

# Corvian Cardinals



**2020-2021**

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# TABLE OF CONTENTS

<b>Page 2</b> .....	<b>Covian Cardinals Athletics Department Handbook</b>
Page 3 .....	Cycle of Success
Page 3 .....	Pillars of Success
Page 3 .....	Daily Approach
Page 4 .....	Athletics Philosophy
Page 5 .....	Eligibility & Participation
Page 9 .....	Behavioral Guidance
Page 14 .....	Athlete Advocacy
Page 15 .....	Covid-19 Addendum
Page 17 .....	Contracts
<b>Page 19</b> .....	<b>Electronic Acknowledgement</b>
<b>Page 20</b> .....	<b>Return To Play</b>
Page 21 .....	Concussion Sports Meeting
Page 22 .....	Workout & Tryout Guidelines
Page 22 .....	Practice Schedule
Page 23 .....	Pre-Season checklist



## 2020 - 2021 Handbook



## Our Cycle of Success

1. **Mission Statement**  
By developing an awarding winning program for male & female sports that is rooted in excellence, *our mission* is that all individuals associated with Cardinal Athletics, will value characteristics acquired through athletic participation.
2. **Vision Statement**  
To create and sustain an Athletics Department that promotes an environment of **Unity, Honesty, and Success** encompassing the Corvian community, boosters and its stakeholders.
3. **Focus Statement**  
To create opportunities to emphasize **Character, Identity, & Purpose** through competition, peer interaction & individual instruction.
4. **Desire Statement**  
Through **Integrity, Transparency, and Trust** *our desire* is to assist youth find their voice & purpose through their many talents.

## Our Pillars of Success

Values	Attitude	Goal Setting
<ul style="list-style-type: none"> <li>• F.A.M.I.L.Y</li> <li>• COMMITMENT</li> <li>• RESPECT</li> <li>• HONESTY</li> <li>• RELIABLE</li> <li>• CONSISTENT</li> </ul>	<ul style="list-style-type: none"> <li>• COMPETITIVE</li> <li>• ACCOUNTABLE (NO EXCUSES)</li> <li>• PASSIONATE</li> <li>• CONFIDENT</li> <li>• ATTENTIVE</li> <li>• PERSEVERANCE</li> </ul>	<ul style="list-style-type: none"> <li>• S. SPECIFIC</li> <li>• M. MEASURABLE</li> <li>• A. ATTAINABLE</li> <li>• R. REALISTIC</li> <li>• T. TIME BOUND</li> </ul>



## Daily Approach

BRING JUICE  
 PREPARE LIKE A PRO  
 EMBRACE THE GRIND  
 BE PLAYMAKERS. ATTACKERS. FINISHERS  
 CHEMISTRY = PLAYING TOGETHER + COMMUNICATION



***“Culture drives expectations and beliefs; expectations and beliefs drive behavior; behavior drives habits; and habits create the future. It all starts with culture.”***  
- Jon Gordon & Mike Smith of *You Win in the Locker Room First*

## ***Our Athletics Philosophy***

- ❑ **WE MUST BE IN GREAT SHAPE**
  - ❑ STRENGTH & CONDITIONING IS KEY
  - ❑ IT'S APART OF WHO WE ARE (**NO EXCEPTIONS**)
  - ❑ ≥ SPORT INVOLVEMENT IS ENCOURAGED FOR ADVANCEMENT IN ATHLETICISM, NOT REQUIRED
  
- ❑ **WE WILL BE FUNDAMENTALLY & TECHNICALLY SOUND**
  - ❑ IF NOT STRESSED EQUALS LACK OF SUCCESS
  
- ❑ **WE MUST **KEEP IT LIKABLE & LEARNABLE****
  - ❑ *SIMPLE SCHEME*
  - ❑ YET MULTIPLE & DIVERSITY IS ENCOURAGED
  - ❑ PIPELINE ATHLETICS
  
- ❑ **WE MUST BE ON THE SAME PAGE**
  - ❑ COMMUNICATION IS KEY
  
- ❑ **WE WILL BE WELL PREPARATION**
  - ❑ WORK SMARTER THAN OUR OPPONENT
  - ❑ ORDER OF OPERATION
  - ❑ WHAT DO WE DO WELL & HOW CAN IT BE MASTERED?
  - ❑ IN WHAT AREAS CAN WE IMPROVE & HOW MUCH TIME TO WE ALLOCATE TOWARDS IMPROVEMENT?
  
