



# CCS ATHLETICS

## 2022-2023 Spring – Parents’ Information Guide

**ATHLETIC DEPARTMENT STAFF**

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**HANDBOOK:** The Athletic Handbook contains our athletics program philosophy and other important information. A copy of the Handbook is available on the Parent Portal - Athletics tab. Click on Athletic Handbook in the Important Links on the left of the page.

**CONFERENCE PLAY:** We are now in the **Capital City Conference** for varsity. This conference contains Grace Christian, St. David’s, Trinity Academy of Raleigh, and Wake Christian. The MS still plays in the **Capital Area Middle School Conference (CAMSC)**. This conference is composed of the same schools as the CCC plus Cary Academy, NRCA, Franklin Academy, Magellan Charter, and St. Timothy’s School.

**IMPORTANT DATES**

- Eligibility Forms Due: no later than March 19, 2023
- Picture Day: Friday, February 24, 2023

**PRESEASON WORKOUTS:** Some coaches offer optional practices that start a month or so before the official tryouts. These are not mandatory and are not held against students that do not participate. It does, however, give students a chance to go ahead and gain confidence heading into tryouts. Students playing a sport in season during these workouts may participate if it does not conflict with any other sport and if another sport is in season, the current sport coach gives permission for that student to participate.

**REQUIREMENTS TO PLAY:** There are eligibility requirements to participate in Athletics at Cary Christian.

- **Skill and/or Conditioning Requirements:** Some varsity coaches may have skill or conditioning requirements for a student to either make a varsity team or to participate in competitions. Talk to your coach if you want to know this information.
- **Pre-Participation Eligibility Forms:** Three NCISAA Health Forms must be completed during the first four weeks of the season. The forms are available on the Parent Portal - Athletics tab. Click on NCISAA Health Forms in the Important Links on the left of the page. The three forms required are:
  - Consent to Participate & Release Form
  - Pre-Participation Form (Physical)
  - GW Compliance Form

To complete the required forms: (1) download the forms, (2) fill out the forms, and (3) upload copies of the forms to Magnus in Veracross. After the first four weeks of practice, players that do not complete these forms will be held out of games until forms are completed.

**TRYOUTS:** Tryouts officially begin on February 13th after school. Please check the *Knightly News* for more information as to days and times for your sport and team. Most students that tryout make the team. There are occasions, however, where roster limits force us to excuse some from making the team.

## FEES

- The fee for varsity and junior varsity sports is \$250. The fee for middle school sports is \$225. Fees go toward our athletic expenses.
- Some teams might want to have additional gear for which they will ask for an additional amount.
- The same is true for social events and gatherings. These additional amounts are nominal and are optional. Your coach or team parent manager will give you more information.
- There is no charge to attend a Cary Christian School event at our school. Other schools may have an admission charge. Always take cash in case.

## COMMITMENT AND PLAYING TIME

- **Attendance at Practices and Games:** Students that play sports at Cary Christian are expected to attend all practices and games. If a student is to miss a practice, it is their responsibility to notify the coach via Team Snap that they will miss and the reason for that miss. If there are regular conflicts to fulfilling the obligation for being on the team the student should meet with the coach to work out an acceptable plan. Missing practices or games for any reason can affect playing time. It is not necessarily a

punitive action but a student's commitment to the team is a major step in learning adult responsibility.

- **Fall, Winter, and Spring Break Practices and Games**
  - MS: The conference tournaments are during the first week of fall break. This will end the middle school season.
  - Varsity and JV (all sports): During the first week of fall break, there are no required varsity or junior varsity scheduled events. However, teams may choose to have optional practices during this time. During the second week of fall break, there will be required practices and games for varsity and junior varsity teams.
  - Varsity Basketball: Winter break includes required practices and games.
  - NOTE: Spring break comes during the fourth week of spring practice. Varsity teams will have required practices and games during the first week with optional events week two. Middle school students will not have required practices or games during spring break but may have optional practices.
  - Make every effort to schedule family trips around these dates. Your student's commitment to the team is important. Games will not be rescheduled if we do not have enough to play during a break. These games will be forfeited.
  
- **Playing Time:** Players play games based on the coach's objective judgement as to which players give us the best chance to win. We seek to develop all players during training, but game decisions are based on the ability to win the contest. We believe that playing time is earned not entitled. Players that want to discuss playing time should do so with their coach directly. Remember that a season is roughly 12 weeks long. While the coach is working to develop players, their main objective during this time is developing a team. While personal development will grow during a season, the majority of growth happens over the other 9 months of the year.

**PLAYING UP:** Our goal is for students to primarily play with their class or age group. There are times however where we make exceptions or offer additional opportunities to junior varsity and middle school students. Some exceptions 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 in order to make a junior varsity team. As above, if a student wants to be dual rostered for JV that is fine as long as the student fulfills their middle school responsibilities.

