

Croatan High School



**Athletic Handbook for Parents
and Student-Athletes**

Home of the Cougars

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Mission Statement for CHS Athletics

The mission of Croatan High School athletics is to develop a rich tradition of competition by promoting the physical, mental, social, emotional, and moral well being of each participant. We hope that athletics will serve as a positive force in shaping well-rounded, productive citizens.

Goal of CHS Athletics

The goal of athletics is to provide an opportunity for student-athletes to excel in teamwork, sportsmanship, self-discipline and character. The purpose is to provide each participant with experiences that will be positive and memorable.

The Privilege of Athletics

Participation in high school athletics is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and their specific coaches. Athletes should remember that they are representatives of CHS; and therefore, they should conduct themselves accordingly.

Sportsmanship

Our athletics program is committed to teaching the concept of good sportsmanship. Good sportsmanship requires that everyone be treated with respect including members of the opposing team, officials, coaches and spectators. Winning is exciting, but winning at any cost is not the goal.

Athletic Code of Ethics and Standards

- I. School Discipline (CHS Discipline Plan Enclosed)
 - A. Should any student-athlete be involved in a Level I infraction of the CHS discipline plan that results in placement in the Alternative Learning Center, he/she will not be allowed to practice or play on the day(s) that they serve their ALC obligation.
 - B. Should any student-athlete be involved in multiple Level I infractions or a Level II or III infraction, which results in out of school suspension, he/she will not be allowed to participate in practices and/or games for one week.
 - C. A second out of school suspension during the same sport's season would result in dismissal from all athletic activities for the remainder of that sport's season.
 - D. A third out of school suspension in one school year would result in dismissal from all athletic activities for the remainder of the school year.

- II. Athletic Expectations
 - A. Drugs, Tobacco, and Alcohol
 - 1. Use or possession of drugs, tobacco, or alcohol while on school property by any student-athlete is strictly prohibited and will result in immediate dismissal from the team for the remainder of the season in which the offense occurred.
 - 2. Any student-athlete charged with possession of drugs, tobacco, or alcohol while on school property or not will be dismissed from the team for the remainder of the season in which the offense occurred.
 - 3. Student-athletes dismissed from an athletic team as a result of substance abuse will be referred to the counseling department for assistance.
 - B. Absences
 - 1. It is the player's responsibility to inform his/her coach in the event that he/she must be absent from a practice or a game. Excused absences consist of family emergencies, sickness, and academic problems.
 - 2. An unexcused absence from a scheduled practice will result in disciplinary action by the head coach. After the second unexcused absence, the player will be removed from the team by the head coach and the Athletic Director.
 - C. Quitting a Sport
 - 1. No student-athlete may quit one sport for the purpose of participating in another sport until the season of the sport he/she quit is completed.
 - 2. This rule applies to playoff participation as well as regular season contest.
 - D. Transportation
 - 1. Athletes must travel to and from away contest in transportation provided by the school.
 - 2. Exceptions
 - a. Injury to an athlete that would require an alternate means of transportation.
 - b. Prior agreement between the athlete's parent/guardian and the coach. Proper forms should be in possession of the coach prior to leaving a game or match. The forms may be obtained from the coach or the main office at the school.

General Guidelines

- I. Participation in Two Activities within the Same Season
 - A. An athlete is eligible to compete in more than one sport in the same season if:
 1. The athlete has proven that they have earned a spot on each team at the beginning of the season and must be on each team's roster at the beginning of the season.
 2. There are no **regular** conflicts between practices, games, or competitions between the sports. **Coaches will make arrangements in the event of conflicting schedules.**
 3. The coaches of the athlete must be in agreement to let the athlete compete in more than one sport.
 4. If the athlete quits one sport, they are terminated from both teams. In addition, if they are **removed from** one team, they are terminated from the other team as well.
 - B. Student-athletes are discouraged from participating on teams not affiliated with the school while involved in a school sport due to conflicting practice and game schedules, compromised loyalty, possibility of injury, the need for adequate rest and study time, etc.
- II. Team Selection Process
 - A. Each coach of their respective sport has his/her own policy on how they will choose their own team.
 - B. Coaches will explain their policy to all candidates trying out for their team.
- III. Training Room
 - A. The training room is available for all male and female student-athletes.
 - B. No student-athlete is to be in the training room without the athletic trainer or coach being with him/her.
- IV. Athletic Awards
 - A. An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic and school policies.
 - B. No student may earn an award in a sport for which he/she is academically ineligible at the completion of the season.
 - C. Candidates must complete the season of play with the exception of the player who may have suffered a physical injury.
 - D. Guidelines for earning an athletic letter are set by the coaching staff. Junior varsity players are not eligible for varsity letters.