- ❑ **WE WILL HAVE ATTENTION TO DETAIL**
  - ❑ EXPLOIT OPPONENTS WEAKNESSES
  - ❑ CREATE MISMATCHES
  - ❑ CALCULATED, NOT RECKLESS



***“You cannot merely expect culture to be a natural occurrence: it has to be taught and made a part of your everyday routine.”***  
- Mike Krzyzewski, Duke Head Basketball Coach



## Eligibility & Participation Factors

Corvian Athletics will follow rules and regulations as set forth by the *North Carolina High School Athletic Association (NCHSAA)* and the *North Carolina Department of Public Instruction (NCDPI)*. However, as a local education agency (LEA), Corvian Community School has the authority to establish more stringent participation factors.

### Academics

In order to be eligible to participate in athletics activities:

- Middle school students must pass at least one (1) less course than the number of required core courses the previous semester to be eligible for the current sports season.
- High school students must pass a minimum of five (5) courses the previous semester to be eligible for a given sports season.
- Summer school work used to make up part of the minimum load must be applied to the most recent semester.
- Students on an IEP or 504 must be making expected progress to meet annual goals.
- All students must also meet local promotion standards set forth by Corvian.
- Note: Since academic eligibility is semester-based, it can be rescinded mid winter sports season.

**They are students first! Corvian administration reserves the right to remove any athlete from a team roster for reasons relating to academic performance regardless of the above minimum state requirements.**

### Enrollment



To participate in athletics, a student must:

- Live in North Carolina
- Be actively enrolled and in regular attendance at CCS
- Not participate in athletics activities at a secondary school

### Athletics Participation Fee

A fee is required to participate on any Corvian athletics team. Once a player makes a team, the full fee is due no later than seventy-two (72) hours before the first official contest.

- Middle School Fee: \$75 (\$80 online)
- High School Fee: \$125 (\$130 online)
- <http://www.corvian.org/payments.aspx>

This fee covers expenses including, but not limited to, uniforms, equipment, officials fees, facility rentals and coaching stipends. This fee will not be refunded to a student who has been removed from a team because of misbehavior or conduct that is detrimental to the school or team, etc. as determined by the school's administration or if a student chooses to leave the team. A check can be delivered to the high school front office or brought to practice and turned into a coach.



## Health and Safety

All Corvian athletes are required to:

- Submit all annual paperwork on [PlanetHS](#) **PRIOR** to participating in any yearly athletics activities.
- Receive a medical exam every year by a duly licensed physician, nurse practitioner or

physician assistant. **This exam will expire after 395 days from the date signed.**

- Adhere to and understand the Gfeller Waller Concussion Awareness protocol.

## Age Limits



To not be eligible to play,

- Middle school students must **turn 15 on or before August 31** of the school year
- High school students must **turn 19 on or before August 31** of the school year

## Semester & Season Limits

- Middle school students **may not participate in more than six (6) semesters** beginning with the student's entry into sixth grade. That translates to no more than three (3) seasons of a particular sport.

- High school students **may not participate in more than eight (8) semesters** beginning with the student's entry into ninth grade OR participation on a high school team (this applies to overage middle school players only). That translates to no more than four (4) seasons of a particular sport.

## Attendance

In order to participate in daily athletics activities, a student must:

- Be in school at least 50% of the normally scheduled school day
- Not be serving an in-school or out-of-school suspension
- Complete the [Return to Play Form](#) if absent for five (5) or more days due to illness or injury in order to resume activities

In order to participate in a given sports season, a student must:

- Request and receive a waiver from administration **if** absent more than 13 days in the previous semester.



## Tryouts and Cuts

- The head coach will select the individuals he/she feels meets the criteria for his/her team.
  - Criteria will be based on ability, commitment level & overall attitude.
- 
- Rosters announcement within 24 hours via the Corvian website. Rosters will not be announced at the end of tryouts

## Playing Dual Sports



Students-Athletes are **NOT** permitted to play two sports in the same season. Athletes must pick a primary sport per season.