## PRACTICE TIMES AND LOCATIONS

BASEBALL (Men)		
TEAM	PRACTICE TIME	PRACTICE LOCATION
MIDDLE SCHOOL	2:30 p.m. - 4:00 p.m.	BASEBALL FIELD
VARSITY	4:00 p.m. - 5:45 p.m.	BASEBALL FIELD
LACROSSE (Men)		
TEAM	PRACTICE TIME	PRACTICE LOCATION
MIDDLE SCHOOL	5:30 p.m. - 7:00 p.m.	MAIN FIELD
VARSITY	3:45 p.m. - 5:45 p.m.	MAIN FIELD
SOCCER (Women)		
TEAM	PRACTICE TIME	PRACTICE LOCATION
MIDDLE SCHOOL	2:30 p.m. - 4:00 p.m.	MAIN FIELD
VARSITY	4:00 p.m. - 5:45 p.m.	MAIN FIELD
GOLF (Men), TENNIS (Men), AND TRACK AND FIELD (Coed)		
TEAM	PRACTICE TIME	PRACTICE LOCATION
MIDDLE SCHOOL	2:30 p.m. - 4:00 p.m.	SEE COACH
VARSITY	4:00 p.m. - 5:45 p.m.	SEE COACH

**NOTE:** *Pickup for afternoon MS practices on campus will be at the blue awning, daily after 4:00.*

**STUDY HALL:** If there is not a middle school team with which Varsity and/or JV players can practice with, we will provide a study hall for them to go to from 2:25 until 3:25 as they wait for varsity/JV practice(s) to begin. There will be no charge for this Study Hall.

**SCHEDULE AND GAMES:** Schedules are located on the Parent Portal - Athletics Tab. You have 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:

- Baseball, lacrosse, and soccer games are generally local for middle school (within an hour transit). Varsity games are local as well when possible, but for competitive reasons we may travel as far away as 2 ½ hours.
- Track meets, golf matches, and tennis matches are always off site. Some are local, but some require travel.

**HUDL:** We have chosen to use the HUDL camera system. The benefits to us are enormous over the previous camera system. All games are streamed FREE on our YouTube Channel - [Cary Christian School - YouTube](#).

**TRANSPORTATION:** Transportation is provided most of the time on our buses. Track and Field may choose to take a reduced roster to meets. 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. NOTE: Transportation may necessitate Track and Field taking a reduced roster to meets.

**TEAM PARENT MANAGER:** The most important person on the team besides the coach is the Team Parent Manager (TPM). This person is responsible for a host of duties including social functions and essential game personnel. The school is now providing a clock operator for all games but most of the game day experience is crafted by the coach with the help of the TPM. Training is provided for this position by the Athletic Department. The TPM also will be given access to Team Snap so they can use the tool to communicate to the team and its parents.

**REQUIRED PARENT MEETING:** Most coaches hold a parent meeting after tryouts. It is suggested to coaches that at this meeting they have a handout which includes a copy of the schedule. This handout should include goals, objectives, and requirements for the team (including commitment).

Also, if there are any overnight trips or additional funds needed (in addition to the school fee) for things like socials, camps, or additional team wear like warmups, this should be discussed at the meeting.

**COMMUNICATION:** All team communication will be done through the **Team Snap App**. Once rostered you will automatically receive alerts and emails through this system. It also allows you to communicate with other members of your sport community. From time to time, the Athletic Department may email you. That will be done through Veracross. We ask that students not text coaches unless they also copy a parent. This is for everyone's protection.

**TRANSPORTATION:** Most of the time, transportation is provided on 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.

**COACHING HELP:** 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 schedule them to arrive approximately 30 minutes before the first event. We do not have coverage for practices. We are currently looking to hire a healthcare assistant to add this service.

If a player needs a Return to Play (RTP) Protocol we will not be providing this service in house (even if we hire the healthcare assistant). 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 ([abogerc@carychristianschool.org](mailto:abogerc@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 the 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 out an email during the first three weeks of the season to you once rosters are finalized with information. 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.

**UNIFORMS:** Students will be given a school uniform upon making a team. This uniform is the property of Cary Christian School and must be returned at the end of the season. A senior may choose to purchase their uniform at the end of the season for \$150. Uniforms not turned in will cause a student to not be eligible to try out for the next season's sport or in the case of a senior, having their diploma held back. A fee of \$150 for a lost uniform will be charged to resolve the issue with either a current student or a graduating one.

**EQUIPMENT:** Students are provided certain personal equipment. Some must be purchased by the student.

SPORT	Equipment Provided	Must Purchase
Baseball	Caps, some bats	socks, shoes, gloves
Lacrosse	Helmet	Sticks, socks, shoes, gloves
Tennis	none	Racquet, socks, shoes
Track	none	Socks, shoes, warm-ups if desired by team
Golf	None	Clubs, balls
Soccer	None	Socks, shoes

**TEAM GEAR:** Students may purchase gear through our online options.

**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://Cary Christian School (promoplace.com)). Items ordered are delivered approximately 4 weeks after order. Spring sports are available now.

**GRADES ASSISTANCE:** Usually during midterms, the academic office will send us a list of students that have one or more failing grades. We will then email you and 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 you 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 that teams, in addition to a season ending recognition event, create at least one or two other events. This can be fellowship or service. The Team Parent Manager will be managing this process.

**PICTURE DAY (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 shooting individual senior photos that day for senior banners which will be placed in the gym 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 a halftime as a courtesy to our visitors. Please plan to do this in the pavilion or gym or commons area after a game. We can of course announce that it is senior night and honor those seniors by announcing them before the game, but we will do family recognition after the game at the party.

**POST SEASON RECOGNITION EVENT:** This event will be the responsibility of the team. It is best to let the Team Parent Manager plan and execute this event. Team awards will be provided by the school in the form of medals.