



CARY CHRISTIAN SCHOOL  
***KNIGHTS***

# **ATHLETICS HANDBOOK**

**2021-2022**

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Notes:



## OUR PURPOSE

- To provide a competitive athletic program of excellence and sportsmanship modeled after classical education founded upon a biblical worldview.
- To invest in students by strengthening their bodies and renewing their minds preparing them for the good works which God has planned in advance for them. (Romans 12:1-2, Eph 2:10)

## OUR PHILOSOPHY

Athletics are an ideal complement to academics and the arts in the overall classical education experience. We strive to develop the whole person, body and soul. We trust the Holy Spirit to develop and mature our spirit. We believe this equips our students to go forth in the world as confident and strong adults, facing the opportunities and challenges of life.



# OUR ATHLETIC GOALS

1

**Students:** We want to give an athlete every opportunity to excel at a sport for which they are passionate. For some, this is to be the best athlete they can be to have a great high school experience. For some, it is to pursue athletic opportunities at the college level. Many of our coaches have experience on the college and professional level. If a student wants to further their sports career, we will do everything we can to advance their skills, knowledge, and wisdom in pursuing their dreams.

2

**Teams:** There is nothing more memory making for a group of students, coaches, and parents than to win a state championship. To earn the top prize is something athletes never forget. We strive annually to win the state championship in each sport.

3

**Athletic Program:** As a school we want our program recognized as one of the best if not the best in our classification at the state level. We compete annually for the Wells Fargo Cup which is an all sports trophy given to the best overall athletic program in each student body size classification in the state. Each team that finishes in the top eight in the playoffs earns points for this award. A team may not win the overall prize in its sport in a year, but they are still adding to the overall value of the school as being a well-respected, all-around sports program of excellence.

4

**Cary Christian School:** Our goal is to work as hard as we can to fulfill our athletes and team's highest potentials. For all of us, players, coaches, parents, and administrators, we seek to display sportsmanship so that our testimonies provide a witness to the world that impact our world for the kingdom of God.



# ATHLETICS MODELED AFTER CLASSICAL EDUCATION

## The Grammar of Athletics: Introducing Games and Skills (Lower School Grades)

In grammar the key is teaching basic skills. A vivid example of grammar is learning phonograms. When my children were taught phonograms, the teacher told me that the students would be able to read any word by the end of the first grade. I was impressed, to say the least. So, as you can imagine, I just had to test my kids. The word I chose was “photosynthesis.” To my delight they both were easily able to read the word and pronounce it correctly! Now, how can that concept apply to athletics?

I believe one of the regular mistakes made in coaching sports with youth is the lack of intentionality regarding fundamental skills. I am reminded of the great pro football hall of fame coach Vince Lombardi, who started each year—with professional athletes, by the way—with the phrase, “Gentlemen, *this* is a football.” Why, if on the professional level a coach would be so basic, do coaches of young players not do the same? I believe this is because there is such an emphasis on winning, and not on building winners through the grammar, or fundamentals of sport.

Our goal will be to teach sports skills with an introduction into a sport in elementary school. This may be done in physical education classes or by making parents aware of sports programs available to them in the community led by outside organizations. These outside programs will be recreational and competitive at the same time. This is a great opportunity to “try” a sport to see if the sport is something they feel they naturally like doing. They will begin building fundamental understanding and progressive skills of their specific sport.

## The Logic of Athletics: Tactics & Strategies (Grade 6-8)

Around the sixth grade, we move on to the second phase of the trivium: logic. This does not mean we no longer practice fundamentals or introduce new skills. We will continue to hone these and even teach them with deeper nuances. The goal of the logic phase of athletics is application. This is where we get deeper into tactics and strategy. Our goal here is to show students *how* to apply these skills in the most advantageous way to have success. And yes, success means not only playing well but winning the game. Our middle school program, in most sports, competes in a conference where a championship can be won. Playing well, increasing skills, learning tactics and strategies, and developing a winning mindset are crucial steps in the process of athletic education and personal development.

