

Cabarrus County Schools

Athletic Handbook



2023-24

Dr. John Kopicki, Superintendent of CCS
Bryan Tyson, CCS Director of Athletics

High School

Central Cabarrus

Concord

Cox Mill

Hickory Ridge

Jay M. Robinson

Mt. Pleasant

Northwest Cabarrus

West Cabarrus

Principal

Dustin Shoe

Adam Auerbach

Andrew Crook

Shaun Poole

Dennis Hobbs

Lacee Jacobs

Chris Myers

Liz Snyder

Athletic Director

Jamie Billings

Greg Liddle

Ty Johnson

Chris Batchelor

Pat Helm

Jody Barbee

Rob Machado

Jose Garcia

Middle School

C.C. Griffin

Concord

Harold E. Winkler

Harris Road

Hickory Ridge

J.N. Fries

Mt. Pleasant

Northwest Cabarrus

Roberta Road

Principal

Tyrone Corlew

Chris Jonassen

Rebecca Phillips

Steven Bookhart

Tim Taylor

Sherry Lee

Rick Money

Chasity Szabo

Nemal Patel

Athletic Director

Daniel Jenkins

Shane Berryman

Jason Sarvis

Garrett Dellinger

Adam Cline

Wes Harrington

Chris Shinn

Ray Hylton

Pierce Moore

ATHLETICS OFFERED IN CABARRUS COUNTY SCHOOLS

The Middle and High School athletic programs are considered integral parts of the total school experience for students in our system and contribute much to the individual students' positive growth and development. CCS offers a variety of nine sports/sixteen teams at the middle school level and thirteen sports/thirty teams at the high school level. Approximately one-third of our students are directly or indirectly involved in athletics or an athletic related activity. All participating students and schools must comply with the rules and guidelines of the North Carolina High School Athletic Association and the North Carolina State Board of Education.

MIDDLE SCHOOLS:

Football
7th Grade Boys Basketball
8th Grade Boys Basketball
7th Grade Girls Basketball
8th Grade Girls Basketball
Boys Track
Girls Track
Girls Softball
Wrestling
7th Grade Cheerleading (Football) (Basketball)
8th Grade Cheerleading (Football) (Basketball)
Girls Volleyball
Baseball
Boys Soccer
Girls Soccer

HIGH SCHOOLS:

Football	Women's Volleyball
J. V. Football	Women's J.V. Volleyball
Men's Soccer	Women's Cross Country
Men's J. V. Soccer	Women's Tennis
Men's Cross Country	Women's Basketball
Men's Basketball	Women's J. V. Basketball
Men's J. V. Basketball	Varsity Cheerleading
Wrestling	J. V. Cheerleading
J. V. Wrestling	Women's Swimming
Men's Track	Women's Track
Men's Tennis	Women's Soccer
Men's Golf	Women's J.V. Soccer
Baseball	Softball
J. V. Baseball	J.V. Softball
Men's Swimming	Women's Golf

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Duties and Responsibilities of the Athletic Director

The principal of each high school and middle school in the Cabarrus County School System is responsible for all activities of the school, including athletics. It is the responsibility of the principal to make final decisions in all matters pertaining to school activities. The following athletic policies will not lessen responsibilities but will delegate areas of responsibility to the Athletic Director and to the members of the athletic staff. The Athletic Director represents the school administration in matters pertaining to athletics and may need to vote at meetings at local, conference and state levels. When representing the school, the Athletic Director's vote should represent the thinking of the majority of the athletic staff, if possible.

THE ROLE OF THE ATHLETIC DIRECTOR

1. Coordinate overall athletic program (including cheerleading, coaching staff and school based Athletic Training).
2. Work closely with the Athletic Trainers to ensure safety of all athletes and full Gfeller-Waller compliance.
3. Ensure and have on file all required coaching certifications/paperwork: FOC, Concussion in Sports, CPR/AED, Gfeller-Waller form, Law Briefing attendance, etc.
4. Submit a list to the principal the anticipated needs of the athletic program and anticipated needs in each sport, and to see that each coach has the requested and approved equipment by the time specified.
5. Coordinate expenditures so that each sport remains within the designated budgetary limits.
6. Manage and direct all home athletic events unless Assistant Athletic Director is present.
7. Arrange for all athletic events away from home, including cheerleader transportation.
8. Coordinate the collection, depositing, and expenditures of all athletic funds.
9. Oversee all athletic bills, registrations, memberships, booking fees and game expenses to proper persons at the proper time.
10. Coordinate all athletic scheduling, send schedules to proper sources including the County Athletic Director.
11. Approve athletic publicity for the school.
12. Maintain athletic reports, i.e., inventories, financial records, eligibility list, team rosters, evaluations, correspondence, and records.
13. Coordinate preparation of the State Eligibility Form for each of sport to meet any deadlines. These forms are to be completed by persons appointed by the principal such as persons connected to the Student Services Department. Approved forms should be on file with the Athletic Director.
14. Approve purchase requests of equipment and supplies submitted to principals.
15. Coordinate preparation, maintenance, and improvement of areas used in athletic practice and contests.
16. Work closely and cooperatively with the system's maintenance department.
17. Coordinate athletic concessions.
18. Assist the principal with:
 - a. Coaching changes (recommendations)
 - b. Interviews for hiring new personnel
19. Ensure that all staff members conduct their duties in a manner that is a credit to the Athletic Department and school.
20. Oversee athletic ticket sales.
21. Serve as faculty consultant to outside organizations, such as Booster's Club, P.T.O., and other groups on matters pertaining to athletics.
22. Work closely with the school's custodial staff.
23. Coordinate school-sponsored athletic banquet(s), and awards program for all athletic programs.
24. Handle matters in a way that will improve, strengthen, and enlarge athletics at each school. "Keep the Principal and County Athletic Director informed and communicate daily!" about pertinent matters.
25. Ensure that student-athletes, student trainers, managers, score keepers, cheerleaders, etc. are enrolled in the accident insurance program or their legal guardian signed the waiver form.
26. Coordinate the use of athletic facilities by non-school or community groups.
27. Facilitate the pre-season sports meeting that parent and/or guardians of school athletes are required to attend to review NCHSAA, Cabarrus County Schools, and team rules. If a parent/guardian does not attend, then the student is not allowed to participate.
28. The High School Athletic Director shall teach only one class per semester.
29. It is CCS expectation that the Middle School Athletic Director be given one extra planning period per semester. Every effort should be made to provide the M.S. Athletic Director with the appropriate time needed to fulfill their Athletic Director duties.

COACHING GUIDELINES OF ATHLETIC DIRECTOR

1. The Athletic Director can only coach in an emergency/extra-ordinary situation. APPROVAL MUST BE SIGNED OFF BY THE SUPERINTENDENT.
2. The Athletic Director cannot serve as a head or assistant athletic trainer because these are yearlong responsibilities.

COACHING EVALUATIONS

Yearly Evaluation for Coaches are kept at the school and sent to County Athletic Director upon request.

NORTH CAROLINA COACHES ASSOCIATION CODE OF ETHICS

When entering the coaching profession, a coach accepts certain obligations and responsibilities to the players, and fellow coaches, and to the game each coach directs. If we are to keep the coaching profession on a high level, we must assume all these responsibilities in such a way that we will give our profession honor and dignity.

- The Coach in contact with each player should, by principal and example, set a pattern of behavior for each student, for he/she influences those more than any other person. Parents put their dearest possessions under your guidance and you should be sure to see that they are better for having played under you.
- The coach should meet rival coaches before and after each game and exchange greetings.
- The coach should see that every injured athlete is given immediate medical attention.
- The coach should remember the first function is to educate a student through participation in athletics.
- Coaches should remember the position they hold in the school system, and that they must support the administration in all policies, rules, and regulations. Where there are differences, they should be discussed behind closed doors.
- The coach should be sure that every participant fulfills all the rules and regulations for eligibility. Anyone who attempts to circumvent eligibility rules and to use ineligible players is guilty of unethical conduct.
- The coach should inspire every student to achieve the highest academic success possible.
- Every coach should have a good knowledge of all rules of the game, which he/she coaches. Coaches should never attempt to disregard any rules to their advantage.
- Coaches should stress good sportsmanship, and if they defend the use of unsportsmanlike tactics, they should be considered guilty of a breach of coaching ethics. Every coach should advise players as to the proper conduct in meetings with the press, radio, and how to conduct themselves in player interviews, for their protection and to avoid any embarrassment.

It is the duty of all concerned with athletics:

- to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- to eliminate all possibilities which tend to destroy the game fairly.
- to stress the values derived from playing the game fairly.
- to be cordial to the visiting team and officials.
- to establish a happy relationship between visitors and hosts.
- to respect the integrity and judgment of sports officials.
- to achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- to encourage leadership, use of initiative, and good judgment of the players on the team.
- to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.
- to remember that an athletic contest is only a game and not a matter of life or death for players, coaches, school officials, fans, community, state or nation.
- to avoid unfavorable criticism of other coaches and school officials, except that formally presented to the proper authority.
- to report to the proper authorities matters which are detrimental to the welfare of the conference.
- to study and practice the Sportsmanship Code of NCHSAA.

COACHING GUIDELINES

COACHES – ATHLETIC CONTEST EJECTION POLICY

Any coach who is ejected from an athletic contest is to sit the required number of contests by the NCHSAA. That coach is to meet with the County Athletic Director, School Athletic Director, and School Administration within one week of ejection.

COACHES – FINES AND PENALTIES

Any coach who violates NCHSAA guidelines is subject to paying the fines and penalties.

COACHES – MIDDLE SCHOOL

The use of middle school coaches at high school practice, prior to the beginning of middle school practice is permitted on a strictly volunteer basis. (No additional supplement is involved.)

COACHES – NAMING HEAD COACHES AND ATHLETIC DIRECTORS

Principals should consult with the Superintendent or the Superintendent's Designee (County AD) before selecting a person to serve as Athletic Director or Head Coach.

COACHES – NON-FACULTY ASSISTANT COACHES

If after diligent search by the Principal/AD to secure a faculty member to be an assistant coach, a non-faculty assistant may be hired under the following conditions:

- Their character and behavior must be beyond reproach.
- Approval for such an arrangement must be secured from the head coach, the principal, and the County Athletic Director. A non-faculty Coaching Application packet must be submitted to the county Athletic Director's office for approval.
- Their employment is on a temporary-renewal basis. Their services may be terminated at any time at the discretion of the Principal or Cabarrus County Schools.
- The coaching positions will be filled with faculty members whenever faculty members are available and acceptable to the Principal/County Athletic Director.
- They must have thorough knowledge of the rules of the sport.
- An experience card must be filed with the County Office. The years' experience must be verified by the school A.D. before submitting the experience card. Only paid coaching experience at the MS, HS, Collegiate, or Professional level is given credit. Any coach found to have intentionally falsified paid experience level will be subject to termination of coaching duties and any other disciplinary action deemed by the Superintendent's office.

COACHES – NON-FACULTY HEAD COACHES

Non-faculty head coaches may be employed only if the principal cannot secure a faculty member or an instructional staff member.

- Their character and behavior must be beyond reproach.
- They must have thorough knowledge of the rules of the sport.
Approval for such an arrangement must be secured from the School A.D., Principal, and the County Athletic Director. Please submit a copy of the Non-Faculty Application packet to the County Athletic Director's office for this purpose. This should be used by both middle and high schools.
- Their employment is on a temporary renewal basis. Their services may be terminated at any time at the discretion of the Principal or Cabarrus County Schools.
- The coaching positions will be filled with faculty members whenever they are available and acceptable to the Principal/County Athletic Director.
- An experience card must be filed with the County Office. The years' experience must be verified by the school A.D. with their previous employer before submitting the experience card. Only paid coaching experience at the MS, HS, Collegiate, or Professional level is given credit. Any coach found to have intentionally falsified paid experience level will be subject to termination of coaching duties and any other disciplinary action deemed by the Superintendent's office.

Cabarrus County Schools

COACHES – NUMBER FOR EACH SPORT

Varsity sports teams will have one paid coaching position with the following exceptions:

High School Football – 1 Head, 6 Assistants Basketball, Men’s – 1 Head, 1 Assistant Basketball, Women’s – 1 Head, 1 Assistant Wrestling – 1 Head, 1 Assistant or J.V. Coach Baseball – 1 Head, 1 Assistant Softball – 1 Head, 1 Assistant	Track/Cross Country – 1 Head for Men’s/1 Head for Women’s, 1 Assistant *Note: If Cross Country does not use assistant, Track can have 2 assistants. Flex Asst. Positions: two per school based upon need Middle School Football – 1 Head, 3 Assistants
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COACHES – SALARIES OR OTHER REMUNERATION

Coaches shall be paid according to the Cabarrus County Schools coaches’ salary supplement schedule. Coaches’ pay rates for all sports is based on the **SPORT** in which the coach has the highest number of years’ experience. No additional payment may be made at the school level or any other source unless approved by the County Athletic Director. This regulation includes any additional remuneration of any type including payments, gifts, or fringe benefits by booster clubs or any other individual or group. If a coach is offered remuneration, gift, or fringe benefit, he/she is to inform the individual or group making the offer that he/she may not receive such. In addition, the coach is required to report such an offer to the Principal of the school. The exception to this policy would be for someone who is retiring from coaching after lengthy service. In that case a retirement gift would be acceptable.

