ([aboger@carychristianschool.org](mailto:aboger@carychristianschool.org)).

Coaches are also being given access to an app called Magnus 911. This app will allow the coach to pull up a student's emergency information on the spot in case of serious injury. In case of an emergency, the coach will contact the parents.

CCS has purchased a service through Sway Medical for baseline concussion testing. This is a test administered by the parent with a cell phone at home. We will send an email to you with information during the first three weeks of the season once rosters are finalized. This testing is not required but is recommended for every student. We also share this data with medical practices upon request in the case of a head injury. If you do not do the testing the medical practice is limited in their examination. We suggest you do this service.

**EQUIPMENT:** The school purchases uniforms, baseball hats, football helmets, goalie gear, field hockey masks, catcher's gear, swim caps, and balls for all sports. All other equipment is purchased by the student.

**TEAM GEAR:** Students will be able to purchase optional spirit items through our spirit store or an online vendor. Information will be provided.

**FAN WEAR SITE:** Any CCS fan can now order branded wear 24/7 365 on this site for any sport [Cary Christian School \(promoplace.com\)](http://CaryChristianSchool.promoplace.com). Items ordered are delivered approximately 2-3 weeks after order.

**GRADES ASSISTANCE:** The academic office monitors grades on a regular basis. If a student has a failing grade in one or more classes, the academic office will let us know. We will then email the coach. The goal is that the coach can use their influence to urge the student to focus on their grades. If a student has two or more failing grades at the end of a quarter or semester, we reserve the right to pull the student from practice and or games for a window of time as an opportunity for the student to recognize the importance of the classroom. This will not be done without having communication with the parents and the coach first. We want to make this decision together and in the best interests of the student.

**SOCIAL EVENTS:** We have found that teams that socialize together play better. With that in mind, we suggest, in addition to a season ending recognition event, that teams create at least one or two other events. This can be fellowship or service. The Team Parent Captain will be managing this process. The teams at Cary Christian that have the best experiences (and results on a regular basis) are those teams that have parents that most "drive and surround" these programs. Reach out to the Athletic Department if you want more information on this concept.

**PICTURE DAY (and Senior Banners):** A schedule for Picture Day will be put into the *Knightly News* and posted on the ABB (Athletic Bulletin Board). We will also be photographing seniors that day for senior banners which will be placed in the gym or outside for all sports. At the end of the season, the banner will be given to the coach for distribution at your end-of-season party.

**SENIOR NIGHT:** We will provide flowers for the mothers for this night. Teams are responsible for the activity and food portion of this event. We ask that this not be done before a game or during halftime as a courtesy to our visitors. Please reach out to the Assistant Athletic Director

if you need to reserve a space on campus for your event. We can announce that it is senior night and honor those seniors by announcing them before the game, but we will do family recognition at the party.

**POST SEASON RECOGNITION EVENT:** This event will be the responsibility of the team. It is best to let the Team Parent Captain plan and execute this event. Individual medals will be provided by the Athletic department for All-Conference & All-State recognition only. If your team would like medals for all athletes or larger plaques for awards, that must come from additional fees collected by the team.