## The Rhetoric of Athletics: Communication (Grades 9-12)

Once students enter high school, they are ready to advance to the next level of a sport and of the trivium. This is when they enter the rhetoric phase. We define this phase with the word “communication.” In the classroom, the goal of rhetoric is eloquence in speech. A similar goal applies to what happens on the field, court, track, trail, course, or pool. This could be between players or between player and coach. It can also be nonverbal. The best way I know how to explain it is from my football or basketball playing days. There were guys I had played

with so long that I could communicate to them where to move to accept a pass with nothing more than a look. This nonverbal type of communication is truly one of the top goals of any sport. This nonverbal communication often occurs between the athlete and the coach. To be able to look over and know from a look what to do (without words) is powerful! This type of personal communication plays out even apart from the actual competitions.

## Conclusion

You would never ask a beginning piano player who cannot play scales to play a song at a recital in front of a crowd. If we follow that same logic, we will teach students our own version of music theory, then scales, then songs, and then prepare them for their recital. But the goal is not just the recital. If we do our job well, our students will not only develop skills, tactics, strategies, and the ability to communicate well on the field, but they will apply these principles once they leave our hallways and embark on their own personal great adventure that God has planned for them. They can face those challenges with confidence, knowing that they have learned to love learning, and stretching themselves to take on the joy and challenges of the journey.

## OUR GRADE LEVEL EXPECTATIONS

**Middle School (Grades 6-8):** All students may go out for these teams where a middle school program is offered. During the first few practices, a minimum fitness, skill, or knowledge level may be required to make the team. Some sports may have a developmental middle school team if minimum numbers allow. Students that go out may be rostered to play the more competitive team schedule while the others will be rostered for the developmental team schedule when one exists for that sport.

NOTE: Middle school teams play in a league that is a combination of 8<sup>th</sup> and 7<sup>th</sup> graders. Gold Teams play in a league that is predominately an 8<sup>th</sup> grade league. Blue Teams play in a league that is predominately a 7<sup>th</sup> grade league but will have some 8<sup>th</sup> graders. Most schools do not allow 6<sup>th</sup> graders to compete like we do.

**Junior Varsity (Grades 9-10):** There will be a tryout for all students grades 9-12 for the Varsity roster. Students not making that Varsity roster will be given an opportunity to compete on the Junior Varsity team if there are enough athletes to form a team. If not, these players may be added to the Varsity team if roster space permits. The objective of the Junior Varsity level is to develop varsity level skills.

**Varsity (Grades 9-12):** Varsity athletics are highly competitive and advanced. This level is the ideal of earning one's way versus an entitlement mentality. At this level, the athlete will be scrutinized more thoroughly in his or her character, ability, attitudes, and skills. Playing time is determined based on all these factors.

## **ADDITIONAL NOTES:**

### **Middle School/Junior Varsity**

- Junior Varsity football is composed of 9<sup>th</sup>, 8<sup>th</sup>, 7<sup>th</sup>, and 6<sup>th</sup> graders (although most 6<sup>th</sup> graders only practice).
- Swimming does not have a middle school team, so they usually practice with the Varsity. At meets they sometimes do exhibition races. 6<sup>th</sup> graders are not allowed to compete at all in swim meets but may practice.
- Other sports may not have an official middle school team. In this case a student may try out for the Varsity team. If they do not make the team and there is no lower-level team, they may be advised of developmental programs we support (see next paragraph).

### **“PLAYING UP”**

We believe a student should primarily play with his/her age group.

A student, with the permission of his/her parent and the coach’s invitation, may be asked to play (game or practice) with a higher-level team. That is allowed if the student will not miss their primary team competition and the lower-level team coach is made aware of the absence. The middle school student would still need to fulfill all middle school team competition commitments to the coach and his/her teammates.

We do not automatically “play up” students at the end of the season to the next level for competitions. We have found that this creates division and disrupts chemistry and unity on the higher-level team. We do, however, allow for these students to practice with the next level team once their season is over, if a coach invites them to attend. The coach of the higher-level team will decide whether a student has the skill set, maturity, and physical attributes to warrant such an invitation. This is done on an individual basis.

### **DEVELOPMENTAL PROGRAMS FOR LOWER SCHOOL STUDENTS**

Depending on the sport, we may suggest other organizations that offer skills classes or leagues to students in middle or lower school. This is to help prepare them for future participation on school teams. This information can be obtained by contacting the Athletic Department Office. We will promote these programs through Monday Folders in the lower school.