COACHES – TEACHING LOADS AND DUTIES

All coaches should carry the same teaching loads as that required of other teachers. Duties, in addition to teaching, are to be assigned to coaches on the same basis as assignments are made to all other teachers.

COACHES – TRAINING (*Mandatory*)

All CCS Faculty/Non-Faculty (Paid and Non-Paid) coaches must:

1. Complete NFHS “Fundamentals of Coaching” online course and submit certificate of completion to school Athletic Director before coaching in any contest.
2. Complete NFHS “Concussion in Sports” online course and submit certificate of completion to school Athletic Director before coaching in any practice or contest. (Annually)
3. Maintain current certification in “CPR/First Aid/AED” and provide documentation to school Athletic Director. (CPR/FA/AED required for Paid coaches only but recommended for non-paid to be certified also).
4. Complete NFHS “Sudden Cardiac Arrest” course if non-paid coach without “CPR/First Aid/AED certification”. (Annually)
5. HS & MS FOOTBALL COACHES: Must complete the NFHS course “Football Tackling” before the first official practice. A.D.s are to send confirmation of completion to the County Athletic Director.

COACHES – VOLUNTEER COACHES

Volunteer coaches are utilized within the following guidelines:

- Volunteer assistant coaches are permitted if the coach, the school Athletic Director, the Principal, and the County Athletic Director approve them. A Non-Faculty Application form must be completed and submitted to the County Athletic Director’s office.
- “Volunteer” coaches may receive no pay unless assigned to a CCS non-faculty paid coaching position.
- Their character, conduct and behavior must be beyond reproach at all times.
- They must have thorough knowledge of the sport and must follow/be familiar with all CCS, NCHSAA, and NCDPI rules and regulations.
- A volunteer coach may be terminated at any time at the discretion of the Principal or Cabarrus County Schools.
- Volunteer coaches cannot conduct team practices alone unless approved by the Principal or Principal’s Designee.

COACHES – VOLUNTEER/ CCS HOURLY EMPLOYEE

- For a CCS hourly employee to be considered eligible for a position as a “Volunteer” coach (Paid or Non-Paid Coaching Positions), the employee must have a distinctly different job.
- An Administrator or Athletic Director **CAN NOT** pressure or require an individual to become a coach.
- Flextime can be utilized by School Administration in the event the person coaching must leave prior to the end of the working day for responsibilities related to the position.
- All coaches have thorough knowledge of the sport and must follow/be familiar with all CCS, NCHSAA, and NCDPI rules and regulations.

RESPONSIBILITIES OF COACHES

- Supervise all team personnel during practice, at games, and on trips.
- Schedule a minimum of 3 days for tryouts.
- Inform parents and/or guardians of school athletes that they are required to attend a pre-season sports meeting to review NCHSAA, DPI, Cabarrus County Schools, and team rules. If the parents and/or guardians do not attend the pre-season meeting student athletes will not be allowed to participate.
- Supply the Athletic Director with an alphabetical roster of team members indicating their grade level, eight (8) days prior to the first contest. Head Coaches will be subject to paying the state fine if they are late turning in their list for eligibility purposes.
- Supervise the care of all equipment, supplies, and facilities in their area of responsibility.
- Check the grades of team members again at the end of the first semester for eligibility purposes.
- Secure and maintain a valid CDL (Commercial Driver's License) within one year unless medical release/verification is on file with Cabarrus County Schools. (Highly recommended)
- If the cheerleaders are traveling with the football and basketball teams, there is no need for the cheerleading coaches to obtain a CDL. If they wish to obtain a CDL for their own travel, that is up to the coach, Athletic Director, and the school administration.
- Present to the Principal or Assistant Principal, twenty-four hours in advance, a list of students who are to be dismissed early to participate in an athletic contest. List the time of dismissal assuring that the team misses the smallest amount of class time as possible. Coaches must arrange to have their classes covered when absent for an athletic contest. The school administration must also be aware of early dismissal.
- Obtain approval of the Athletic Director before placing an order to make a purchase. All requests must be made in writing.
- Plan with the Athletic Director on transporting, feeding, and housing teams.
- Check with the Athletic Director before re-scheduling a contest. The school calendar must also be considered.
- File a three-copy inventory with the Athletic Director within two weeks of the last contest. Coaches are to keep one copy in their files.
- Count, pack, clean, and store athletic equipment in a designated space, within two weeks of the last contest.
- List new equipment needed for next year (two copies, one for AD, and one for coach.) The Athletic Director will then secure permission to purchase from the principal.
- Inform Athletic Director of normal and abnormal happenings surrounding the team or coaching.
- Supply the Athletic Director with forms, information, summaries, statistics, or other data the Athletic Director indicates is needed to operate an efficient department.
- Head varsity coach, coordinate duties of staff for the best possible results.
- Cooperate with administration, faculty, Athletic Director, Athletic Trainers, parents, students, and other staff members in working together harmoniously for the betterment of the program.
- Ensure that every student-athlete, student trainer, manager, scorekeeper, cheerleader, etc. is enrolled in the accident insurance program or that their parent or legal guardian has signed the waiver form.
- Have team rules reviewed and approved by the School Athletic Director and/or Principal before being put in place. No rules should violate freedom of expression. If there are any questions, feel free to contact the County Athletic Director
- Stay up to date with all NCHSAA or DPI rules/guidelines.
- Complete the NFHS Fundamentals of Coaching Course and provide the Certificate of Completion to school Athletic Director.
- Annually complete the NFHS "Concussion in Sports" course and provide certificate of completion to school Athletic Director.
- Maintain current FA/CPR/AED certification
- Football Coaches: All Paid and Volunteer Football coaches must annually complete the online NFHS "Tackling Course" before the first contest of season. Coaches shall provide their certificate of completion to their schools A.D.
- Work closely with the Athletic Training staff to ensure the safety of all athletes (e.g., heat and humidity guidelines, Gfeller-Waller Law requirements: Return to Play, etc.....)

ATHLETIC SALARY SUPPLEMENT SCHEDULES AND POLICIES

CRITERIA USED FOR ESTABLISHING SUPPLEMENTS

1. Length of Season
2. Number of Athletes to be Supervised
3. Responsibilities for Assistant Coaches
4. Current Coaching Salaries
5. Revenue of Sport

POLICIES GOVERNING ATHLETIC SUPPLEMENT SCHEDULE

1. Coaches shall be placed on the athletic supplement scale at the appropriate level based on **paid** years' experience. Only paid MS, HS, Collegiate, or Professional experience will be counted. The years' experience must be verified by the school A.D. with their previous employer before submitting the experience card. Any coach found to have falsified paid experience level will be subject to termination of coaching duties and any other disciplinary action deemed by the Superintendent's office.
2. The rating of a middle school coach, who transfers to a high school coaching position, does not change.
3. Athletic Directors will submit a coaching roster to the CCS Athletic Department each sport season/year.
4. High School Supplement Schedule:
 - a. Fall Coaches will receive ½ supplement in September and ½ in December.
 - b. Winter Coaches will receive ½ supplement in December and ½ in April.
 - c. Spring Coaches will receive full supplement in April.
5. Middle School Supplement Schedule:
 - a. Fall Coaches will receive ½ supplement in September and ½ in December.
 - b. Winter 1 Coaches will receive full supplement in December; Winter 2 Coaches will receive full supplement in April.
 - c. Spring Coaches will receive full supplement in April.
6. Varsity and JV Teams shall have one paid coaching position with the following exceptions:
 - a. High School Football: One head coach and six assistant coaches (Varsity Football Staff coaches JV also)
 - b. Middle School Football: One head coach and one assistant for the eighth-grade team and the seventh-grade team each
 - c. High School track: One head coach for boys' track and girls' track and one or two assistant track coaches (If Asst Cross Country position not used in Fall)
 - d. High School wrestling: One head coach and one assistant coach or JV coach
 - e. Varsity Baseball, Softball, Basketball: One head coach and one assistant varsity coach
7. There shall be one paid cheerleading coach at each grade level: seventh grade, eighth grade, junior varsity, and varsity.
8. The high school assistant track coach will work with both boys' and girls' head track coach.
9. When two persons share the coaching responsibilities for one position, each shall be paid one-half of a supplement, based on each individual's rating. In this case, a full year of experience credit will be given.

PLEASE NOTE REGARDING ANY SPLITTING OF SUPPLEMENTS: The IRS requires that all wages, supplemental or otherwise, should be taxed and reported according to the IRS guidelines. **ALL** allocations/splits of athletic supplements must be processed through the County Athletic Director so that Finance can ensure the split is paid out properly.
10. There shall be no supplements paid at the school level. **EXCEPTION: ONE** non-funded assistant coach may be added per team following the proper guidelines for "Faculty/Non-Faculty Assistant Coaches Paid by Non-School Funds." CCS Athletic Department must be notified of this before supplemental pay period.
11. The supplement scale shall be reviewed yearly.
12. No extra supplement shall be paid for play-offs.
13. One coach or one cheerleading coach may coach two teams or squads in the same season (for example: boys' and girls' basketball or varsity and junior varsity cheerleaders). A coach may do so only under the following conditions:
 - a. Approval must be secured from Principal and County AD
 - b. Practices must be **separate** in order to receive supplement
 - c. Approval must be granted each year
14. Volunteer and unpaid service as a coach or assistant coach will not be considered in establishing a coaching rating. Only experience in an allotted, paid coaching position will be considered.
15. Track and cross-country are separate sports, but experience is interchangeable.
16. Softball and baseball are separate sports, and experience is interchangeable.
17. Athletic Directors will not notify coaches of their placement on the coaching schedule until an experience card has been turned into the County Athletic Director and a rating approved.
18. Supplements shall not be paid prior to the beginning of the season for the sport being coached. On the following page is additional information, entitled "Schedule of Payments," regarding this rule.
19. Athletic Directors who return to coaching will be paid by combining their AD experience and their coaching experience in that particular sport.
20. Coaches' pay rates for all sports is based on the **SPORT** in which the coach has the highest number of years' experience.

Cabarrus County Schools

Cabarrus County Schools HIGH SCHOOL Coaching Supplements

Position	When Paid	Job Code	Grade
Athletic Director	Fall, Winter, Spring	ATHLFWS	ATHL20FWS
Assistant AD - Fall	Winter	ATHLFAAD	ATHLFAAD
Assistant AD - Spring	Spring	ATHLFAAD	ATHLFAAD
Assistant AD - Winter	Spring	ATHLFAAD	ATHLFAAD
Athletic Trainer - Fall	Fall, Winter	ATHTRAINER	ATHTHFW
Athletic Trainer - Winter	Winter, Spring	ATHTRAINER	ATHTHWS
Athletic Trainer - Spring	Spring	ATHTRAINER	ATHTHS
Baseball - JV	Spring	ATLS	ATHL16S
Baseball - Varsity	Spring	ATLS	ATHL17S
Basketball - JV	Winter, Spring	ATLWS	ATHL15WS
Basketball - Varsity	Winter, Spring	ATLWS	ATHL11WS
Cheer - JV	Fall, Winter	ATLFW	ATHL04FW
Cheer - JV	Winter, Spring	ATLWS	ATHL12WS
Cheer - Varsity	Fall, Winter	ATLFW	ATHL01FW
Cheer - Varsity	Winter, Spring	ATLWS	ATHL15WS
Cross Country	Fall, Winter	ATLS	ATHL06FW
Cross Country - Asst	Fall, Winter	ATLS	ATHL04FW
Football - Assistant	Fall, Winter	ATLFW	ATHL09FW
Football - Head	Fall, Winter	ATLFW	ATHL03FW
Golf - Boys	Spring	ATLS	ATHL19S
Golf - Girls	Fall, Winter	ATLFW	ATHL02FW
Soccer - Boys JV	Fall, Winter	ATLFW	ATHL06FW
Soccer - Boys Varsity	Fall, Winter	ATLFW	ATHL07FW
Soccer - Girls JV	Spring	ATLS	ATHL16S
Soccer - Girls Varsity	Spring	ATLS	ATHL17S
Softball - JV	Spring	ATLS	ATHL16S
Softball - Varsity	Spring	ATLS	ATHL17S
Swimming	Winter, Spring	ATLWS	ATHL13WS
Tennis - Boys	Spring	ATLS	ATHL16S
Tennis - Girls	Fall, Winter	ATLFW	ATHL06FW
Track	Spring	ATLS	ATHL17S
Track - Assistant	Spring	ATLS	ATHL16S
Volleyball - JV	Fall, Winter	ATLFW	ATHL06FW
Volleyball - Varsity	Fall, Winter	ATLFW	ATHL07FW
Wrestling - JV	Winter, Spring	ATLWS	ATHL13S
Wrestling - Varsity	Winter, Spring	ATLWS	ATHL11WS