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## Uniforms

All uniforms are the property of Corvian Community School.

- Uniforms may not be used in outside competition or for other purposes by individual athletes.
  - Uniforms will be turned in at the end of the season (or upon request for a disciplinary removal from the team)
- 
- If a uniform is not turned in or is damaged beyond ordinary wear and tear, the student and/or their guardian is responsible for the cost of purchasing a new matching uniform. (i.e rips, tears, stains, discoloration, alterations of any kind, damage to graphics, etc.)

## After School Policy

Students, guardians and coaches are not permitted to stay on school property without prior permission granted by the Athletics Director.

Players must leave school property by the end of carpool and return for all athletics events at their scheduled time unless previously indicated by the team schedule and communicated by athletics staff



## Transportation Policy

Corvian Athletes will be transported via buses, vans and carpools. Athletes will be required to ride with the team to the game when a bus or van is provided. Athletes will be required to have their own ride to all practices and home games.

- **Buses & Vans** will be used as much as possible.
- **Carpools** will be used on days that there aren't enough vans or buses
  - Dates will be communicated ahead of time for guardians to arrangements

All coach, parent, guardian & volunteer drivers **must follow North Carolina DMV laws and have a valid NC driver's license.**

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## Sunday Restriction

For both middle and high school, there shall be no Sunday practices or contests. This regulation includes the assembling of team members for purposes that pertain to coaching or the perception thereof.

**CARDINAL STRONG!**

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## Media Release

In cohesion with participation, student-athletes and parent/guardians grant permission to, known as photography & videography, to use in Media publications including: social media, video, email blasts, brochures, newsletters, magazines, general publications, as well as websites. Waiving any right to

inspect or approve the finished photographs or electronic matter that may be used in conjunction with them now or in the future. You are able to submit questions prior to signing. Failure to do so will be interpreted as a free and knowledgeable acceptance of terms of this release.



# Behavioral Guidelines

## Student-Athlete Discipline Policy

1. Any time a student-athlete is in uniform or on a team trip, he/she is representing Corvian Community School and will behave with responsibility and good character at all times.
2. Athletes must adhere to all school rules as noted in the [Corvian Student/Parent Handbook](#) during practices, home and away games and while traveling to and from away games. Athletes must follow all coach directions, team rules and safety instructions.
3. If an athlete is referred to the office for discipline issue(s) within a sports season, the Athletics Director and coach will be notified. Repetitive discipline issues may result in dismissal from the team.
4. If an athlete is serving a suspension, they may not participate in athletics activity. Chronic behavior problems and/or suspensions will be addressed by the athletics director and may result in revocation of a student's privilege to participate in athletics for the remainder of the season and/or the year.
5. An athlete must also adhere to any additional team rules and policies set forth by the head coach for that particular sport.

## Hazing and Bullying

Hazing is a violation of North Carolina law as outlined below. Hazing will not be tolerated at Corvian Community School or within Corvian Athletics. Article 9. § 14-35. Hazing; definition and punishment. It is unlawful for any student in attendance at any university, college, or school in this State to engage in hazing, or to aid or abet any other student in the commission of this offense. For the purposes of this section hazing is defined as follows: "to subject another student to physical injury as part of an

initiation, or as a prerequisite to membership, into any organized school group, including any society, athletic team, fraternity or sorority, or other similar group." Any violation of this section shall constitute a Class 2 misdemeanor.

Additionally, the [Corvian Student/Parent Handbook](#) clearly addresses bullying – forms and consequences. Corvian Athletics will adhere to and uphold those rules.

## Ejections

If a student-athlete or coach is ejected from a game, there will be an automatic two-game suspension and completion of a sportsmanship course requirement. If another athlete or coach ejection occurs within the same season, the student or coach will be dismissed from the team. Some reasons for athlete ejection include alcohol, tobacco or controlled substance use, fighting, leaving the bench, flagrant contact, biting, taunting, profanity, obscene gestures or disrespectful behavior.