## **OUR ADMINISTRATIVE PROCESSES**

### **ACADEMICS**

Academics are just as important as athletics regarding learning lessons for life. Most students do not play athletics for a living, so it is important that all academic work gets done. The Athletic department gets regular grade reports on all students in season. We will meet with a student if they have multiple successive weeks of failure in a class. A plan will be decided upon with the student based upon the situation. If a student does not make progress on their situation, the student may be placed on restrictive probation. This probation may include loss of game, meet, or match time, as well as practice time. The goal

is for the student to recover to a passing grade and then restore them to their sport. Each situation will be assessed independently to determine what is best for that student.

## CHARACTER

Every student, coach, and parent are expected to act according to high personal standards. Those that make harmful decisions will face consequences based upon their actions. Consequences may include loss of participation, or at worst, removal from the program for the rest of the season. Each situation will be assessed independently to determine what is best for that situation.

## FORMS

Forms required by the NCISAA for a student to participate in a sport include:

- Consent and Release Form (annual)
- Physical Form (annual but good for 13 months from last one)
- Gfeller-Waller Concussion Information Form (annual)

These forms must be completed before a student may try out for a sport. The first two forms are electronic and can be filled out through your Parent Portal access. The physical form needs to be signed by both a parent and a physician. Cary Christian will offer at no charge a physical day each August to assist you in this process. If you take advantage of this opportunity, please print out the form and sign it and send with your student to the school. If you choose to do the physical on your own, please print out, sign, and once completed and signed by a physician, scan back into the system. A student is not eligible until all three forms are loaded into the system.

Students are also required to participate in baseline concussion testing in the 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades. All new students must do the testing before participating in a sport at Cary Christian and then be on a two-year rotation for updated testing.

## COSTS

For each sport, there is a fee per athlete. The Varsity and Junior Varsity fee are the same and are slightly higher than middle school fees. Additional fees may be required for certain sports that have additional costs such as extra equipment.

**Dual Sport Participation and Fees:** Students that pay a fee in that season for a sport may request to participate in a second sport at no cost during that season. Each situation will be assessed independently to determine what is best for that student and the teams involved in the situation. Middle school students assigned to a Varsity team (due to no middle school sport being available) will pay the Varsity fee as opposed to the middle school fee. If a middle school student is invited to dress out for a game as a reward, there is no additional fee required.

## OPTIONAL PURCHASES

Each team will have the opportunity to purchase team logo specific shirts, hoodies, or jackets at the beginning of the season. This merchandise is available for the first two weeks of the season for both players and parents. In addition, team and individual sport pictures are done by an outside service at the beginning of each sports season. These prints are also

available for purchase. Cary Christian offers additional merchandise for sale every Thursday morning or afternoon (check the Knightly News for up-to-date info) and anytime the concession stand is open. Other custom merchandise is available on our spirit store website at [Cary Christian School \(promoplace.com\)](http://Cary Christian School (promoplace.com)).

## **FUNDRAISING**

Cary Christian teams do not do individual fundraisers to raise money for the sport. The Athletic Department keeps a needs list for equipment given to them by coaches that are above and beyond what our budget can do at any one time. This needs list contains either equipment, technology desires, or facility upgrades. Uniforms will not be purchased through donations. We do have advertising sponsorships for companies available for our teams. This includes practice tees and travel bags. We also have advertising sponsorships for companies in the form of our network broadcasting of games. If you are interested in any of these options or desire to see the needs list, please contact the Athletic Director.

## **UNIFORMS**

Uniforms are distributed to students once they make a team and their eligibility for that sport has been established. Students are responsible for maintaining the uniform and turning it back in in the same condition. Lost uniforms will be billed at replacement cost of \$150. A student will not be allowed to try out for a next sport until all uniforms are turned in.

## **CONFLICTS WITH OTHER ACTIVITIES**

Students may participate in dual activities during a sports season (Athletics, Fine Arts, House, or Clubs). Students are responsible for working out the details with all parties involved. Students accept they may lose playing time due to missed practice time. Students also accept they may lose playing time as a result of missed practice time for any outside activity (e.g., church, family, doctor visits, etc.).