8/22/2014

Cabarrus County Schools MIDDLE SCHOOL Coaching Supplements

Position	When Paid	Job Code	Grade
Athletic Director	Fall, Winter, Spring	ATHLFWS	ATHL21FWS
Athletic Trainer - Fall	Fall, Winter	ATHTRAINER	ATHTMFW
Athletic Trainer - Winter	Winter, Spring	ATHTRAINER	ATHTMWS
Athletic Trainer - Spring	Spring	ATHTRAINER	ATHTMS
Baseball	Spring	ATHLS	ATHL18S
Basketball - 7th Grade	Spring	ATHLS	ATHL18S
Basketball - 8th Grade	Winter	ATHLW	ATHL10W
Cheer - 7th Basketball	Spring	ATHLS	ATHL18S
Cheer - 8th Basketball	Winter	ATHLW	ATHL10W
Cheer - Football	Fall, Winter	ATHLFW	ATHL08FW
Football - Assistant	Fall, Winter	ATHLFW	ATHL08FW
Football - Head	Fall, Winter	ATHLFW	ATHL05FW
Soccer	Spring	ATHLS	ATHL18S
Softball	Fall, Winter	ATHLFW	ATHL08FW
Track	Spring	ATHLS	ATHL18S
Volleyball	Spring	ATHLS	ATHL18S
Wrestling	Winter	ATHLW	ATHL10W

8/22/2014

CABARRUS COUNTY HIGH SCHOOLS ATHLETIC PROGRAMS SUPPLEMENT SCALE

Effective September 17, 2014

						Cross Country	Varsity Asst Basketball		
						Asst Track	Varsity Asst Baseball		
					Varsity Soccer	Swimming	Varsity Asst Softball		
					Varsity Softball	Tennis	JV Baseball		
					Varsity Baseball	Varsity Cheer	JV Softball	Golf	
Experience Rating	Athletic Director	Head Football	Assistant Football	Varsity Wrestling Varsity Basketball	Varsity Volleyball Track	JV Volleyball JV Soccer	JV Wrestling JV Basketball	Asst X Country JV Cheer	Experience Rating
C00	\$6,200	\$4,550	\$1,775	\$2,050	\$1,525	\$1,225	\$1,225	\$1,225	C00
C01	\$6,325	\$4,700	\$1,925	\$2,200	\$1,650	\$1,225	\$1,225	\$1,225	C01
C02	\$6,450	\$4,900	\$2,050	\$2,325	\$1,775	\$1,225	\$1,225	\$1,225	C02
C03	\$6,600	\$5,125	\$2,200	\$2,450	\$1,925	\$1,350	\$1,275	\$1,275	C03
C04	\$6,725	\$5,325	\$2,325	\$2,600	\$2,050	\$1,500	\$1,325	\$1,325	C04
C05	\$6,850	\$5,525	\$2,450	\$2,725	\$2,200	\$1,625	\$1,375	\$1,375	C05
C06	\$7,000	\$5,725	\$2,600	\$2,875	\$2,325	\$1,775	\$1,425	\$1,425	C06
C07	\$7,125	\$5,925	\$2,725	\$3,000	\$2,450	\$1,900	\$1,450	\$1,450	C07
C08	\$7,250	\$6,125	\$2,875	\$3,150	\$2,600	\$2,050	\$1,500	\$1,500	C08
C09	\$7,400	\$6,350	\$3,000	\$3,275	\$2,725	\$2,175	\$1,550	\$1,550	C09
C10	\$7,525	\$6,550	\$3,150	\$3,425	\$2,875	\$2,325	\$1,600	\$1,600	C10
C11	\$7,650	\$6,750	\$3,275	\$3,550	\$3,000	\$2,450	\$1,650	\$1,650	C11
C12	\$7,800	\$6,950	\$3,425	\$3,675	\$3,150	\$2,600	\$1,700	\$1,700	C12

NOTE: In addition to the above schedule of Athletic Program Supplements, Cabarrus County Schools offers a \$950 supplement per season (Fall, Winter, Spring) for an Assistant Athletic Director. This position only applies to High Schools and will generally be held by more than one person. The supplement may be split based on the season covered and each High School will not exceed a combined total of \$2,850 per any fiscal year.

CABARRUS COUNTY MIDDLE SCHOOLS ATHLETIC PROGRAMS SUPPLEMENT SCALE

Effective February 1, 2014

Experience Rating	Athletic Director	Head Football	Assistant Football	Boys/Girls Basketball	Volleyball Wrestling	Boys/Girls Track	Baseball Softball	Soccer	Cheerleading	Experience Rating
C 0 0	\$4,250	\$1,225	\$975	\$975	\$975	\$975	\$975	\$975	\$975	C 0 0
C 0 1	\$4,400	\$1,225	\$975	\$975	\$975	\$975	\$975	\$975	\$975	C 0 1
C 0 2	\$4,525	\$1,225	\$975	\$975	\$975	\$975	\$975	\$975	\$975	C 0 2
C 0 3	\$4,650	\$1,350	\$1,100	\$1,100	\$1,100	\$1,100	\$1,100	\$1,100	\$1,100	C 0 3
C 0 4	\$4,800	\$1,500	\$1,250	\$1,250	\$1,250	\$1,250	\$1,250	\$1,250	\$1,250	C 0 4
C 0 5	\$4,925	\$1,625	\$1,375	\$1,375	\$1,375	\$1,375	\$1,375	\$1,375	\$1,375	C 0 5
C 0 6	\$5,050	\$1,775	\$1,525	\$1,525	\$1,525	\$1,525	\$1,525	\$1,525	\$1,525	C 0 6
C 0 7	\$5,200	\$1,900	\$1,650	\$1,650	\$1,650	\$1,650	\$1,650	\$1,650	\$1,650	C 0 7
C 0 8	\$5,325	\$2,050	\$1,775	\$1,775	\$1,775	\$1,775	\$1,775	\$1,775	\$1,775	C 0 8
C 0 9	\$5,450	\$2,175	\$1,925	\$1,925	\$1,925	\$1,925	\$1,925	\$1,925	\$1,925	C 0 9
C 1 0	\$5,600	\$2,325	\$2,050	\$2,050	\$2,050	\$2,050	\$2,050	\$2,050	\$2,050	C 1 0
C 1 1	\$5,725	\$2,450	\$2,200	\$2,200	\$2,200	\$2,200	\$2,200	\$2,200	\$2,200	C 1 1
C 1 2	\$5,850	\$2,600	\$2,300	\$2,300	\$2,300	\$2,300	\$2,300	\$2,300	\$2,300	C 1 2

**CABARRUS COUNTY SCHOOLS
ATHLETIC TRAINING SUPPLEMENT**

Effective February 1, 2014

**High School
Licensed Athletic Trainer**

Exp Rating	Fall	Winter	Spring
C00	\$2,375	\$1,575	\$1,575
C01	\$2,500	\$1,700	\$1,700
C02	\$2,600	\$1,825	\$1,825
C03	\$2,725	\$1,950	\$1,950
C04	\$2,850	\$2,075	\$2,075
C05	\$2,975	\$2,200	\$2,200
C06	\$3,100	\$2,325	\$2,325
C07	\$3,225	\$2,450	\$2,450
C08	\$3,350	\$2,550	\$2,550
C09	\$3,450	\$2,675	\$2,675
C10	\$3,575	\$2,800	\$2,800
C11	\$3,700	\$2,925	\$2,925
C12	\$3,825	\$3,050	\$3,050

**Middle School
Licensed Athletic Trainer**

Exp Rating	Fall	Winter	Spring
C00	\$1,475	\$1,050	\$1,050
C01	\$1,575	\$1,175	\$1,175
C02	\$1,700	\$1,300	\$1,300
C03	\$1,825	\$1,425	\$1,425
C04	\$1,950	\$1,550	\$1,550
C05	\$2,075	\$1,675	\$1,675
C06	\$2,200	\$1,800	\$1,800
C07	\$2,325	\$1,925	\$1,925
C08	\$2,450	\$2,025	\$2,025
C09	\$2,550	\$2,150	\$2,150
C10	\$2,675	\$2,275	\$2,275
C11	\$2,800	\$2,400	\$2,400
C12	\$2,925	\$2,525	\$2,525

Guidelines for Faculty/Non-Faculty Assistant Coaches Paid by Non-School Funds

High School Sports:

- Funds may come from fundraisers, private donations, and booster clubs but NOT from gate receipts, ADM money or other school funds.
- If team fundraiser money or a private donation (NOT from Booster Club) is made to a specific Varsity Sport Team and the money is in that team's account, then a team can pay for ONE additional assistant coach out of these funds. The coach can be paid "UP TO" their current coaching level experience rate (must send in experience card if not already on file at CCS Athletic Department).
- All payments must be paid through the Cabarrus County Schools Finance Office.
- The names, amount to be paid, pay information, and whom to be billed must be provided to CCS Athletic Dept. two weeks prior to Fall, Winter, or Spring athletic supplement payouts. P.O.s should be pulled at the school level.

When pulling P.O.s the school treasure/Athletic Director should make sure to include:

- The FICA amount for non-faculty coaches
- The FICA amount and the Retirement amount for coaches who are also CCS employees

NOTE: The P.O. MUST be for more than what the coach is being paid since the bill sent to the school from the CCS Finance Department will include FICA and retirement in addition to the amount the coach is paid.

- All non-faculty coaches must complete all the necessary paperwork involved with becoming a non-faculty coach.
- Coaches must successfully complete the NFHS Fundamentals of Coaching course, the NFHS Concussion in Sports course, and all other mandatory NCHSAA and CCS requirements.
- Coach must work the entire season to receive supplement.
- When using Booster Club funds**, High School Varsity Sports that do NOT have an assistant coach will receive priority over those that presently have assistants and want an additional one.
- Athletic Directors shall oversee where their schools particular needs are for additional assistant coaches and recommend to Booster Club accordingly (e.g. swim team has 60 student athletes on the team this year).
- When using Booster Club funds, Assistants for boys/girls or comparable teams will be added at the same time if requested. (i.e. boys basketball/girls basketball, baseball/softball, volleyball/wrestling)

Middle school sports:

- One additional coach per sport: "UP TO" current coaching experience rate.
- All funds must be paid through the Cabarrus County Schools Finance Office.
- The names, amount to be paid, pay information, and whom to be billed must be provided to CCS Athletic Dept. two weeks prior to Fall, Winter, or Spring athletic supplement payouts. P.O.s should be pulled at the school level. **When pulling P.O.s the school treasure/Athletic Director should make sure to include:**

- The FICA amount for non-faculty coaches
- The FICA amount and the Retirement amount for coaches who are also CCS employees

NOTE: The P.O. MUST be for more than what the coach is being paid since the bill sent to the school from the CCS Finance Department will include FICA and retirement in addition to the amount the coach is paid.

- Assistants for Boys/girls or comparable teams will be added at the same time if requested
- Assistant Athletic Directors for the middle school may receive a supplement up to \$800 per semester.
- All non-faculty coaches must complete all the necessary paperwork involved with becoming a non-faculty coach.
- Coaches must successfully complete the NFHS Fundamentals of Coaching course, the Concussion in Sports course, and all other requirements by the NCHSAA/DPI/CCS.

GUIDELINES FOR SUMMER EMPLOYMENT

High School Athletic Directors:	10 months plus 1.5 months
High School Head Football Coaches:	10 months plus 1.5 months
High School Athletic Trainers:	10 months plus up to 80 hours
Middle School Athletic Directors:	10 months plus additional two weeks

Note: All positions should have a signed contract on file at the school. See your school's Finance Officer.

H.S. Athletic Director and H.S. Football Coach

Head Football Coaches and Athletic Director's will clock in through Timekeeper and will not be paid for overtime.

- Will be paid 1.5 months of employment based on their monthly salary – for a total of 32 days worked from mid-June to mid-August. ADs/Head Football Coaches will be paid 2 weeks in June, 2 weeks in July, and 2 weeks in August.
- Will be paid on the end of month schedule for exempt employees (1st-31st year-round from mid-July – June 30)
 - H.S. Head Football Coach will provide athletic field maintenance and supervision of Weight Room for the period of mid-June to mid-August.
 - H.S. AD will provide field maintenance, facility upkeep, and other duties as required by the principal for the period of mid-June to mid-August.
 - School Principal will supervise and authorize payment for services provided.

M.S. Athletic Director

The M.S. Athletic Director will be paid at the end of July.
M.S. A.D. will clock in through Timekeeper and will not be paid for overtime.
Will work a total of 11 days between mid. July and mid. August.
Will be paid two weeks of employment based on their monthly salary.
School Principal will supervise and authorize payment for services provided.

H.S. Athletic Trainer

The H.S. Athletic Trainer will clock **IN and OUT** of Timekeeper
Contract allows for "up to 80 hours" between mid-June and August 1st.
Pay will be based upon teacher hourly rate.
School Principal will supervise and authorize payment for services provided.

**LICENSED ATHLETIC TRAINERS AND
ATHLETIC FIRST RESPONDERS**

Cabarrus County Schools requires that each high school and middle school have a Certified Athletic Trainer/Teacher.

Each high school and middle school is required to have a licensed athletic trainer/athletic first responder on site at the beginning of all football practices, football contests, wrestling matches, and football 7 on 7 scrimmages. The school system will provide funds to pay the licensed athletic trainer/athletic first responder as per the Cabarrus County athletic supplement schedule or agreement with Atrium Health.

Per North Carolina State Board of Education Policy HRS-D-000:

Each Local Education Agency (LEA) must designate for each high school within its jurisdiction either a licensed athletic trainer who is qualified pursuant to Article 34 of Chapter 90 of the General Statutes of North Carolina or a first responder. These persons may be employed on a full-time or part-time basis or may serve as a volunteer.