If a parent/guardian ejection occurs, the parent/guardian will not be allowed to attend another game (home or away) for the remainder of the season. Some reasons for spectator ejection include exhibiting unsportsmanship-like conduct, harassing officials or other fans, fighting, approaching officials, entering the playing field/court, or alcohol, tobacco or controlled substance use at a school event.



## Facilities and Equipment Rules

1. Hard-soled shoes and cleats are not allowed on the gym floor – only court/gym shoes.
  2. No food or beverages are allowed in the
  3. locker rooms or in the gym.
  4. Students are not allowed into the weight/fitness room without permission from athletics staff.
  5. All equipment should be used responsibly and with proper intent.
  6. Students will not use equipment that they have not been properly instructed on how to use.
  7. No gum will be allowed in the gym or locker rooms.
  8. No aerosol sprays of any kind are allowed in the gym or locker room.
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9. Students who purposefully damage school equipment/property will be financially responsible for repairs/replacement; there will also be a consequence per the [Corvian Student/Parent Handbook](#).
  10. No horseplay in the locker rooms
    - a. (i.e. swearing, slamming locker doors, running, climbing).
  11. No hazing or bullying will be tolerated in the locker rooms or anywhere else.
  12. Absolutely no camera usage at any time in the locker room. Immediate suspension will result.



## **Cardinal Academic Standard**

### **STUDENT-ATHLETE ACADEMICS**

Education is a priority in regards to the elevation of an athlete here at Corvian. To participate in Athletics, a **2.0 GPA** is our minimum requirement and/or progressing towards 504/IEP expected goals.. Any student-athlete who cannot maintain the minimum requirement or higher, will not be eligible to play. Failing grades that don't meet the Cardinal mark, will not move you up the Depth Chart. It doesn't matter how athletic you are nor what class level you're in. NEXT (WO)MAN WILL BE UP!

- 1. Eligibility**
  - a. 2.0 GPA (73-76%)
- 2. Daily Expectation**
  - a. To sit in 1st 2 rows in all classes
  - b. Sleeping during class is prohibited
  - c. Yes/No Sir/Ma'am
- 3. GPA under 2.0**
  - a. Half of practice will be missed for **mandatory study hall** *until* the teacher sees improvement for areas of struggle.
  - b. To clarify, even though you are able to participate in ½ of a practice, you are ineligible to participate in games, competitions, and/or meets.
- 4. Study hall**
  - a. An after school room will be provided for homework, studying, and follow up questions to take place.
  - b. Class of concern is constructed by the student-athlete to have 1 on 1 time with the desired teacher after school.
    - i. 10-15 minutes of appointed time after school
    - ii. Convenient for teachers to discuss concepts, context clues, and tendencies to improve.
- 5. Progress Reports**
  - a. Consist of a GRADE, Teacher NOTE, & SIGNATURE.
  - b. More details coming soon!

### **COVID-19 EXPECTATION**

We all must understand that to participate in sports is a privilege. While student-athletes are learning remotely, the academic standard remains. If an athlete does not meet the minimum requirements and attends practice, that athlete must still sit out for ½ a practice until standard is met. If an athlete decides to not attend practice while under academic probation, that student-athlete is volunteering to opt out and not participate with his/her team. Head Coach will then evaluate the # of practices missed & communicate with parents to decide the best course of action.



## Cardinal Booster Club

The Corvian Athletic Booster Club is a non-profit organization composed of proud supporters of Corvian Community School Athletics. Our primary purpose is to enhance the school's athletic programs by providing financial support, organizing volunteers and promoting school spirit throughout the community. Your membership plays an integral part in helping to provide financial and volunteer support for our athletes!

If you are passionate about this sport & have experience in grant writing, fundraising & community service, please consider joining the **Cardinal Booster Club** in support of athletics!

CBAC Membership Tiers <sup>1</sup>				Non-member
Platinum	Gold	Silver	Bronze	Student
\$500	\$200	\$100	\$25	\$10
* Family pass for all home games (2) * 4 booster T-shirts * 2 booster magnets	* 2 passes for all home games * 2 booster T-shirts * 2 magnets	* Individual pass for all home games * One Booster T-shirt * One magnet	* One magnet	* Non-voting member * Student pass for all home games

1. One vote per membership

2. Family pass includes home games admissions (high school and middle school) for up to four immediate household members. Note: Family, individual and student passes may not be honored at home post-season playoff or tournament games.