Students who play one sport when another season's sport begins must give priority to the first season's sport. A student must attend all practices for the first season sport before attending the practices for the next season's sport. The student may attend both with permission from the student's parents. A student finishing a first season sport will be given an opportunity to try out for the next season's sport even if official tryouts for that sport have concluded.

## **COMMUNICATIONS**

**CCS Website: Athletics Page** [Athletics - Cary Christian School](http://Athletics - Cary Christian School)

This site is a page on the main school website. Some of the information contained here is included plus some historical information regarding past achievements and current recognitions. It also contains links to our spirit store as well as a link to the schedule site listed below. Last the current quarterly video which gives information regarding sports in the current quarter is available.

**CCS Athletics Website:** <https://carychristianathletics.com/>

All athletic schedules are available on the Cary Christian School Athletics website. Schedules are available in calendar format or by the individual team. Use the pull-down options to select the sport and team. Directions are available by clicking on the information tab. NOTE: You will need to sign up on the website to subscribe to receive e-mail notification of schedule changes.

## **Knightly News**

Each Thursday in the *Knightly News*, you will find additional information regarding athletics.

All team communications will be done through TeamSnap. This protects everyone involved. If texts or emails need to be sent directly to a coach by a student, please make sure a parent is copied. If a practice or game is changed due to weather or other circumstances beyond our control you will receive a text alert or email through this program.

**Instagram:** We also do regular posts and stories on Instagram. You can find us at: **cary.christian.school**

**NFHS Network:** You can also follow our sporting events free of charge on the NFHS Network. Find us at [www.nfhsnetwork.com/schools/cary-christian-school-cary-nc](http://www.nfhsnetwork.com/schools/cary-christian-school-cary-nc).

## **SAFETY**

Cary Christian School provides certified athletic training coverage for on campus practices as well as athletic events. Offsite teams are given a portable AED to provide an extra layer of protection. CCS provides annual training to our coaches on the use of AED devices and what to do in case of an emergency. Coaches are given access to relevant medical information to have on hand in case of an emergency.

Cary Christian School follows the High School Federation protocol concerning diagnoses, treatment, and the return to play policy mandated by the Gfeller-Waller Concussion Clearance Policy. Student athletes that have been diagnosed with a concussion will not be allowed back into competition until we receive a written release from a doctor. Student athletes will take the Baseline Concussion Test which is offered free to Cary Christian School Students.

Coaches adhere to the authority of the athletic trainer when threatening weather is present. Students are moved to assigned spaces during these delays.

We recommend that each family check with their insurance provider for adequate coverage in the event of injury, especially for collision sports. Supplemental coverage for athletics is available from many insurance companies.

## **TRANSPORTATION**

Athletes will be provided transportation by bus whenever possible. Priority is given to Varsity teams.

Drivers of CCS athletic vehicles must be pre-approved by the Cary Christian School insurance provider. Please contact the Athletic department for a driver's application. Note that this process takes, at minimum, 48 hours.

For games where school transportation is not available, coaches are responsible for recruiting qualified parent drivers approved by the school.

Students may ride home from athletic events with parents. They must have written or electronic permission to ride home with anyone other than their parent. Parents may write a single note granting permission to cover an entire sports season.

Students will not be allowed to drive themselves or other students to away games without parent permission. Students may drive themselves if a game is off campus but considered our home field, course, or court.

Overnight events are approved from time to time. In such cases, details such as hotel information, chaperones, and cost will be submitted to parents during the parent preseason meeting. There will be additional costs for these events.

## **DISCIPLINARY ACTIONS**

The Cary Christian School Parent and Student Handbook (*A Community of Learners*) discipline policy for students applies in full to our coaches and athletes. Parents will be notified beforehand of all major disciplinary actions. Any participation fees charged will not be refunded in the event a player is suspended or dismissed from the team.

Any ejection from a game or match by an official will result in game suspensions from athletic events following NCISAA guidelines. Additional penalties may be applied by Cary Christian School administration. This applies to coaches, students, and parents. Any ejection decision by an official will be adhered to by the coaches, parents, athletes, and the school administration without further discussion.