If not a licensed athletic trainer, a first responder must:

- Have completed and continue to maintain certification in cardiopulmonary resuscitation as certified by an organization such as the American Red Cross or the American Heart Association
- Have completed and continue to maintain certification in first aid as certified by an organization such as the American Red Cross or the American Heart Association
- Have completed and continue to maintain training in concussion management as offered by an organization such as the National Federation of State High School Associations (NFHS)
- Have completed and continue to maintain continuing education in injury prevention and management as offered by an organization such as the National Federation of State High School Associations (NFHS)
- Complete 10 hours of staff development each school year specific to first aid, injury recognition and prevention. The 10 hours may include hours necessary for recertification/renewals

The licensed athletic trainer or first responder must:

- **NOT** have coaching responsibilities during the season in which the person is working as a licensed athletic trainer or first responder
- Attend all football practices and games, unless excused by the superintendent, superintendent's designee, or county Athletic Director due to an emergency. A replacement must be in place for absences.
- Shall keep accurate records of all injuries to student athletes
- Shall be "on call" for any emergencies resulting in physical injury to a student that occurs in his or her assigned school
- Must keep an updated database of all athletic Physical Exams for their school. This list must be made readily available to their coach's so they can check when the exam expires. The exams need to be kept on file in the Athletic Trainers Room or Office
- **Outside of Football, Cabarrus County Schools requires a licensed athletic trainer or first responder to attend to injuries, tape, be accessible in the afternoons, and to attend all home contests.**

**ADDITIONAL INFORMATION/GUIDELINES
FOR ATHLETIC TRAINERS/FIRST RESPONDERS**

- Staff Development funds may be available for Athletic Trainers/First Responders and are to be used to attend training clinics, workshops, seminars, etc.
- Note: An absence must be approved by the system wide Athletic Director or payment for that season will be adjusted. Only very unusual circumstances will be determined to merit an exception.
- The fall payment can be made one-half in September and one-half in December.
- The winter payment can be made one-half in December and one-half in April.
- All of the spring payment will be made in April.
- Please see the "Schedule of Payments" for further explanation.
- Athletic Trainers/First Responders will provide written proof/copy of N.C. Athletic Training licensure to Principal and County A.D. each year.
- Reminder to all Athletic Trainers to renew N.C. Licensure by Jan. 31 or each year and to send/email a copy to the County Athletic Director.

ADDITIONAL RESPONSIBILITIES OF ATHLETIC TRAINER

- Provide Athletic Training services from August 1st (or the first day of Fall Sports tryouts) through the last day of the school year.
- Supervision of the Athletic Training Facility.
- Must maintain BOC certification.
- Maintain NC Licensure status.
- Responsible for the prevention, treatment, and rehabilitation of student athletes.
- Be readily accessible to treat/rehabilitate injuries at the end of each school day.
- Coverage for ALL football practices.
- Coverage for all home H.S. and M.S. athletic contests and all H.S. away football contests.
- Shared responsibility of coverage for after school treatments, practices, and athletic contests.
- Communicate with EMS squads covering events. (High School)
- Co-ordinates services provided by other Health-care professionals.
- Directs administrative requirements of the Athletic Training program.
- Develop a budget for materials needed during the school year.
- Complete a daily log of student/athletes seen in treating injuries – Medical record keeping.
- Maintain daily weigh-in sheets in Football and Wrestling.
- Develop a data base of school Physical Exams that are kept on file in the Athletic Training Office.
- Supervise the Athletic Training curriculum. (High School).
- Develop a system for the instruction of student Athletic Trainers.
- Communicate with parents/guardians of an injured athlete.
- Develop an Emergency Action Plan with the Athletic Director.
- Responsible for certification and recertification of Coaches – First Aid, CPR, and AED Training; maintain database of up-to-date certifications.
- Evaluate injuries that may eliminate unnecessary trips to the Emergency Room.
- Follow Guidelines for Concussion Protocol – Keep on file (with A.D. assistance) the yearly Gfeller-Waller paperwork needed on each student athlete/parent needed to allow them to participate.
- Responsible for the Return to Play (RTP) protocol for athletes after a concussion.
- Communicate with visiting schools A.T. when injury to opponent occurred in which visiting school did not have A.T. present.
- Follow inclement weather protocol – Tornado Warning, Tornado Watch, and Heat and Humidity Guidelines.
- Help with developing conditioning programs for athletes of the various sports.
- Offer direction for sound nutritional practices.

ADMISSION TICKETS AND PASSES TO ATHLETIC EVENTS

Cabarrus County High Schools are in three separate conferences.
Each conference sets their own admission prices for athletic events.

FREE PASSES

- A non-refundable photo I.D. pass is issued to all full and part-time CCS employees. This pass, when properly validated, will grant only the employee (no family members) admission to all Cabarrus County Schools athletic contests for the **regular season**. School age children of faculty or staff members may not be admitted free. **Passes may not be transferred to any other person.** Abuse or misuse of passes will result in their **immediate revocation**. Admit free any preschool age children.
- Honor all N.C. Coaches Association, NCHSAA, and Cabarrus County Schools Medical Passes.
- Passes are issued to the School Board members and city/county officials designated by the Superintendent.
- Admit uniformed rescue squad members and their spouses free of charge. Any other persons accompanying them must pay admission.
- Team physicians and family members are admitted free.

Cabarrus County Gold Card (Senior Citizens) holders are admitted free to all Cabarrus County Schools regular season events when the event takes place in Cabarrus County. NOT VALID for State Playoffs or tournaments. Kannapolis City Schools Gold Cards are accepted only when CCS schools are playing a KCS team.

PRACTICE FOR TEAMS

Practice may not take place until after the last regularly scheduled instructional period and after the end of a teacher workday. For example, practice may not occur until 30 minutes after the end of the regular school day on teacher workdays or exam days. However, when the teacher workday ends early for some valid reason, practice may occur before the end of the regular scheduled day only if the superintendent or his designee gives permission.

Middle schools may not practice on weekends unless approved by the County Athletic Director. Any middle school practices that are held over school breaks/holidays are to be optional for the athlete.

There may be no practice or scrimmage involving middle school teams with high school junior varsity or high school varsity teams.

Student/Team Managers are **NOT** allowed to participate in drills or scrimmages during practice. **ONLY** current team members are allowed to participate.

Practice time, especially after school, should be reasonable in length so that students will have adequate time to complete homework assignments.

High school practices on exam days must end by 6:00pm.

If a system calendar day is an Annual Leave Day, practice may start at any time.

There shall be no practice on Thanksgiving Day or Christmas Day unless approved by the Superintendent and/or County Athletic Director.

All practices and regular season games are prohibited when Cabarrus County Schools are closed due to weather related conditions. The Superintendent may make an exception to this rule under certain conditions.

There shall be no Sunday practice, games, or competition for the calendar year in any sport. (Exception: NCHSAA sponsored events).

DOUBLE PARTICIPATION

North Carolina's rule on double participation has been eliminated.

Middle and high school coaches may discourage, but may not prohibit, school players from playing on non-school teams. The reasons for discouraging play on a school and a non-school team in the same season are:

- Young people increase their chances of injury by playing on two teams.
- Playing on two teams can be tiring both physically and emotionally.
- Academic work may suffer because of the time required to play on two teams. Students missing school to participate in a non-school sport may be in violation of the local attendance policy.

INSURANCE FOR STUDENT ATHLETES

FOR ALL SPORTS

Taking the student scholastic insurance is required for **all** sports, **unless** parents complete and sign the waiver form in the Student Athlete Participation Packet, which indicates that parents wish to have their family insurance cover their son or daughter if they are injured. This requirement includes **all** team tryouts and off-season workouts.

Football players, grades 9-12, must take the football insurance (paid by the parent) if their parents or legal guardians check (3c) on the insurance waiver form. Football coverage is available in three options: Low Option, Middle Option, or High Option. All other athletes must take the regular student scholastic coverage Low Option, Middle Option, or High Option so that they are properly covered if their parents or legal guardians check (3c) on the insurance waiver form. See student athlete packet for updated insurance information.

McGriff Insurance Company will be the carrier for student and football accident coverage. This is the company presently endorsed by the North Carolina High School Athletic Association (NCHSAA), the North Carolina Athletic Directors Association (NCADA), and the North Carolina School Boards Association (NCSBA). Premiums and claims will be handled by K&K Insurance, a national leader in sports and student insurance.

All of the coverage is “primary” and pays up to the limits of the policy regardless of co-insurance. If the student has additional insurance coverage, then the companies would coordinate benefits payments.

Please refer to your school’s website or the online Athletic Participation Registration Information for updated Insurance Information.

CATASTROPHIC INSURANCE

All high schools, which are members of the North Carolina High School Athletic Association, are required to secure catastrophic insurance. This means that the school’s student-athletes, coaches, cheerleaders, and team managers have certain insurance coverage in the event that they are involved in a catastrophe.

CCS also requires that each middle school secure their own Catastrophic Insurance.



GET IN THE GAME

DON'T BE LEFT ON THE SIDELINES!

For Eligibility, YOU...

- Must be a **properly enrolled student** at the time you participate, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.
- Must meet **local attendance standards** for the previous semester. (**Cabarrus County Schools:** Must be in attendance 85% of previous semester; no more than 13 days absent.)
- Must not have exceeded **eight consecutive semesters or have participated more than four seasons in any sport** since entering grade 9. That includes only one sport season for a participant per academic year – you can't play soccer in one season out of state and play it again upon moving to North Carolina in the same academic year.
- Must **not have graduated** from high school.
- Must be **under 19 years of age** prior to August 31st of that school year.
- Must **live with your parents or legal custodian** within the school administrative unit. A student is eligible if he has attended within that unit the previous two semesters (if eligible in all other respects) and meets LEA standards.
- Must have **passed the minimum academic load** during the previous semester, and meet local promotion standards. Students in a **"block schedule" must pass three courses per semester** and meet local promotion standards; students in the **"traditional schedule" must pass at least five courses** and meet local promotion standards. These are courses for credit, not audited courses. Hybrid schedules have different requirements.
- **Seniors must also pass that minimum load, even if they need fewer for graduation.**
- Must have received a **medical examination** by a duly licensed physician, nurse practitioner, or physician's assistant within the previous 395 days; and if you miss five or more days of practice due to an injury, you must receive medical release before practicing or playing. Students with potential head injuries must receive medical release by a physician before remittance to practice or games.
- **Must not have been convicted of a felony, or an offense that would have been a felony if committed by an adult.**
- Must not accept **prizes, merchandise, money** or anything that can be exchanged for money as a result of athletic participation within the amateur rule limit. **THIS INCLUDES BEING ON A FREE LIST OR LOAN LIST FOR EQUIPMENT, ETC.**
- Must not have signed a **professional contract** or have played for a college team of any sort.
- May not receive team instructions from your school's coaching staff during the school year outside your sport season (from first practice through the final game). Instruction is limited to coach and athletes in **SKILL DEVELOPMENT SESSIONS.**
- Must not be guilty of **unsportsmanlike conduct**, or **ejected from the previous contest.**
- May not usually, as an individual or on a team, **practice or play during a school day** (from the first contest through the conference tournament).
- May not play, practice or assemble as a team with your coach on **Sunday.**
- May not **dress for a contest or practice** if you are not eligible to participate.
- Must not play more than three games in one sport per week, (some sports have exceptions) and no more than one contest per day (exception baseball, softball, and volleyball).
- Must meet the NCHSAA transfer requirement, if applicable.

For Sportsmanship, YOU...

- Should remember you represent your school and should practice good sportsmanship.
- Should be modest in victory and gracious in defeat.
- Should respect the judgment and integrity of game officials.
- Should be aware of the NCHSAA ejection policy and how it can affect you and your team.
- Should encourage responsible behavior among fans and teammates alike.

This summary of our key athletic regulations is provided so that students can be made aware of the rules which effect eligibility. Students must understand that rules above are general statements only. See your principal, athletic director or coach if you have questions or need further explanations of details and exceptions.

THE NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION

Inspiring Individuals, Encouraging Excellence
P.O. Box 3216 • Chapel Hill, NC • 27515-3216
www.nchsaa.org



Cabarrus County Schools Athletic Academic Eligibility High School Requirements

9.1 Eligibility Beginning 1st Semester Freshman Year

No restrictions automatically eligible

9.2 Eligibility Beginning 2nd Semester Freshman Year

Must have passed 3 of 4 courses from the previous semester.

10.1 Eligibility Beginning 1st Semester Sophomore Year

Must have passed 3 of 4 courses from the previous semester.

Must have accumulated 6 credits.

10.2 Eligibility Beginning 2nd Semester of Sophomore Year

Must have passed 3 of 4 courses from the previous semester.

Must have accumulated 6 credits

11.1 Eligibility Beginning 1st Semester of Junior Year

Must have passed 3 of 4 courses from the previous semester.

Must have accumulated 13 credits.

11.2 Eligibility Beginning 2nd Semester of Junior Year

Must have passed 3 of 4 courses the previous semester.

Must have accumulated 13 credits.

12.1 Eligibility Beginning 1st Semester of Senior Year

Must have passed 3 of 4 courses the previous semester.

Must have accumulated 19 credits.

12.2 Eligibility Beginning 2nd Semester Senior Year

Must have passed 3 of 4 courses the previous semester.

Must have 19 credits.

NOTE

**Grade status is determined by local promotion standards:*

(1) Credits earned

**Athletic eligibility status is determined by the number of semesters enrolled in high school.*

(Transcript Grade assignment is to be used in determining the grade assignment of the athlete.)