They are in the process of outfitting the FieldHouse concession stand, which in return will be a money-maker for Corvian Athletics. Here is the link to do so - <http://www.corvian.org/CBAC.aspx>



## Volunteering

### INVOLVEMENT

Volunteers will be needed as the season progresses. **Guardians are required to sign for two(2) slots per season.** If you have any further questions, please contact the Athletic Assistant at [CorvianCardinals.Athletics@corvian.org](mailto:CorvianCardinals.Athletics@corvian.org)



## Sources of Communication

### GROUPME

- A long term communication method.
- Used to communicate short, pertinent information on an as-needed basis.
- Will include the Athletic Department to coach, athlete, & parent communication.
- Created specifically for **Coach to Player/team** communication.
  - Coaches will also serve as an extra layer for communication. **No excuses!**

### PARENTS & GROUPME

- We encourage monitoring your student-athletes account to make sure all communication is respectful, fair & honest.
- We encourage making a **separate** account from their student-athletes account where you'll receive updates from the department but **NOT** the daily motivation and communication from the coach that is meant for players and team building.

### A FEW THINGS TO NOTE ABOUT GROUPME

- The **Corvian Cardinals Athletics Department** is the owner of the GroupMe account.
- **All communication is monitored to maintain respect and order of a coach to player relationship.**

Your friends can scan this to add you as a contact on GroupMe.



#### To sign up:

Download "GroupMe" App.

Create an Account.

Be sure to turn notifications on.

Add our department as a contact through scanning our **Barcode** or by adding our **Number** 704.905.3115.



### SCHOOLGY

- Teams will have a **Schoolgy Group** where important information will also be posted. Guardians and athletes have been automatically added to the group.  
Contact [CorvianCardinals.Athletics@corvian.org](mailto:CorvianCardinals.Athletics@corvian.org) if you do not see the group showing in your Schoolgy account. Additionally, Jen, Athletics Assistant, will provide further details on how to use the team's Schoolgy group.

### EMAIL

Also a source for communication for both the Athletics Department and Coaches.



## **Athlete Advocacy**

(Coach, Athlete and Guardian Roles)

Participation in athletics is often among the most memorable experiences for students and their families. It can also sometimes be an emotional one for involved parties. An important part of athletics participation and a student's education is teaching them when and how to advocate for themselves. If athletes have an issue or concern with their participation on a team, they are encouraged to approach the coach about those concerns.

We would prefer that the student-athlete handle this situation as opposed to their guardians. Students are encouraged to ask the athletics director if they would like help with how to approach their coach.

If further action is necessary because a parent/guardian, without a doubt, believes their child isn't being provided a fair, honest and equal evaluation, guardians may then request a meeting with the athletics director and head coach. Communication via Zoom or in person is recommended. Email may also be used with the understanding that sometimes tone cannot always be accurately conveyed in writing.

If the issue has not been resolved after discussions between the athlete, the guardian, the coach and the athletics director, the matter should be brought to the attention of the school's executive director.

Some examples that are appropriate for guardians to discuss with coaches include:

- Emotional or physical development of their child
- Ways or avenues by which their child might improve their skills
- Grades, attitude, behavior of their child

Some examples that are not appropriate for guardians to discuss with coaches include:

- Play time
- Team strategy
- Other players or coaches

Aside from health and safety issues, conversations on issues should not take place immediately following a game. We prefer all parties to implement the 24-hour rule and address items after having time to think, reduce possible emotions and set up for a successful exchange.



## COVID-19 Addendum

(Subject to Change)

- 2020-2021 middle and high school sports have been adjusted
- The ability to continue with athletics activities is dependent on state, local and LEA mandates.
- The Preparticipation Examination
  - Pages one (1) and two (2) of the Preparticipation Examination Form is required.
  - Page three (3) is the doctor signed portion that provides an extension for the 20-21 school year.

Please refer to the student-athlete's current physical date for any necessary action as indicated below.