The NCISAA mandates fines for various types of ejections. All fines given to coaches, parents, and students for ejection will be paid for by the person ejected. Failure to pay results in non-participation in the Cary Christian School Athletic program.

Students that quit a team midseason may not be allowed to try out for a sport in the same year or during their time at Cary Christian. A meeting between the student and the Athletic Director may be necessary before trying out for the next sport.

## **POST-SEASON CELEBRATIONS AND AWARDS**

Cary Christian middle school teams may have a party with no departmental designed awards. The goal of this gathering is to celebrate and enjoy fellowship at the end of the year. We ask that no awards be given at this level. These parties are coach and parent led.

Varsity teams have a celebratory event as well, but the coach will present certain awards. They include any All State or All Conference awards, a Knights Award plaque, and various medals based upon a coach's choice as to what should be rewarded.

Varsity team members also will receive a school letter their first full year of varsity roster competition. They will also receive a sport pin. Successive years the student will receive additional pins. The school offers an opportunity for the student to purchase either a letter jacket or a commemorative shadow box in which to display these items.

The Athletic Department has an annual award given to seniors at the annual Senior Awards Day. It is called the Knights Hall of Fame Award. The criteria for the Cary Christian Knights Hall of Fame Award is a student that has attained an All-State recognition as an athlete, has attained a 3.75 unweighted GPA or higher, and has exhibited exceptional character as a student at Cary Christian. The student will be given a plaque with the student's name and graduating year along with recognition on the Athletic Wall outside the school gym.

Any student that participates in at least one year of collegiate competition will have his or her name along with the name of the college and sport played added to the Athletic Wall located outside the school gym.

# SEASON START DATES, PRACTICES, AND PARENT MEETINGS

Sports seasons begin approximately on the following dates (TBD each year based on the calendar).

- Fall: first Monday in August
- Winter: first Monday in November
- Spring: mid-February

Informational videos for each season are linked in the Knightly News approximately two weeks before the start of each season and will be posted on the Athletic Portal page.

## MIDDLE SCHOOL PRACTICES

Middle school students practice daily Monday through Friday (except game days and early release days unless requested by the coach). Students get out of school at 2:25 and are expected to be at a predetermined location on campus at 2:40 for a mandatory functional fitness and agility class before the team practices each day. The goal of this class is to teach and further athleticism, build core strength, and improve agility. This class will be held on our field or in the gym. This is a 25-minute session from 2:40 until 3:05. At 3:10 the players will move on to their regular practice which will last until 4:15. Practices are held on campus unless you are told otherwise. Due to space limitations and other opportunities, some practices are held offsite. Parents are told during the preseason quarterly video and/or parent meetings of these locations and expectations. Students being picked up after practice at 4:15 should be picked up at the awning next to the K-2 hallway.

Note: Sometimes developmental basketball team practices are held at 6 a.m. daily Monday through Friday (except game days). This is due to lack of space. We sometimes offer offsite practice space to alleviate this issue. We also offer afternoon space to developmental teams when the middle school teams are offsite for game days.

If a middle school team does not exist and a middle school student participates on a junior varsity or varsity team, the student must be picked up at 2:25 and return for Varsity practice at 4:15. The student may not remain on campus waiting for Varsity practice.

## HIGH SCHOOL PRACTICES

High school students practice daily Monday through Friday (except game days and early release days unless requested by the coach). Students are released at 3:25. Practices begin at 4:15. Coaches may call for conditioning or strength practices to begin as early as 3:45 as a precursor to actual practice. Each coach will let his or her players know the expectations. If practice is offsite, these students can leave campus as soon as they are released. In some cases, CCS provides transportation to offsite practice facilities.

Some varsity sports practice offsite before school or at night depending on availability of resources. Students will be advised of this in preseason.

Some varsity sports teams choose to practice later due to coach work conflicts, space, heat, or other concerns. These practices start at 5 p.m., or after. In these cases, parents and students will be advised and a student must leave campus and then return at the practice start time. A student may not remain on campus waiting for varsity practice.