Revised 9-14-11

MIDDLE SCHOOL ATHLETIC PARTICIPATION and REQUIREMENTS
Protect Your Eligibility; Know the Rules:

- Academics:** In grades seven and eight, the student must pass at least one less course than the number of required core courses each semester and meet promotion standards established by the LEA. Eligibility is established the previous semester. If an athlete is "academically eligible" or "academically ineligible" at the beginning of any semester, that status is retained throughout the full semester. It is the responsibility of the school principal to check the academic status of each student/athlete enrolled in school at the beginning and close of a semester.
No student may be eligible to participate at the middle school level for a period lasting longer than four (4) consecutive semesters, beginning with the student's entry into seventh grade. The principal shall have evidence of the date of each player's entry into the seventh grade and monitor the four (4) consecutive semesters.
- Age:** In grades seven and eight, a student may not participate on a team if the student becomes 15 years of age on or before August 31 of that school year. Per Conference by-laws, a 7th grader cannot be 14 on or before August 31 and be eligible to play 7th grade sports.
- Attendance:** A player must attend school at least 85% of the previous semester. A student must, at any time of any game in which he or she participates, be a regularly enrolled member of the school's student body, according to local policy. Local LEA requires that the student must be present for a minimum of 50% of the student day on the day of an athletic contest or practice in order to participate in the event. Exception: Under extraordinary circumstances, the parent can petition the school (Principal/A.D.) in writing for permission to participate. (e.g. immediate family funeral)
- Domicile:** The student must meet the residence criteria of G.S. 115C-366(a). The student may participate only at the school to which the student is assigned by the LEA.
- Medical Exam:** In order to be eligible for practice or participation in interscholastic athletic contests, the student must receive a medical examination once every 395 days by a duly licensed physician, nurse practitioner, or physician assistant, subject to the provisions of G.S. 90-9, 90-18.1, and 90-18.2. Students absent from athletic practice for five (5) or more consecutive days due to illness or injury must receive a medical release from a physician licensed to practice medicine before remittance to practice or contest.
- NOTE:** **An athlete becomes eligible or ineligible on the first day of the new semester. Coaches are asked to make certain that athletes are aware of the regulations.**

Eligibility requirements for middle and high school athletes are as stated in the North Carolina High School Athletic Association Handbook. Eligibility requirements for middle school athletes are also addressed in the North Carolina Public Instruction publication "Middle/Junior High School Athletic Manual."

The manual can be viewed at the following web address.

<http://www.ncpublicschools.org/curriculum/healthfulliving/athletics/>

To view policies pertaining to Athletics, please choose the following links:

Domicile or Residence Requirements, Board of Education [Policy Code 4120](#)

School Assignment, Board of Education [Policy Code 4150](#)

Local Athletic Eligibility, Board of Education [Policy Code 4152](#)

Extracurricular Activities, Board of Education [Policy Code 3620](#)

Administering Medicines to Students [Policy Code 6125](#)

GENERAL POLICIES AND PROCEDURES

ABSENCES FROM PARTICIPATION DURING HOLIDAY BREAKS

Coaches along with the Athletic Director will evaluate special/unique circumstances with the parent and athlete regarding absences from practices/non-conference games during school holiday breaks. Parents and athletes must fully understand this may affect their playing status on the team from this point forward per coach's discretion.

ATHLETIC ACTIVITY BUS PROTOCOL: AFTER TRAFFIC ACCIDENT PROCEDURES

See A.D. Corner on CCS Athletic Webpage for current procedures. Contact the phone number on the bus and contact the school A.D..

ADDING/DROPPING SPORTS TEAMS

The adding or dropping of a sport (including J.V.) at a school must have the approval of the Secondary Principals and the Superintendent and/or County Athletic Director.

AGE REQUIREMENTS FOR MIDDLE SCHOOL ATHLETES

A student shall not participate on an eighth-grade middle school team if he/she becomes 15 years of age on or before August 31st of said school year. South Piedmont Middle School Conference rules prohibit participation on a seventh-grade team if a student becomes 14 years of age on or before August 31st of said school year. Once a student enters middle school, he/she has four consecutive semesters in which to participate.

ATHLETIC PARTICIPATION FORM

All schools must have on file an athletic participation form for each athlete

ATHLETIC PURCHASING

All purchases or donations to athletic programs by booster organizations, clubs, or individuals must have the prior approval of the Athletic Director and Principal. Coaches or Athletic Directors will not request purchases or donations without prior approval of the principal.

ATTENDANCE

All H.S. and M.S. student athletes must be in attendance 85% of the previous semester. (No more than 13 absences per semester).

ATTENDANCE REQUIREMENT ON GAME/PRACTICE DAY

A player must be present at least one half of the school day in order to participate in an athletic contest/practice that same day. Parents may petition the School Principal or Athletic Director in writing regarding an extraordinary, excused absence. (e.g. funeral, college visit)

BEGINNING OF FOOTBALL PRACTICE FOR MIDDLE SCHOOL

Practice may begin no earlier than ten school days prior to the opening of the school term.

COACHING CLINICS

Prior approval forms for either Out of State/In State Travel must be completed, signed by the principal, and submitted to the County Office for approval. Once submitted, In State Travel will be approved by County Athletic Director and Deputy Superintendent. Any Out of State travel must also have the Superintendent's signature. "Full" team coaching staffs will only be approved for one Out of State clinic each school year in order to limit loss of instructional time.

DRUGS AND ALCOHOL: Zero Tolerance

"Charged" or "School Related/Violation of CCS Student Code of Conduct" Alcohol/Drug Offenses:

1st Offense – Suspension from participation for the remainder of the current season or off-season (including summer).

All court consequences must be resolved before petitioning to return to the athletic program.

*See Criminal Charges Policy located on *Athletic Pledges and Additional Policies* Page.

2nd Offense – 365 days suspension from athletic participation

3rd Offense – Suspension from athletic participation for up to the remainder of the student's high school career

Note: Any student who has continuing charges or unresolved court consequences on the first day of tryouts for that particular season will NOT be allowed to participate for that season.

"Non-Charged" or "Non-School Related" Alcohol/Drug Offenses:

☐ Suspension from participation for the remainder of the current season. When "out of season", any student involved with drugs or alcohol will not be allowed to participate in off season workouts for that current season (including summer).

☐ If a second offense occurs within a one-year time period of the first offense, the student athlete will be suspended from ALL athletic participation for 365 days.

Note: Any student assigned to the PASS program must complete this program before applying for reinstatement to the athletic program.

ELIGIBILITY LISTS FOR MIDDLE SCHOOLS

Before the first contest, the Principal or Athletic Director shall file a copy of the eligibility list at the school and send a copy to the County Athletic Director.

Establishing CCS “ATHLETIC SCHOOL” FOR CURRENT SCHOOL YEAR – A student’s “athletic school” is established for the current school year on the first day that he/she tries out for a team at the CCS school in which the student is **properly enrolled and athletically eligible**. Once “athletic school” is established for that school year, the student will not be allowed to participate at another CCS school that same year, even in the event that a bona fide move is made. (Under extraordinary circumstances, an appeal can be made to the CCS Athletic Hardship Committee.)

EXAMS

Games are not to be played the day before exams begin and during the exam period. Practice must end by 6:00pm the day before an exam.

EXEMPTED EXAMS/ELIGIBILITY TO PLAY

A senior who has fewer than 13 days of absences, may choose to exempt an exam that is scheduled on a game day. While this is an absence, they are exempt, and the student is eligible for sports participation. Any student who is close to the 13 days should attend school during exam days. Any student who has completed all exams, is in good academic standing for the course(s) and has fewer than 13 days of absences will not be required to attend the make-up exam day in order to practice or participate in sports that particular day.

EXTRA CURRICULAR ACTIVITIES SUSPENSION DUE TO CRIMINAL CHARGES

Suspension from extracurricular activities for criminal charges shall continue until court involvement is completed, including but not limited to the following:

- charge is dismissed.
- student is acquitted; or
- court consequence(s) are completed
 - probation is completed
 - fines are paid
 - community service is completed.

In addition, suspension from extracurricular activities for subsequent criminal charges shall result in the following consequences:

- 2nd offense - 365-day suspension from extracurricular activities
- 3rd offense - suspension from extracurricular activities for up to the remainder of student’s high school career.

Note: Any student who has continuing charges or unresolved court consequences on the first day of tryouts for that particular season will NOT be allowed to participate for that season.

“FROZEN” ROSTERS

High School: Team rosters will be “frozen”, meaning **NO** additional student athletes are to be added to the eligibility list for that season after the following dates: Fall Season (Oct. 1); Winter Season (Jan. 1); Spring Season (April 15)

Middle School: Per SPCMS bylaws, no roster additions are allowed once 50 percent of team’s regular season games have been played.

FUNDRAISING UP TO \$500

The \$500 per limit is from all sources including fundraising and personal payment. All required clothing items, clinics, camps, and tumbling classes are to be included in this limit. If any clinic, camp, or class is organized by the coach and /or is held at school or any outside location for the specific purpose of school team sports, then the funds must be accounted for within this limit.

GAMES OR MATCHES DURING THE SCHOOL DAY

In order to comply with state policy, no athletic contest should begin until the end of the school day. Extra-ordinary situations must be approved.

GUIDELINES FOR MIDDLE SCHOOLS

All Cabarrus County Middle Schools will follow NCHSAA guidelines, if not included in the NCDPI Guidelines.

INITIATION OR HAZING

Coaches should ensure that **NO** initiation or hazing is taking place on their athletic teams.

See Board Policy Codes #3620 Extracurricular Activities & Student Organization and #4310 Integrity & Civility.

OVERNIGHT COMPETITION

All athletic teams that stay overnight must complete the Over Night Travel Form..

LAW ENFORCEMENT AT GAMES

North Carolina High School Athletic Association requires that “a law enforcement officer in uniform shall be present at all high school varsity football and basketball games.” In addition, Principals and Athletic Directors are encouraged to have law enforcement personnel whenever a large crowd is expected at an athletic event or when there is reason to believe that law enforcement may be needed. Officers should be told they are being paid to patrol the area, not to be spectators. A staff or administrative person should be on duty at every athletic event at which the public is present on school property.

LETTERING FOR TEAM-SUPPORT PERSONS

Lettering requirements for such persons as team managers, mat maids, student trainers, and cheerleaders should be reviewed regularly by each school to assure fairness and equity.

MEDICAL COVERAGE

Prior to beginning athletic practice for football, each school is required to have an athletic trainer/first responder on staff and in attendance at all Football games and practices. These individuals are also responsible for coverage at ALL home events throughout the remainder of the school year. As of May 2014, per NCHSAA, a licensed athletic trainer or certified first responder must be present at all wrestling matches. As of May 2015, per NCHSAA, a licensed athletic trainer or certified first responder must be present at any football seven on seven scrimmages.

MEDICAL EXAMINATION

All athletes must receive a medical examination before participation in tryouts, practice, or athletic events. The medical exam must be done once every 395 days by a duly licensed physician, nurse practitioner or physician’s assistant with no counter signature required. For example, if a student is absent from practice for five or more days due to illness or injury, he/she must receive a medical release by a duly licensed physician, nurse practitioner or physician’s assistant before being readmitted to practice and contests.

METAL DETECTORS

Metal Detectors/ Security Wanding are to be used for all H.S. Varsity Football and Basketball Contests.

NIGHT CONTESTS FOR MIDDLE SCHOOLS

Middle school teams shall not be permitted to play athletic contests at night with game times starting later than 7:00pm. (Exceptions: Friday nights, if not followed by a school day; days prior to a holiday; Saturdays). Middle schools are encouraged to host contests whenever possible at their sending High School. There needs to be a feeling of excitement with working together so the middle school student/athletes look forward to playing at the high school.

OUT OF STATE OVERNIGHT COMPETITION AND SANCTION

All contests during the sports season where a Cabarrus County School will travel Out of State including scrimmages or regular season games involving non-North Carolina Schools, must be approved by the Superintendent, provided there is no loss of school time. For an Overnight Out of State contest, the school must provide the CISS-3320 Overnight In State/Out of State Form for approval by the Superintendent. Interstate competition involving more than two schools requires state and National Federation sanction; a request for such competition must be made through the NCHSAA office and forms must be filed with the national office a minimum of 30 days in advance of the proposed contest. International competition must be approved by the NCHSAA, the National Federation, Superintendent and/or County Athletic Director and the national governing body for the sport involved.

PLAYER CONDUCT

All players are representatives of their school and are expected to always display positive conduct and good sportsmanship. The coach may discipline any player guilty of willful misconduct to include dismissal or possible denial of participation in the next contest or contests. The Coach, Athletic Director, and Principal will make this determination. (Please see the Cabarrus County Schools’ Board of Education Policy Code 3620, part B.) CCS follows NCHSAA and NCDPI ejection guidelines.

RECRUITING

NO employee of the Cabarrus County School System shall encourage a student-athlete to seek a transfer from one school to another for athletic purposes, or to otherwise engage directly or indirectly in recruiting practices that would result in such transfer requests.

Any school employee that exercises undue influence to cause a student to transfer from one school to another for athletic purposes shall be considered in violation of this regulation and shall be subject to whatever disciplinary action the Board and Superintendent deem appropriate.

RELATIONS BETWEEN HIGH SCHOOLS ATHLETIC DEPARTMENTS AND FEEDER MIDDLE SCHOOL ATHLETIC DEPARTMENTS

A close, cooperative working arrangement is encouraged between high school and middle school athletic departments. Each has much to gain from such cooperation.