Croatan High School Discipline Plan

Discipline at Croatan High School will be dealt with firmly and consistently. Discipline infractions will fall in to one of three categories: Level 1 – Disorderly Conduct, Level II- Disruptive Conduct, and Level III – Criminal Conduct.

Level 1 – Disorderly Conduct

Discipline infractions falling into this category are generally a violation of school rules. These infractions include, but are not limited to littering, being in an unauthorized area, skipping class, leaving campus without permission, forging documents, classroom disruption, possession of electronic devices (pagers, cell phones, Ipods, etc.) abusive or obscene language, and failure to comply with dress code (including hats).

1st offense: 1 day ALC

2nd offense: 2 days ALC

3rd offense: 1 day of OSS

4th offense: 3 days of OSS

Level II – Disruptive Conduct

Discipline infractions falling into this category are generally a violation of the Carter County School Board policy. These infractions include, but are not limited to the use or possession of tobacco products at school or any school related activity, theft or possession of stolen goods, vandalism, fighting, threatening or intimidating students, trespassing and insubordination.

Penalties for infractions within this category will be cumulative and may incur criminal charges.

1st offense: 3 days OSS

2nd offense: 5 days OSS

3rd offense: 10 days OSS and recommendation for long-term suspension.

Level III- Criminal Conduct

Discipline infractions falling into this category are generally a violation of state or federal laws. These infractions include, but are not limited to major fighting, assault and battery, extortion, bomb threats, possession or transfer of a dangerous weapon, sexual offense, pulling fire alarms, major vandalism, major theft, breaking and entering, arson, threatening or abusive behavior directed toward a faculty or staff member, and furnishing, selling, possessing, or being under the influence of any controlled substance.

1st offense: 6 days for OSS and recommendation for long-term suspension. Criminal charges will be filed.

Possession or use of a deadly weapon shall result in suspension from school for 365 days. Criminal chargers will be filed.

NCAA Freshman Eligibility Standards

Division I

2008 and after

16 Core Courses

4 years of English

3 years of mathematics (Algebra I or higher)

2 years of natural / physical science (1 year of lab if offered by high school)

1 year of additional English, mathematics, or natural/ physical science

2 years of social science

4 years of additional courses (from any area above, foreign language, or non-doctrinal religion/philosophy)

Division II

2005 and after

14 Core Courses

3 years of English

2 years of mathematics (Algebra I or higher)

2 years of natural / physical science (1 year of lab if offered by high school)

2 year of additional English, mathematics, or natural/ physical science

2 years of social science

3 years of additional courses (from any area above, foreign language, or non-doctrinal religion/philosophy)

**Division I
Core Grade Point Average /
New Core GPA / Test Score Index**

Core GPA	SAT	ACT	Core GPA	SAT	ACT
3.550 & Above	400	37	2.775	710	58
3.525	410	38	2.750	720	59
3.500	420	39	2.725	730	59
3.475	430	40	2.700	730	60
3.450	440	41	2.675	740-750	61
3.425	450	41	2.650	760	62
3.400	460	42	2.625	770	63
3.375	470	42	2.600	780	64
3.350	480	43	2.575	790	65
3.325	490	44	2.550	800	66
3.300	500	44	2.525	810	67
3.275	510	45	2.500	820	68
3.250	520	46	2.475	830	69
3.225	530	46	2.450	840-850	70
3.200	550	47	2.425	860	70
3.175	550	47	2.400	860	71
3.150	560	48	2.375	870	72
3.125	570	49	2.350	880	73
3.100	580	49	2.325	890	74
3.075	590	50	2.300	900	75
3.050	600	50	2.275	910	76
3.025	610	51	2.250	920	77
3.000	620	52	2.225	930	78
2.975	630	52	2.200	940	79
2.950	640	53	2.175	950	80
2.925	650	53	2.150	960	80
2.900	660	54	2.125	960	81
2.875	670	55	2.100	970	82
2.850	680	56	2.075	980	83
2.825	690	56	2.050	990	84
2.800	700	57	2.025	1000	85
			2.000	1010	86