During the last two weeks of October, middle school students going out for winter sports and during the first two weeks of February middle school students going out for spring sports must attend the functional fitness class from 2:40 until 3:05. Students can then be picked up at the awning next to the K-2 hallway.

Summer practices are sometimes held by coaches but are not mandatory. Information is sent out by each coach to inform athletes of opportunities.

## **PARENT MEETING**

Coaches may host a parent meeting after the team's rosters have been set and before the team's first competition. These meetings are either in person or done via zoom call (or similar). The coach will introduce the Team Handbook at that time as well as field any questions regarding the season.

## **EARLY RELEASE**

Students are sometimes released early from school due to sports competitions where travel is required. For most middle school events we try to keep competitions to one hour or less in terms of travel. Early release is not normal for middle school events but sometimes may occur.

For high school events, travel may be as far as two hours or more. Although we try to keep this to a minimum, there are days where students leave school as early as lunchtime. In some cases, it may require an entire day of missed school. It is essential that the students communicate to their teacher(s) when this occurs and make plans with them to do make up work.

## **STRENGTH PROGRAMS**

Strength programs consist of the middle school after school functional fitness program and a high school weight training program. Both programs are under the leadership of the Athletic Department and its strength and performance coach. Staff coaches also assist in these programs. The functional fitness program has already been discussed earlier in this section.

The weight training program is an offseason program offered in our weight room from 4:15 until 5:45 daily Monday through Friday with few exceptions. It is a program utilizing free weights and machines designed for growth of muscle and endurance for the athlete. It is based more on core strength and performance over aesthetics. There is no cost for this program.

Cary Christian School believes in multisport athletics over specializing in one sport. We believe this enhances performance as well as reduces injury occurrences. We further believe playing two sport seasons and taking a season for offseason training is more beneficial than playing all three seasons (unless one chooses to use the eight-week summer as an offseason training time for enhanced performance). Cary Christian does not offer designed summer workout programs. The weight room may be available during select times in the summer if a student wants to work out. Please contact the Athletic Department for availability.

## SUMMER CAMPS

Each summer Cary Christian School will offer skills camps (3 to 5 days) by sport for various age groups. These camps are led by our team coaches and is fee based. The goal of this camp is to teach our students the skills and drills that they need to become proficient to play the sport at Cary Christian School. Camps are also offered for our lower school students in grades 3-5. The goal of these camps is to introduce the campers to our coaches as well as for them to develop a love for the sport. Information on these camps is sent out the first week of March every year via the Knightly News and Monday Folders.

## TEAM OFFERINGS AND LEAGUE MEMBERSHIPS

FALL	WINTER	SPRING
HIGH SCHOOL	HIGH SCHOOL	HIGH SCHOOL
<b>Varsity</b> Cross Country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women <b>Junior Varsity (as available)</b> Soccer: Men Volleyball: Women Football: Men	<b>Varsity</b> Basketball: Men & Women Swimming: Coed Wrestling: Men  <b>Junior Varsity (as available)</b> Basketball: Men & Women	<b>Varsity</b> Baseball: Men Golf: Men Lacrosse: Men Soccer: Women Tennis: Men Track: Coed
FALL	WINTER	SPRING
MIDDLE SCHOOL	MIDDLE SCHOOL	MIDDLE SCHOOL
Cross Country: Coed Field Hockey: Women Football: Men Soccer: Men Tennis: Women Volleyball: Women	Basketball: Men & Women	Baseball: Men Golf: Men Soccer: Women Tennis: Men Track: Coed

## STATE AND CONFERENCE MEMBERSHIP

Cary Christian School is a member of the North Carolina Independent Schools Athletic Association (NCISAA), the Eastern Plains Independent Conference (EPIC), the Big 8 Conference (football), and the Capital Area Middle School Conference (CAMSC). Some sports such as Field Hockey, Wrestling, and Track do not compete in a conference but do compete statewide.

The North Carolina Independent School Athletic Association (NCISAA) is comprised of private schools across the state of North Carolina. There are 4 divisions broken down by size into 1A (smallest) to 4A (largest). Cary Christian competes as a 3A school and is in Region 5.

For additional information or questions, please contact the Cary Christian School Athletic Department.