SCHEDULING OF NON-CONFERENCE ATHLETIC CONTESTS

When scheduling non-conference athletic contests, the expectation is that the Athletic Director at each school should first highly consider scheduling other Cabarrus County schools before scheduling non-conference games with other counties. Consideration should also be given to scheduling contests with Kannapolis City Schools when not in the same conference. Our communities want to see our local schools play each other and in most all cases brings in additional gate monies.

SCHOOL CHOICE PROGRAMS

Upon acceptance into a HS Choice Program (STEM/IB/Academies), students acknowledge that they have established their athletic and extracurricular eligibility for the entire school year at that school. Under extraordinary circumstances, a hardship request may be filed with the Superintendent/Superintendent's designee.

STUDENT/TEAM MANAGERS

Student/Team Managers no longer have to meet eligibility requirements but are **NOT** allowed to participate in practices or games. Student/Team Managers are **ONLY** allowed to assist the Coach with managerial duties.

TRANSPORTATION TO/FROM EXTRA-CURRICULAR ACTIVITIES

Students must ride to and from the event in which an activity bus is provided. With prior written permission and the coach's permission, parent/guardian may take his/her student home from the event. Parents and students are responsible for providing their own transportation to and from all practices and events where an activity bus or other school vehicle is not offered or available.

Coaches and staff members shall **not** transport students in their own private vehicles.

TRYOUT/SELECTION CRITERIA

All tryouts shall be a minimum of 3 days.

UNIFORMS

Every effort should be made by the school to assure that every athlete has an adequate uniform. A uniform purchasing rotation should be set up at each school. Cheerleading is to be included in the uniform rotation with all other sports.

WATER CONSUMPTION DURING PRACTICES AND GAMES

Coaches are to make water readily available for athletes at all times and must not deprive them of it.

WRESTLING GUIDELINES FOR HIGH SCHOOLS

All daily weigh-ins must be kept on scratch sheets. Match weigh-ins must be conducted and observed by all participating coaches in the match or tournament. Weigh-In data **MUST** be entered within 24 hours of match or tournament. All daily and match weigh-in sheets must be available for NCHSAA review. CCS match limit is 55 (the same as the state limit per regular season). See NCHSAA Handbook for additional information.

WRESTLING GUIDELINES FOR MIDDLE SCHOOLS

1. **Official weigh in and skin fold measurements** should take place on the **FIRST DAY OF TRYOUTS BEFORE PRACTICE BEGINS** and recorded on the attached "minimum weight calculation sheet". (Send a copy to County A.D.)
2. At **NO** time can a wrestler continue participation when their weight drops below the last column of 3% ER allowed.
3. M.S. wrestlers are **NOT** allowed to lose more than **THREE POUNDS PER WEEK**. (Document on daily weigh in sheet).

*Note: Additional wrestling information can be found in the NCDPI Athletic Manual.

CHEERLEADING GUIDELINES

ATHLETIC PARTICIPATION FORMS

All schools must have on file a signed athletic participation form (packet) for each student trying out BEFORE being allowed to tryout.

CHEERLEADING COACHES SAFETY REQUIREMENTS and CERTIFICATIONS

CCS Cheer Squads will follow NFHS Spirit Rules and AACCA safety guidelines. ALL CCS cheerleading coaches are required to be AACCA certified before their first practice. Per NCHSAA requirements, ALL Head Varsity Cheerleading coaches are required to attend a NCHSAA rules update meeting and is highly recommended that all cheer coaches attend the NCCCA conference in Greensboro each July.

The NCHSAA mails each high school a new rules book each year. Middle School Principals/Athletic Directors are responsible for obtaining cheer coaches a new rules book each year from the NFHS.

Cheer coaches are to complete all other NCHSAA and CCS coaching certification requirements: (e.g.: Fundamentals of Coaching, Concussion in Sports, CPR/FA/AED)

COACHING MULTIPLE CHEER TEAMS

HS cheer coaches may not coach both the Varsity and JV cheer teams unless practices are at separate times.

MS cheer coaches may not coach both the Eighth grade and Seventh grade cheer teams unless practices are at separate times.

The Principal and County AD must approve annually. (This should be avoided if at all possible).

COMPETITION CHEERLEADING GUIDELINES

See Spirit Squad Competition Cheerleading Guidelines section.

FUNDRAISING UP TO \$500

A SPIRIT SQUAD is limited to \$500 per cheerleader from all sources including fundraising and personal payment (see BOE Policy 3620). All required clothing items, clinics, camps, and tumbling classes are to be included in this limit.

INSURANCE REQUIRED FOR CHEERLEADERS

Cheerleaders are required to take the student accident insurance unless their parents complete and sign the waiver form indicating they wish to have their personal insurance cover their daughter/son if they are injured. This requirement includes tryouts.

LETTERING GUIDELINES

H.S. cheerleaders will be eligible to letter each sport season (Fall and Winter). The criteria for lettering will be determined by individual schools.

MEDICAL EXAMINATION

All squad members must receive a medical examination before participation in tryouts, practice, or athletic events. The medical exam must be done once every 395 days by a duly licensed physician, nurse practitioner or physician's assistant. If a student is absent from practice for five or more days due to illness or injury, he/she must receive a medical release by a duly licensed physician, nurse practitioner or physician's assistant before being readmitted to practice or contest.

NUMBER OF CHEERLEADING SQUAD MEMBERS

Individual schools will determine the number of athletes per team while keeping in mind the benefits of student athletes being involved in school activities. As with all other sports, a limited number of uniforms available is not a reason to eliminate deserving athletes from a team/squad.

OFF-SEASON GUIDELINES

The length of the cheerleading season is the same as other sports. Any activities outside of the season are optional as workouts are "Open to All, Required of None". Out of Season/Summer optional workouts should be well publicized so that interested athletes can make plans to attend.

PRIMARY FUNCTION

The primary function of a cheerleading squad should be to promote school spirit at athletic or athletic sponsored events. All cheers, chants, dances, or spirit raising activities should be well planned, practiced, and organized to promote a controlled crowd response, which supports the school team. Negative or derogatory gestures or language directed toward an opponent are not permitted.

SELECTION CRITERIA

It is **HIGHLY** recommended that the cheer coaching staff evaluate and select their teams on their own accord, however, coaches may **choose** to use a committee to **assist** in judging cheerleaders during tryouts, but **the COACH has the FINAL DECISION on the selection of the team.** Coaches are **not** to select their teams solely on the evaluation of outside judges/evaluators and should not portray this concept to prospective cheerleaders or parents. Selection of cheerleading teams will be based on performance evaluations of daily practices/workouts and/or performance at tryouts. If a committee is used to assist in “judging/evaluating”, it should be composed in part by members who are **not** affiliated with the school. M.S. and H.S. cheerleaders and other students may **not** serve as judges either within or outside their feeder area. As with all other sports, teacher evaluations are **not** to be used as criteria for selecting cheerleading teams.

STUNTING and PYRAMIDS

Stunting is **NOT** allowed at any time on either **asphalt or concrete** surfaces without the use of a safety mat. (Additionally, CCS cheer teams are to use a mat on ANY track surface (asphalt, concrete, OR rubberized track). Coaches will follow all other NFHS and AACCA stunting regulations, safety guidelines, progressions, and rules.

Double Downs are **ILLEGAL** and cannot be performed at any time or on any surface.

Basket Tosses for High School are permissible if on grass, or mat. (**Not** on asphalt, concrete, tracks, or gym floor without a mat)

Basket Tosses are **ILLEGAL** for Middle School Cheer Squads (per AACCA certification)

Full Downs are legal but must have the use of a mat if on concrete, asphalt, or any track surface.

Cradles are legal but must have the use a mat if on concrete, asphalt, or any track surface.

SUPERVISION

A **CCS Approved** and **AACCA Certified** cheerleading coach must supervise all squads during scheduled practices and performances. In an extraordinary circumstance in which an AACCA certified coach cannot attend a practice or contest then the team is **“Grounded”** from stunting. **NO STUNTING** allowed when an approved certified coach is not in attendance.

TEAM LEVELS: (Varsity, J.V., Eighth Grade, and Seventh Grade)

1. Each CCS High School shall have a separate Varsity and JV team for both Football and Basketball.
2. Each CCS Middle School shall have a separate Eighth Grade team and Seventh Grade team for both Football and Basketball.

TEAM RULES/IN-SEASON GUIDELINES

Each school shall develop a set of team rules for cheer squads. Rules should clearly state guidelines, rules, expectations, penalties for infractions and/or reasons for dismissal from the squad, etc. All athletes should have access to Strength & Conditioning Programs.

All athletes should have access to the weight room provided there is proper supervision/knowledge of weight room guidelines.

The practice environment should meet NFHS/AACCA guidelines.

TRANSPORTATION

Transportation of cheerleaders to away games is the responsibility of the school administration. Cheerleaders should travel together.

It is the expectation that cheer teams attend **BOTH** home and away contests during both football and basketball seasons as cheerleaders are a vital part of the athletic setting/environment.

TRYOUTS: High Schools and Middle Schools will have separate tryouts for the Fall Season and the Winter Season
Fall Season (H.S. and M.S. Football): First tryout date for all other NCHSAA Fall sports.

Winter Season (Basketball):

High School Varsity and J.V. Basketball Cheer:	First day of tryouts for all other H.S. Winter sports.
M.S. Seventh Grade Basketball Cheer:	First day of tryouts for all other M.S. Winter I sports.
M.S. Eighth Grade Basketball Cheer:	First day of tryouts for all other M.S. Winter II sports.

Tryouts shall be a minimum of **THREE** days just like all other sports.

Students must be **ENROLLED** in your school in order to tryout.

Cheerleading coaches shall use a variety of methods to publicize tryouts so as to encourage student participation.

UNIFORMS

Cheerleaders are a vital part of the athletic program and uniforms will be provided by the school’s athletic program.

Cheerleading uniform replacement will be on the same rotational basis as all other sports.

Cheer coaches can check with their Athletic Director to view their school’s uniform rotation list.

ADDITIONAL GUIDELINES GOVERNING CHEERLEADING SAFETY FROM THE NCHSAA & NFHS

NOTE: All cheerleading squads will follow the National Federation High School “Spirit Rules” Book and ACCAA safety guidelines.

1. All cheerleading squads shall adopt a comprehensive conditioning program. Emphasis must be placed on problem areas. (i.e., leg flexibility, upper arm strength, shoulder, ankle and wrist strength, etc.)
2. Preceding all practice sessions and performances there shall be structured stretching exercises and a basic warm up of cheerleading gymnastics (jumps, partner stunts, pyramids, tumbling, etc.)
3. All cheers, chants, dances, or spirit-raising activities shall be well planned, practiced and organized to promote the safety of students participating in cheerleading activities.
4. All squads shall be supervised by a CCS approved and AACCA certified cheerleading coach during all warmups, practices, and performances.
 - a. Locations of practices should be suitable for the activities of cheerleaders. (i.e., tumbling mats, away from excessive noise and distractions, etc.)
 - b. Practice should also be conducted in an atmosphere conducive to maximum concentration and with minimal talking.
5. As per the NFHS the squad must be limited to performing only what the coach is knowledgeable about and is capable of safely teaching. Cheerleading coaches should have a background in cheerleading, dance choreography and/or gymnastics, and must be knowledgeable in proper cheerleading techniques and safety procedures. Coaches must coach within their level of expertise; the ability of the squad is secondary.
6. Coaches must know their squad’s ability level and must limit the squad’s activities accordingly. All spirit stunts should be learned according to accepted progressions which means from lower to higher and from easy to more complex (see Spirit Rules Book).
7. Cheerleaders shall adapt their routines to the environmental conditions and playing surfaces for which stunts, pyramids, and routines are used. (i.e., no mount or gymnastics should be done during rain or on slippery surfaces.)
8. Gymnastic maneuvers where competency has been mastered are permitted. (Coaches/sponsors not knowledgeable in gymnastics should consult someone with expertise in this area to advise them of the ability level of their squad members).
9. Cheerleaders shall have access to the school athletic trainer and team physician.
10. These safety guidelines apply to all practices, game situations, and outside competitions.

COMPETITION CHEERLEADING GUIDELINES

Spirit Squads have evolved to include competition as athletes. Competition should be a secondary consideration for spirit groups. If a Cabarrus County Spirit Squad chooses to compete the following guidelines should be observed:

1. CCS spirit squads (which includes varsity, JV, and middle school teams) may compete as long as *ALL* participants are members of one of the school spirit teams (football or basketball squads) and if the coach chooses to compete. Choosing to compete must be a voluntary choice by the cheerleader. Choosing not to compete should have **NO** bearing on whether a cheerleader makes the Spirit Squad.
2. CCS does not fund competition costs. Funding will be the responsibility of the participants (registration, transportation, etc.). A school’s athletic department may choose to fund a NCHSAA competition.
3. Spirit squads that compete will be covered by the same liability insurance that covers a team traveling during a school activity. Spirit squads compete at their “own risk” during games as well as while competing. Most competitions provide insurance coverage. Cheerleaders are required to take the student accident insurance unless their parents complete and sign the waiver form indicating they wish to have their personal insurance cover their daughter/son if they are injured.
4. Spirit squads preparing for competition should be allowed to use school facilities for practice as well as school uniforms for the competition.
5. Spirit Squads must adhere to CCS fundraising policy (see BOE Policy 3620) which limits fundraising to \$500 per participant per school year. Team members who choose to participate in competition cheer are permitted to raise an additional \$500.
6. The maximum number of competitions for a squad will be 5.

