



# CCS ATHLETICS

## 23-24: Winter Season Parents' Information Guide

**ATHLETIC DEPARTMENT CONTACT INFORMATION**

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**WINTER SEASON COACHING CONTACT INFORMATION**

MENS SPORTS		
Basketball - Varsity	Bill Thompson	<a href="mailto:bill24thompson@gmail.com">bill24thompson@gmail.com</a>
Basketball - Junior Varsity	Jay Bolick	<a href="mailto:jay@thebolicks.net">jay@thebolicks.net</a>
Wrestling - Varsity and MS	Chris Sullivan	<a href="mailto:csullivan@coach.carychristianschool.org">csullivan@coach.carychristianschool.org</a>
Basketball - Gold	Brian Elkins	<a href="mailto:elkins13@gmail.com">elkins13@gmail.com</a>
Basketball - Blue	Scott Ashworth	<a href="mailto:scott@waymarkproperties.com">scott@waymarkproperties.com</a>
WOMENS SPORTS		
Basketball - Varsity	Shane Scott	<a href="mailto:sscott@coach.carychristianschool.org">sscott@coach.carychristianschool.org</a>
Basketball - Junior Varsity	TBD	TBD
Basketball - Gold	Elias Ayala	<a href="mailto:eayala@carychristianschool.org">eayala@carychristianschool.org</a>
Basketball - Blue	Howard Hanson	<a href="mailto:hhanson@carychristianschool.org">hhanson@carychristianschool.org</a>
COED SPORTS		
Indoor Track - Varsity	Megan Mansy	<a href="mailto:meganmansy@gmail.com">meganmansy@gmail.com</a>
Swim - Varsity and MS	Chris Raughley	<a href="mailto:chisraugley@gmail.com">chisraugley@gmail.com</a>

**IMPORTANT DATES**

Eligibility Forms Due: November 1  
 Picture Day: November 13  
 Practice daily begins: October 30

**REQUIRED NCISAA ELIGIBILITY FORMS:** There are eligibility requirements to participate in Athletics at Cary Christian.

Three NCISAA Health Forms must be completed during the first four weeks of the season. After the first four weeks of practice, players that do not complete these forms will be held out of games until forms are completed. The three NCISAA forms are:

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

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. 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.

**FEES**

- The fee for varsity and junior varsity sports is \$275. The fee for middle school sports is \$250. 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.
- If there are any overnight trips or camps then additional funds may be needed.
- There is no charge to attend a Cary Christian School event at our school. Other schools may have an admission charge. Always take cash or a card in case.

## **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, most of the 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 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, if a student wants to be dual rostered for JV that is fine if the student fulfills their middle school responsibilities.

## PRACTICE TIMES AND LOCATIONS

MENS SPORTS		
Basketball - Varsity	6:00-8:00 daily	Gym
Basketball - Junior Varsity	6:30-8:30 daily	Gym
Basketball - Middle School	2:45-4:00 daily	Gym
Wrestling - Varsity and MS	4:00-6:00 daily	TBD
WOMENS SPORTS		
Basketball - Varsity	4:00-6:00 daily	Gym
Basketball - Junior Varsity	4:00-6:00 daily	Gym
Basketball - Middle School Girls	6:15am-7:30am daily	Gym
COED SPORTS		
Indoor Track - Varsity	4:00-5:45 daily	TBD - off site
Swim - Varsity and MS	See coach	TBD - off site

**NOTE:** Pickup for afternoon MS practices on campus will be at the west canopy daily after 4:00.

**STUDY HALL:** If there is not a middle school team with which Varsity and/or JV players can practice, 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. 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 as well as on the Cary Christian website. On the portal go to the athletics tab and then click on the button on the left that says Subscribe to Schedules (to link the calendars to your phone or computer).

You can also subscribe to or view schedules at

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

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### 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 well when possible, but for competitive reasons we may travel as far away as 2 ½ hours.
- Sports offsite 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 YouTube Channel -

<https://fan.hudl.com/usa/nc/cary/organization/19599/cary-christian-high-school>

**TRANSPORTATION:** Transportation is provided most of the time on our 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 Athletic Department will also provide basic training on driving the buses.

**GAME CANCELLATION PROCESS:** The cancellation process is as follows. 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 the coach or team parent manager. 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 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 will also be given access to Parent Square so they can use the tool to communicate to the team and parents.

**COMMUNICATION:** All team communication will be done through the Parent Square 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. From time to time, the Athletic Department may email you. That will 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 the 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 for varsity games on site. We scheduled them to arrive approximately 30 minutes before the first event. We have a first responder available for middle school games and a portion of our on-site 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 ([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 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 baseball hats football helmets, goalie gear, field hockey masks, catcher's gear, and balls for all sports. All other equipment is purchased by the student.

**TEAM GEAR:** Students will be able to purchase an optional spirit and travel pack through 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 \(promoplace.com\)](https://www.promoplace.com). Items ordered are delivered approximately 3 weeks after order. Current season sports items are available now.

**GRADES ASSISTANCE:** During midterms, the academic office will send us a list of students that have one or more failing grades. We will then email the parents 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 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 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.