Other Important Information

- In Division II there is no sliding scale. The minimum core grade point average is 2.0. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- Students first entering a Division I or Division II collegiate institution on or after August 1st, 2005 must meet the new 14 core-course rule.
- The SAT combined score is based on the verbal and math sections only. The new writing section will not be used.

NCHSAA ELIGIBILITY REQUIREMENTS FOR STUDENT-ATHLETES

Eligibility: A student's proof of eligibility must be on file with the NCHSAA office prior to dressing or participating in any interscholastic contest. It is the responsibility of each sport's coach to complete the eligibility blanks.

Residence: A student is eligible to participate at the school to which he or she is assigned by the local board of education within the administrative unit of residence.

Attendance: (a.) A player must have been in attendance for at least 85% of the previous semester at an approved high school or in the case of a first-year student, in an approved school. (b.) A student must, at the time of any game in which he/she participates, be a regularly enrolled member of his school's student body, and must be present in school on the day of a game in order to play. (c.) A student must be properly enrolled with the first 15 days of school and be in regular attendance.

Scholastic Requirements: A student must have passed the minimum academic load during the previous semester, and meet local promotion standards. Students in a "**block schedule**" **must pass three of four courses per semester** and meet local promotion standards; students in the "**traditional schedule**" **must pass at least five courses** and meet local promotion standards.

Medical Examinations: In order to be eligible for practice or participation in inter-scholastic athletic contests, a player must receive a medical examination once every 365 days by a licensed medical doctor. Students absent from athletic practice for 5 or more days due to illness or injury must receive a medical release before re-admittance to practice or contests.

Eight Semester Rule: A student, upon first entering grade nine, is eligible for competition on the high school athletic teams only during the succeeding 8 consecutive semesters.

Maximum Number of Years: No student may be approved for a high school contest if he or she has taken part in contests during 4 separate seasons of the sport in which he/she desires approval.

Age of Player: No student may be approved for any athletic contest if his or her 19th birthday comes on or before October 16, 2004.

Amateur Rule: Money or rewards having utilitarian value may not be given to students for participation. Students may receive essential equipment and expenses as approved awards.

Dressing for Games or Practice: A player shall not dress for a game, a scrimmage or practice when he or she is not eligible.

All-Star, Bowl and Benefit Games: (a.) No student shall be permitted to participate in an all-star or bowl game that is not sanctioned by the NCHSAA, and he or she must be eligible. (b.) Students may only participate in one all-star contest during the school year.

Professional/Colleges: (a.) No student who has signed a professional contract will be eligible for that sport. (b.) No student who has played on a junior college team is eligible to play on a high school team. (c.) A student who is enrolled and attended class in a college will not be eligible for high school competition, but this does not affect a regularly enrolled high school student who is taking college course(s) for advanced credit.

Acknowledgement of the Athletic Handbook

Student / Athlete:

I acknowledge receipt of a copy of the CHS athletic handbook and have read the rules concerning eligibility and conduct for student-athletes. I understand the rules and realize that I am subject to disciplinary measures should I violate them. I do realize participation is a privilege, and I agree to participate and conduct myself in accordance with the rules of our athletic program and with any other specific rules of my coaches.

Student's Name (print) _____

Signature of Student / Athlete _____

Date _____

Parent:

I acknowledge receipt of a copy of the Croatan High School Athletic Handbook and have read the rules concerning eligibility and conduct for student-athletes. I understand the rules and realize that my child is subject to disciplinary action should he/she violate them. He/she realizes that participation is a privilege and agrees to participate and conduct him/herself in accordance with the rules of the athletic program and with any other specific rules of his / her coaches.

Parent's Name (print) _____

Signature of Parent _____

Date _____

This form must be completed with all signatures before the student-athlete may participate in a game / match.