<b>Date of Current Physical</b>	<b>Requirement for 2020-2021</b>
Prior to 03/01/19	Need valid, up-to-date physical prior to participating
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year
On or after 05/02/20	Will participate based on current policy of being valid for 395 days

- [PlanetHS](#) provides all forms that **MUST** be completed.
- [Athletics Waiver](#) is required to participate in Corvian Athletics this year.
- Workout & Tryout sign-ups are required and will be posted on the Schoology Groups for Middle and High School Updates.
- [NCHSAA Initial Screening](#) is required prior to the first practice
- [Return to Play Form](#) **MUST** be completed if absent for five (5) or more days due to illness or injury.
- [Return to Play Form After Positive Covid Test Form](#) **MUST** be completed if athletes test positive.
- [Return to Duty After Positive Covid Test Form](#) **MUST** be completed if staff members test positive.



# COVID-19 Daily Protocol

(Subject to Change)

The NCHSAA **requires** a daily attestation upon **entering** an athletics activity that is **different** than the daily school attestation. These questions must be answered honestly and protocols must be followed for YES responses.

Racing, Fluttering, or Skipping Beats of Heart	Unusual Dizziness During or After Exercise	Cough or shortness of breath	Sore Throat	New loss of taste or smell	Diarrhea or Vomiting	Household Member with COVID-19	Close Contact with someone with COVID-19	Fever	Temperature Greater than 100.4° F	Record <b><u>ALL</u></b> Temperature Readings of 100.4 F or more
Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	

## EXPECTATION

- **MUST** report any covid-like symptoms OR a covid-positive test immediately to the athletics department and your coach should you experience either at any time.
- **Masks MUST be worn at all times.** The coach will direct students accordingly.
- Each coach school we compete against will have different protocols to follow being bound by different rules. We will communicate information received accordingly.
- Spectators will be determined on a case-by-case basis as schools and their governing bodies respond to the pandemic. We will communicate information received accordingly.
- If streaming remotely is available, links will be provided.
- **The season and all associated activities are subject to change because of Covid-19.**



## Contracts

### The Student-Athlete Contract

**Sports are a privilege!** To enjoy such a privilege, student-athletes must formally agree to the terms and conditions of this contract listed below to participate with the Cardinals Athletics Program.

1. \_\_\_ I agree to uphold the Pillars of Success that represent Cardinal Athletics
  - a. **Values**
    - i. F.A.M.I.L.Y, Commitment, Respect, Honesty, Reliability, and Consistency
  - b. **Attitudes**
    - i. Competitive, Accountable, Passionate, Confident, Attentive, Perseverant
  - c. **Goals**
    - i. S.M.A.R.T
2. \_\_\_ I agree to be coachable and committed to my individual craft.
3. \_\_\_ I agree to show up and be ON TIME to class, meetings, practice and competitions.
  - a. **5 minutes early is on time!**
4. \_\_\_ I agree to NOT take my opportunities for granted by rising to the occasion and giving maximum effort in practice and competition.
  - a. Playing time is determined by performance, attitude and commitment.
  - b. It is not an inherent right. It is earned.
5. \_\_\_ I agree to NOT forget any of my equipment to participate in practice, games, and/or off-season programs.
6. \_\_\_ I am responsible for communicating with coaches regarding scheduling conflicts.
  - a. Not leaving practice or games without permission from their coach.
  - b. Providing proper documentation to excuse absence.
7. \_\_\_ I agree to maintain the quality of uniforms, equipment and facilities.
8. \_\_\_ I agree to be courteous to everyone around me.
  - a. **NO foul language**
  - b. Yes/No Sir, Yes/No Ma'am.
9. \_\_\_ I agree to NOT fight, haze, taunt or mock my teammates.
10. \_\_\_ I agree to be **ALL IN!**
  - a. NO taking the easy way out, seeking excuses, nor "buts" or "what ifs"
  - b. Have a **WINNERS** mentality!

### The Coach Contract

Corvian coaches will be held accountable for upholding the NCHSAA Pledge, Code of Conduct as well as expectations set forth by the athletics director.