Cabarrus County Schools Sports Camp Guidelines

- All camps must have prior approval of the school Principal.
 - Anyone conducting a camp must see their Finance/Treasurer and complete a Contractual Agreement Form. This must be done before the camp can commence.
 - Check to see if you are required to use Time Keeper or time sheets.
- Must provide proof of liability insurance **ON THE CAMP ITSELF** (\$1 million minimum).
Note: Athletic Directors and Coaches may want to use the same agency that provides our Student Accident Coverage Insurance.
- Schools will not incur any financial responsibility for operation of the camp.
- Camps must generate enough income to be self-supporting.
- All fees collected by teacher/coach must be receipted and deposited at the school site.
- All payments to vendors and non-system employees must be paid from the local school level account using a Purchase Order.
- Teacher/Coaches salary
 - Payments to system employees must be processed through central office payroll.
 - Salary will be based at an hourly rate not to exceed teaching wages before taxes for employees of Cabarrus County Schools.
 - Teacher/coaches may be paid for preparation time, i.e. One-hour preparation time for four hours of camp instruction, 2-hour preparation time for eight hours camp instruction, etc.
- No facility-use fees will be charged if run by a school system employee provided:
 - Sponsor must complete a Fundraising form.
 - Additional funds are to be placed in the proper athletic account(s).
 - Employee is responsible for cleaning up the facilities after use.

HEALTH & SAFETY GUIDELINES

Gfeller-Waller Concussion Awareness Act: The Gfeller-Waller Concussion Awareness Act was drafted and implemented to protect the safety of student-athletes in North Carolina and was signed into law on July 16, 2011. There are three major areas of focus in the law and these include: education, emergency action and postconcussion protocol implementation, and clearance/return to play or practice following concussion. Each school should maintain documentation that it is in compliance with the law. The following is a guide to steps that will help you, the school administrator, comply with the Gfeller-Waller Law.

- (a) EDUCATE those involved with interscholastic athletic activities.
 - (1) Student-athletes will be provided with the STUDENT CONCUSSION INFORMATION FORM.
 - (2) Students shall read, initial, sign, and return the STUDENT-ATHLETE CONCUSSION STATEMENT form.
 - (3) Parents, coaches, school nurses, athletic directors, first responders, and volunteers will be provided with the ADULT CONCUSSION INFORMATION FORM.
 - (4) All above adults shall read, initial and return the COACH/SCHOOL NURSE/PARENT/VOLUNTEER CONCUSSION STATEMENT form.

(It is at the discretion of each educational institution to identify who will distribute, collect, and maintain the above forms.)
- (b) PLAN for what will happen when an injury occurs:
 - (1) Concussion: If a student-athlete exhibits signs and symptoms consistent with a concussion (even if not formally diagnosed), the student-athlete is to be removed from play and is not allowed to return to play (game, practice, or conditioning) on that day.
 - (2) Student-athletes are encouraged to report their own symptoms, or to report if peers may have concussion symptoms. Coaches, parents, volunteers, first responders, school nurses, licensed athletic trainers (if available), are responsible for removing a student-athlete from play if they suspect a concussion.
 - (3) Following the injury, the student-athlete should be evaluated by a qualified medical professional with training in concussion management. It is strongly recommended that each institution seek qualified medical professionals in the surrounding community to serve as resources in the area of concussion management.
 - (4) In order for a student-athlete to return to play without restriction, he/she must have written clearance from appropriate medical personnel. The form that should be used for this written clearance is posted on the Gfeller-Waller website.
- (c) Emergency Action Plan: Each school should have a venue specific Emergency Action Plan (EAP) that follows the specifications outlined in the EAP guidelines on the website.
 - (1) This plan should be: 1) in writing, 2) reviewed by an athletic trainer licensed in North Carolina, 3) approved by the principal of the school, 4) distributed to all appropriate personnel, 5) posted conspicuously at all venues, and 6) reviewed and rehearsed annually by all licensed athletic trainers, first responders, coaches, school nurses, athletic directors, and volunteers for interscholastic athletic activities.

The NCHSAA website (Health and Safety Section) has information on the Gfeller-Waller Concussion Awareness Act including the Legislation Policy, Compliance Checklist, Student-Athlete and Parent/Legal Custodian Concussion Statement Form, Return to Play Form, Coach/School Nurse Concussion Statement Form and link to the Gfeller/Waller Concussion Awareness Act website. **(Revised: May 2014)**

HEAT & HUMIDITY GUIDELINES

Cabarrus County Schools follows the NCHSAA Heat and Humidity Guidelines. For updated guidelines, go to www.nchsaa.org.

- 2.5.1 **Inclement/Hot Weather Guidelines:** Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions.
- (a) High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.
 - (b) Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended each 20 or 30 minutes, depending on practice conditions.
 - (c) Each LEA must have a written policy pertaining to practice on days of extreme heat or early dismissal due to extreme weather conditions.
 - (d) Schools must also have a policy in place regarding lightning.
 - (e) In addition to these guidelines, schools must have a plan/procedure for all emergency situations. See chart for details.
- 2.5.2 **Heat and Humidity Guidelines:** The fundamentals of a Heat Acclimatization Program are as follows:
- (a) A Certified Athletic Trainer or first responder **MUST** be in attendance at all football practices and games.
 - (b) Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be conditioned in a period of only two to three weeks.
 - (1) Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.
 - (2) Minimize protective gear (helmets only, no shoulder pads) during first several practices, and introduce additional uniform and protective gear progressively over successive days.
 - (3) Emphasize instruction over conditioning during the first several practices.
 - (c) Keep each athlete's individual level of conditioning and medical status in mind and adjust activity according. These factors directly affect exertional heat illness risk. For example, there is an increased risk if the athlete is obese, unfit, has been recently ill, has a previous history of exertional heat illness, or has Sickle Cell Trait.
 - (d) Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
 - (e) Athletes must begin practices and training activities adequately hydrated.
 - (f) Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed.
 - (g) Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.
 - (h) An Emergency Action Plan (EAP) with clearly defined written and practiced protocols should be developed and in place ahead of time.
 - (i) Prior to season all coaches, athletic training personnel and first responders working with team should review signs and symptoms of heat illness and the emergency action plan for their school.
 - (j) Precautions must be taken to prevent heat-related problems. Please pay particular attention to the following:
 - (1) A Heat Index chart should be available at practices and contests.
 - (2) A copy of the Emergency Action Plan that outlines steps to take in case of severe environmental conditions, should be on-site.

- (3) Supplies for rapid cooling should be on-site. These should include a simple “toddler swimming pool” or tank for rapid immersion.

2.5.3 Hot Weather Management, Prevention Guidelines and Recommendations:

- (a) Measure Wet-Bulb Globe Temperature (WBGT) reading if this can be done accurately onsite. If not, determine this from weather station or reliable airport site within 5 to 10 miles of practice site. If WBGT is not available, determine temperature in F/C and Relative Humidity and refer to the Heat Index Chart.
- (b) As temperatures increase, minimize clothing and equipment.
- (c) Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
- (d) If and when possible, pre and post-practice weigh-ins should be conducted. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating.)

WBGT and Heat Index - Physical Exercise Chart		
WBGT Index (F)	Heat Index	Athletic Activity Guidelines
Less than 80	Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)
80 - 84.9	80 - 90	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)
85 - 87.9	91 - 103	New or unconditioned athletes should not practice. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have immersion pool on site for practice.
88 - 89.9	104 - 124	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have immersion pool on site for practice.
90 or Above	125 and up	SUSPEND PRACTICE

NOAAA's National Weather Service
Heat Index

		Temperature															
Humidity		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40		80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45		80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50		81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55		81	84	86	89	93	97	101	106	112	117	124	130	137			
60		82	84	88	91	95	100	105	110	116	123	129	137				
65		82	85	89	93	98	103	108	114	121	128	136					
70		83	86	90	95	100	105	112	119	126	134						
75		84	88	92	97	103	109	116	124	132							
80		84	89	94	100	106	113	121	129								
85		85	90	96	102	110	117	126	135								
90		86	91	98	105	113	122	131									
95		86	93	100	108	117	127										
100		87	95	103	112	121	132										

Caution Extreme Caution Danger Extreme Danger

Hot Weather Play and Practice Guidelines for High School Football

In the Carolinas, high schools initiate football practice during generally the hottest part of the calendar year. In order to get through this period without incident and provide athletes a rewarding experience, there are several guidelines recommended. Most of the following recommendations involve nothing more than being aware of and respecting the conditions of heat and humidity; monitoring all athletes closely; and modifying practice as necessary in response to weather conditions. The recommendations are:

- **REQUIRE A THOROUGH EXAMINATION OF ALL ATHLETES.** A complete history giving information relative to past heat-related problems should be included. This needs to be **IN HAND** before the athlete is allowed to set foot on the practice field.
- **EDUCATE PARENTS, COACHES, AND PLAYERS TO THE DANGERS OF HOT WEATHER PRACTICES. MAKE SURE EVERYONE CAN RECOGNIZE THE SIGNS AND SYMPTOMS OF THE VARIOUS FORMS OF HEAT.** Make sure coaches have a healthy respect for the heat and the toll it can take on the un-acclimatized athlete's body. On the field everyone should be watching the athletes for symptoms of heat problems. Athletic trainers, coaches, student trainers, and players alike should be alert for the signs of heat illness and seek medical attention for affected individuals when such are observed.
- **EDUCATE PARENTS OF THE NEED TO PROVIDE A WELL-BALANCED DIET FOR ATHLETES DURING HOT WEATHER PRACTICES.** Meals should include foods rich in potassium and calcium, and these minerals are frequently not in sufficient quantities during meals to replace that which is lost during a hot weather workout. Sodium can be replaced easily enough by adding extra salt (NaCl) to one's foods at mealtime. Salt tablets should not be given to athletes as they may actually contribute to heat stress problems. Potassium-rich foods include cereals, dried peas and beans, fresh vegetables, dried fruits (raisins, prunes, dates), fresh fruits, orange juice, watermelon, cantaloupe (perhaps the potassium-richest), sunflower seeds, and nuts. Drinking extra milk or eating greater quantities of dairy products can replace calcium. For the athlete with lactose intolerance, inexpensive calcium-rich dietary supplements can be taken. Fresh fruits and fruit juices should be maintained in ample quantity and players should be encouraged to eat and drink plenty during the early hot weather periods of football practice. Parents are advised to keep an ample quantity of some type of electrolyte beverage (ex. Gatorade) on hand and to encourage their son to drink plenty. Caffeinated beverages should be avoided, as caffeine, a diuretic and central nervous system stimulant would have a negative effect on the body's ability to cool itself. Alcoholic beverages seriously impair the body's ability to cool itself and athletes should be emphatically cautioned against their usage. Athletes taking medications should make the athletic staff aware of this as well as any precautions that should be observed. Drugs (prescribed or other), often have an adverse effect on the body being able to cool itself.
- **CONDITIONS OF TEMPERATURES AND HUMIDITY SHOULD BE MEASURED AND RECORDED,** starting one hour before the onset of practice and continuing hourly until practice is finished for the day. A sling psychrometer (manual or digital), physiodyne, or heat stress monitor is the best means to measure the conditions. If these are not available, a wet-bulb or dry-bulb thermometer reading should take. In the **NCHSAA** handbook (page 61) a chart with recommended guidelines for practice under specific conditions is given and should be adhered to as minimal standards. It is perfectly okay to exceed the given guidelines on the side of caution.
- **WEAR APPROPRIATE CLOTHING.** Light colored mesh jerseys are preferable to the darker ones, as they do not absorb heat as readily. On days when the temperature and humidity indicate the need, allow players to wear only shorts, shirts, and helmets to practice. On these days encourage the players to remove their helmet anytime they are not directly involved in a practice situation. Limit the amount of body-to-body contact on such days. Don't hesitate to cancel practice altogether if the conditions get too severe.
- **FLUID REPLACEMENT DURING HOT WEATHER PRACTICES IS ESSENTIAL.** Fluids should be given freely and often before, during, and after practices. Electrolyte beverages are excellent, but if not available, copious quantities of water should be ingested. Coaches should understand that more work could be attained from a fresh athlete than one that is suffering from extreme dehydration. Water breaks should occur often during the first 10 days of practice during which nearly 90% of the acclimatization process occurs. During a break all activity should stop, players should go to a shaded area, helmets should be removed, and every player should drink. Coaches should circulate among players during breaks and look for signs of heat illness. Water breaks should become more frequent and last longer as the temperature increases. **AN UNLIMITED SUPPLY OF WATER MUST BE READILY AVAILABLE ON THE PRACTICE FIELD.** Multiple water stations should be set up during hot weather practices. Student athletic trainers should circulate among the various groups of players with water bottles and cold towels. This gives student athletic trainers the opportunities to not only make

water available between breaks, but to get a closer look at the players. At breaks every athlete should be encouraged to drink, even if they say they are not thirsty, as thirst is not a good indicator of fluid loss.

