



## Questions and Answers Regarding Sports At North Central High School

2016-2017 School Year

North Central High School is proud of the opportunities it offers for student athletes. More than one third of the student body participates in some athletic program. NCHS is a member of the Indiana High School Athletic Association and sponsors full programs in most sports sanctioned by the IHSAA.

North Central is part of the Metropolitan Interscholastic Conference (MIC). Other schools in the conference are: Ben Davis, Pike, Lawrence Central, Lawrence North, Carmel, Center Grove and Warren Central.

### **How are teams chosen?**

Prior to the beginning of the season, each sport holds a callout meeting for students. At this meeting, coaches review the rules of participation and season schedules. Typically these meetings are held after school and are announced through morning announcements.

North Central does its best to maintain a no-cut policy for a number of sports, including football, swimming, golf, tennis, cross country, wrestling, track and field, as well as the club sports of lacrosse and rugby. Sometimes it is necessary to limit the number of students on a team in order to provide appropriate coaching and proper supervision. *These decisions are made based on the number of students who attend the pre-season callout meeting and the first week of practice.*

### **Who are North Central Coaches?**

A large number of our coaches are teachers from North Central or another school within Washington Township. Many of our coaches have competed at the collegiate level. All share a love of coaching and are eager to work with your son or daughter.

### **What sports are available?**

Unless noted, all sports are offered for boys and girls. Freshmen teams are contingent on numbers and may become "C" teams with sophomores.

#### **Fall Sports**

Football: Varsity, JV, Freshmen  
Soccer: Varsity, JV, Freshmen  
Tennis Boys: Varsity, JV, Freshmen  
Cross Country: Varsity, Freshmen  
Golf Girls: Varsity, JV  
Volleyball: Varsity, JV, Freshmen  
Cheerleading: Varsity, JV

#### **Winter Sports**

Basketball: Varsity, JV, Freshmen  
Wrestling: Varsity, JV, Freshmen  
Swimming: Varsity, JV/Freshmen  
Cheerleading: Varsity, JV

#### **Spring Sports**

Baseball: Varsity, JV, Freshmen  
Softball: Varsity, JV, Freshmen  
Tennis Girls: Varsity, JV, Freshmen  
Golf Boys: Varsity, JV  
Track: Varsity, JV/Freshmen  
Rugby: Varsity, JV  
Lacrosse: Varsity, JV

### **What about intramurals?**

Intramural programs with faculty supervision are available for basketball in the winter season and soccer in the spring.

### **Is there a minimum GPA?**

Yes. All student athletes must maintain a 2.0 average and be enrolled in classes equaling five or more credits to participate in sports during their season. This high standard pays off; student athletes learn discipline and time management skills that carry over to their academic work. In the 2016-2017 school year, team grade point averages will be above the school average in all three seasons.

**Visit our Website at [nchsathletics.com](http://nchsathletics.com). Select the athletic tab.**

Our athletic website has a great deal of information about our athletic program including real time schedules.

**What about summer opportunities?**

Summer team camps are open to all enrolled North Central students, including incoming freshman. Generally, these camps are held in June and July. Each camp lasts about four hours each day, up to 5 days. Participants need to complete a North Central Participation Packet which includes the IHSAA Physical available in the athletic office prior to participation.

Information, including dates, times and locations will be distributed in the spring to students at North Central and Washington Township middle schools, as well as at callout meetings. The camps are also listed on our website.

**Are there required physicals?**

Yes. The IHSAA and North Central both require a physical examination prior to participation in any school sport. This includes team camps, pre-season conditioning and the regular season. The North Central athletic department, in conjunction with Methodist Sports Medicine, sponsors an annual "Physical Exam Night" at the conclusion of the school year. Contact the Athletic Department for the date and time or check our website.

**When do practices begin?**

These are the dates for the first official IHSAA practices for the 2016-2017 sport seasons. Callout meetings are announced one to three months before the first official practice. In addition to these scheduled practices, virtually all sports have pre-season conditioning programs.

**Fall Sport Practice**

Football	Aug 1
Volleyball	Aug 1
Tennis - Boys	Aug 1
Soccer	Aug 1
Cross Country	Aug 1
Golf - Girls	July 31
*Cheerleading	

**Winter Sport Practice**

Basketball - Boys	Nov 7
Basketball - Girls	Oct 17
Wrestling	Oct. 31
Swimming – Boys	Nov 7
Swimming – Girls	Oct 24

**Spring Sport Practice**

Tennis - Girls	Mar 13
Track – Boys	Feb 13
Track – Girls	Feb 13
Baseball	Mar 13
Softball	Mar 6
Golf - Boys	Mar 13
Lacrosse	Feb 27
Rugby	Feb 27

\*Cheerleaders are chosen in April of 2016 for the 2016-17 school year.

**I have other questions. May I tour your facilities?**

Absolutely! If you have any questions about the North Central athletic program, please stop by and see us. We are extremely proud of North Central's athletic facilities and programs. Please call the athletic office to set up a meeting with a member of the Athletic Department staff or to arrange a tour. If you cannot stop by, please give us a call and we will be happy to assist you in any manner.

**Please feel free to contact us:**

We are generally in the office from 8:00 a.m. until 4:00 p.m. during the school week. During the summer, hours are less regular, so please call ahead.

Phone: (317) 259-5359

Our Website [nchsathletics.com](http://nchsathletics.com) Select the athletic tab.

Paul Loggan, Athletic Director  
Andy Elkins, Asst. Athletic Director  
Anita Walther, Athletic Secretary