- **RECORD THE WEIGHTS OF ALL PLAYERS BEFORE THEY GO TO PRACTICE AND AGAIN AFTER THEY RETURN FROM PRACTICE. OBSERVE THE 3% RULE. MAINTAIN A RECORD OF THE ATHLETE'S WEIGHT BEFORE AND AFTER EACH PRACTICE SESSION.** This is a good means of seeing how much fluid a player has lost. The 3% rule simply states that a player cannot go out to practice if his weight is not within 3% of what it was when he came in from the last session. For example, a player that weighs 200 pounds, loses 8 pounds at practice (this is not unusual during a hard hot-weather practice). This player would not be permitted to practice at the next session unless his weight was back to within 3% of his 200 pounds (194 pounds). This means the player would have to gain back at least 2 pounds before he would be permitted to go back out to practice. This could be accomplished by drinking 2 pints of water as a pint of water = 1 lb.
- **PRACTICES SHOULD BE GRADUATED IN LENGTH AND INTENSITY.** Acclimatization is critical but needs to be accomplished through a gradual lengthening of practices and similarly increasing the intensity and workload during practices. Practices need to be scripted to include regular water and rest breaks, which are strictly adhered to by the entire coaching staff.
- **WATCH PLAYERS THAT MAY BE PREDISPOSED TO HEAT STRESS PROBLEMS.** Watch all players certainly but pay careful attention to the heavy and/or obese athletes, athletes that have recently lost a considerable amount of weight, fair-skinned-red headed athletes, athletes with a history of heat problems in the past, and athletes that have not taken part in summer workouts.
- **HAVE A SHADED AREA AVAILABLE.** When an athlete becomes stressed by heat, he needs to be removed from direct sunlight. If your practice field does not afford any shade, you should investigate getting a portable tent to provide you some shade. Mist units, fans, and cold towels are means of cooling an athlete rapidly, and one or more of these should be available. The mist units and fans can be purchased at reasonable prices and cold towels require only a small amount of one's time to prepare and can be kept in a cooler until needed.

The above are merely common-sense solutions to a common problem in our area. It is possible to have hot weather workouts if we are mindful of the conditions, take the necessary precautions, and have the necessary medical help available. As difficult as it may be to call off practice due to the heat, it is no comparison to having to tell the parents of a child that died of heat stroke at or following one of your practices, why you felt it so necessary to practice.

HEAT ILLNESS PREVENTION THE 3% LIMIT									
Weight	Less 3%	Weight	Less 3%	Weight	Less 3%	Weight	Less 3%	Weight	Less 3%
100	97.00	151	146.47	202	195.94	253	245.41	304	294.88
101	97.97	152	147.44	203	196.91	254	246.38	305	295.85
102	98.94	153	148.41	204	197.88	255	247.35	306	296.82
103	99.91	154	149.38	205	198.85	256	248.32	307	297.79
104	100.88	155	150.35	206	199.82	257	249.29	308	298.76
105	101.85	156	151.32	207	200.79	258	250.26	309	299.73
106	102.82	157	152.29	208	201.76	259	251.23	310	300.70
107	103.79	158	153.26	209	202.73	260	252.20	311	301.67
108	104.76	159	154.23	210	203.70	261	253.17	312	302.64
109	105.73	160	155.20	211	204.67	262	254.14	313	303.61
110	106.70	161	156.17	212	205.64	263	255.11	314	304.58
111	107.67	162	157.14	213	206.61	264	256.08	315	305.55
112	108.64	163	158.11	214	207.58	265	257.05	316	306.52
113	109.61	164	159.08	215	208.55	266	258.02	317	307.49
114	110.58	165	160.05	216	209.52	267	258.99	318	308.46
115	111.55	166	161.02	217	210.49	268	259.96	319	309.43
116	112.52	167	161.99	218	211.46	269	260.93	320	310.40
117	113.49	168	162.96	219	212.43	270	261.90	321	311.37
118	114.46	169	163.93	220	213.40	271	262.87	322	312.34
119	115.43	170	164.90	221	214.37	272	263.84	323	313.31
120	116.40	171	165.87	222	215.34	273	264.81	324	314.28
121	117.37	172	166.84	223	216.31	274	265.78	325	315.25
122	118.34	173	167.81	224	217.28	275	266.75	326	316.22
123	119.31	174	168.78	225	218.25	276	267.72	327	317.19
124	120.28	175	169.75	226	219.22	277	268.69	328	318.16
125	121.25	176	170.72	227	220.19	278	269.66	329	319.13
126	122.22	177	171.69	228	221.16	279	270.63	330	320.10
127	123.19	178	172.66	229	222.13	280	271.60	331	321.07
128	124.16	179	173.63	230	223.10	281	272.57	332	322.04
129	125.13	180	174.60	231	224.07	282	273.54	333	323.01
130	126.10	181	175.57	232	225.04	283	274.51	334	323.98
131	127.07	182	176.54	233	226.01	284	275.48	335	324.95
132	128.04	183	177.51	234	226.98	285	276.45	336	325.92
133	129.01	184	178.48	235	227.95	286	277.42	337	326.89
134	129.98	185	179.45	236	228.92	287	278.39	338	327.86
135	130.95	186	180.42	237	229.89	288	279.36	339	328.83
136	131.92	187	181.39	238	230.86	289	280.33	340	329.80
137	132.89	188	182.36	239	231.83	290	281.30	341	330.77
138	133.86	189	183.33	240	232.80	291	282.27	342	331.74
139	134.83	190	184.30	241	233.77	292	283.24	343	332.71
140	135.8	191	185.27	242	234.74	293	284.21	344	333.68
141	136.77	192	186.24	243	235.71	294	285.18	345	334.65
142	137.74	193	187.21	244	236.68	295	286.15	346	335.62
143	138.71	194	188.18	245	237.65	296	287.12	347	336.59
144	139.68	195	189.15	246	238.62	297	288.09	348	337.56
145	140.65	196	190.12	247	239.59	298	289.06	349	338.53
146	141.62	197	191.09	248	240.56	299	290.03	350	339.50
147	142.59	198	192.06	249	241.53	300	291.00	351	340.47
148	143.56	199	193.03	250	242.50	301	291.97	352	341.44
149	144.53	200	194.00	251	243.47	302	292.94	353	342.41
150	145.50	201	194.97	252	244.44	303	293.01	354	343.38

National Federation of State
High School Associations



NFHS GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING or THUNDER DISTURBANCES

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

For more detailed information, refer to the "Lightning Safety" section contained in the NFHS Sports Medicine Handbook.

Revised and Approved October 2014

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

CABARRUS COUNTY SCHOOLS
TORNADO WATCH/WARNING GUIDELINES

What to do if a Tornado Watch or Warning is issued before/during/after athletic practices and/or contests are in progress.

TORNADO WATCH

All practices/events may continue as scheduled as long a school designee is constantly monitoring the local weather channel at all times.

If an athletic team is traveling for a contest, the principal or designee shall notify the opposing school or their local law enforcement office and have them contact the coach and inform them if the Tornado Watch is in Cabarrus County.

TORNADO WARNING

All events should be cancelled IMMEDIATELY, and the athletes are to IMMEDIATELY go to the nearest building and seek coverage and get in the proper position for the TORNADO WARNING.

If an athletic team is traveling for a contest, the principal or designee shall notify the opposing school or their local law enforcement office and have them to contact the coach and inform them of the Tornado Warning in Cabarrus County. Remain in your present location until the Tornado Warning has been removed. If the Tornado Warning is in effect for the area in which they are playing they should be instructed to seek IMMEDIATE shelter and assume the proper position until the Tornado Warning has been removed in Cabarrus County prior to returning home.

REMEMBER:

**A TORNADO WATCH CAN TURN INTO A
TORNADO WARNING IN A MATTER OF SECONDS.
IT IS THE FEELING OF THE ADMINISTRATION THAT
DURING A TORNADO WATCH IT IS MUCH SAFER FOR
THE TEAMS TO RETURN IN DAYLIGHT VERSUS
WAITING UNTIL DARK TO RETURN.**

SAMPLE

COACH RESPONSIBILITIES AND EVALUATION

COACH _____ **SPORT** _____ **DATE** _____

The information provided below serves as a job description as well as an evaluation of coaching expectations. Use the blank to the left of each description to document the date received for any required paperwork or the date reviewed with the particular coach (i.e., preseason coaches meeting). The blanks to the right serve as a post-season evaluation of those same expectations. (S) Satisfactory, (NI) Needs Improvement, (U) Unsatisfactory

MAJOR PRE-SEASON RESPONSIBILITIES:

	S	NI	U
____ 1. Medical clearance of squad candidates according to Cabarrus County Schools' policy and NCHSAA regulations.			
____ 2. Cabarrus County Schools Participation-Parental Consent Forms accurately completed prior to submission to Athletic Director.			
____ 3. Insurance form completed and signed by a parent before candidate begins practice.			
____ 4. Correct certification in FA/CPR/AED, CDL, Coaches Education Program or others applicable and maintained appropriately.			
____ 5. NCHSAA required attendance at sports specific pre-season rules meeting.			
____ 6. Coordinate practice schedule with athletic director and fellow coaches.			
____ 7. Communicate standards and expectations of eligibility, participation, and recognition.			

MAJOR RESPONSIBILITIES DURING SEASON:

	S	NI	U
____ 1. Follows proper budgetary procedures.			
____ 2. Provides a copy of the NCHSAA eligibility list submitted (five days prior to date of first contest) to the Athletic Director.			
____ 3. Supervises squad members from time of arrival for a practice or competition until all players are off campus.			
____ 4. Adherence to the regulations relative to NCHSAA Handbook, CCS Policies/Procedures, and School and Team Procedures.			
____ 5. Care of equipment and supplies.			
____ 6. Care of school facilities (gym, athletic field, locker rooms).			
____ 7. Care of injuries and notification of injury to the Athletic Trainer/First Responder.			
____ 8. Follows proper procedures to ensure that squad members are excused from school for athletic contests and post-game transportation.			
____ 9. Adherence to regulations relative to overnight squad trips.			
____ 10. Pre-game preparations (transportation, equipment, facilities).			
____ 11. Appropriate conduct at games toward players, officials, and spectators.			
____ 12. Reporting of varsity game scores and other pertinent information to all newspapers not represented at the contest as soon as feasible after a home game.			
____ 13. Keep accurate statistical data/records during season.			
____ 14. Developing and filing written practice plan.			

MAJOR RESPONSIBILITIES AFTER SEASON (SUBMIT TO ATHLETIC DIRECTOR):

	S	NI	U
____ 1. Provide a list of squad members who completed the season (varsity letter winners, junior varsity certificate winners, special award recipients).			
____ 2. Submits season record – Opponents and scores, any championships won and any outstanding achievements by a player such as most points scored in a game, high scorer for season, etc.			
____ 3. Submits detailed list of players who failed to return issued school equipment to AD.			
____ 4. Submits inventory of equipment on hand – indicating condition to AD.			
____ 5. Submits budget for next season to AD.			

OTHER RESPONSIBILITIES:

	S	NI	U
____ 1. High ideals, good habits, and desirable attitudes in behavior.			
____ 2. Participation in coaching clinics and in-service programs as part of professional growth.			
____ 3. Communication/rapport with players/parents.			
____ 4. Communication/rapport with coaching staff/school administration.			
____ 5. Knowledge of game rules, fundamentals, and strategy.			
____ 6. Ability to improve player performance.			
____ 7. Teaching/modeling legitimate and ethical standards and strategies.			
____ 8. Respect and concern for athletes, students, parents, colleagues, and other citizens.			
____ 9. Communication and rapport with teaching staff, co-coaches, parents, student assistants Athletic Boosters Club, newspapers, etc., to attain and maintain good working and/or public relations.			

OTHER:

I have read and fully understand my responsibilities as a coach of Cabarrus County Schools.

Signature of Coach: _____ Date: _____

Signature of Athletic Director: _____ Date: _____

Signature of Principal: _____ Date: _____

Coaches Evaluation of Athletic Trainer Job Performance

Athletic Trainer's Name: _____

School: _____

Date: _____

Coaches Name: _____

Sport Season: **Fall** **Winter** **Spring**

(Circle One)

N/A - Not Applicable 1 - Unsatisfactory 2 - Needs Improvement 3 - Satisfactory 4 - Good 5 -Excellent**Please provide an explanation for any mark a 3 or below**

	Place a Check Mark in the Appropriate Box	5	4	3	2	1	NA
1	Is highly visible, around when you need them						
2	Reports to practice/events on time						
3	Approachable						
4	Proactive						
5	Maintains a positive attitude						
6	Behaves in an ethical and moral fashion						
7	Adaptability; flexible to changing situations and schedules						
8	Responds to athletes needs promptly						
9	Treats all athletes equally and maintains confidentiality						
10	Communicates effectively with coaches						
11	Communicates effectively with athletes and parents						
12	Maintains a professional, clean, neat appearance						
13	Good rapport with athletes/staff/parents						
14	Good rapport with parents						
15	Organizational skills: Plans ahead and is ready at practice/game time						
16	Maintains appropriate and efficient record keeping						
17	Keeps viewable injury treatment log for coaches						
18	Ability to handle emergency/pressure situations (acts quickly and calmly)						
19	Demonstrates appropriate care. Has a strong skill set						
20	Preventative Measures: Provides treatment & rehab for athletes						
21	Promotes athletic training within the school & community						
22	Provides CPR/AED training for coaches						

Additional Comments:

**SPORTS MEDICINE**