## The Parent/Guardian Contract

**Sports are a privilege!** To enjoy such a privilege, parent(s)/guardian(s) must formally agree to the Terms & Conditions of this contract listed below for their student-athlete to participate with the Cardinals Athletics Program.

1. \_\_\_ I am aware that my student-athletes playing time is in jeopardy if he/she cannot meet the requirements that are set in place for academics, character and his/her participation.
2. \_\_\_ If I, as a parent disagree with a Coaching decision regarding my student-athletes playing time and/or level of play,
  - a. I agree to NOT handle my concerns during the duration of practice.
  - b. I agree to NOT handle my concerns during the duration of a game.
  - c. I agree to contact both the Athletic Director and Head Coach via email, Where a scheduled time and place (virtually or in person) will be provided to discuss the matter amongst the Athletic Director, coach, parent & player.
    - i. Meetings will be scheduled for Saturdays **ONLY**.
    - ii. Meetings will not exceed a 30 minute time frame.
3. \_\_\_ I agree to carry myself with class, poise, & sportsmanship despite my feelings and opinion about a matter ultimately,
  - a. Setting an example for my child
    - i. Showing how to resolve matters with integrity and dignity regardless of my emotion
    - ii. Giving respect to receive respect
4. \_\_\_ If I do not or cannot respect the requirements set in place, I understand that my actions can hinder my student-athletes development.
5. \_\_\_ Additionally, I understand that I will need to take an active role in volunteering at a minimum of two (2) games.
6. \_\_\_ I agree to never speak to an official before, during or after a game.
  - a. *Such behavior will be **treated as an ejection** and that guardian will not be allowed back at another game for the remainder of that season.*
7. \_\_\_ I am aware of the Terms & Conditions for my student-athlete to participate within the Cardinal Athletics Program, specific to the sport(s) they desire to play; and agree to assist him/her to excel in all areas.

## The Coach Contract

Corvian coaches will be held accountable for upholding the NCHSAA Pledge, Code of Conduct as well as expectations set forth by the athletics director.



Please [CLICK HERE](#) to electronically acknowledge the below statements:

★ **2020 - 2021 Mandatory Concussion and Sports Meeting Attendance:**

I, the student-athlete, and a parent/guardian have attended or watched a recording of the mandatory concussion and sports meeting PRIOR to participating in a given season. I understand this required once per school year on an annual basis.

★ **Student-Athlete Pledge and Contract:**

As a student-athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in disrespectful behavior, including inappropriate language, taunting, trash-talking and unnecessary physical contact. I know the behavior expectations of my school, my conference and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student-athlete.

As a student-athlete, I understand that sports are a privilege. To be a part of such privilege, I agree to respect and uphold the terms and conditions of the Student-Athlete Contract listed on page 5 of the Athletics Handbook.

★ **Student-Athlete's Parent/Guardian Pledge and Contract:**

As a parent/guardian, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators and support groups. I will participate in cheers that support, encourage and uplift the teams involved. I understand the spirit of fair play and good sportsmanship expected by our school, conference(s) and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent/guardian of a student-athlete. Additionally, I understand that I will need to take an active role in volunteering at a minimum of two (2) games.

As a parent/guardian of a student-athlete, I understand that sports are a privilege. To be a part of such privilege, I agree to respect and uphold the terms and conditions of the Student-Athlete Contract listed on page 5 and the Parent/Guardian Contract listed on page 6 of the Athletics Handbook.

★ **2020 - 2021 Corvian Athletics Handbook Student and Parent/Guardian Acknowledgment:**

I acknowledge and will adhere to the rules and policies stated in this handbook. I realize that certain situations, not stated in this handbook, may occur. These instances will be managed by the administrative team and athletics director on a case-by-case basis.

*"You have to believe in the long term plan you have, but you need the short term goals to motivate and inspire you."  
- Roger Federer*



## **2020 - 2021 Return to Play**



Remember we are a team. For this to be successful, we must all come together with a genuine spirit and a strong willingness to do our individual parts.

**What exactly does that mean?**

- **UNDERSTAND** this year's athletics will be different and complicated.
- **SUPPORT** the behind-the-scenes work even if you can't see it first hand.
- **COOPERATE** at the highest level with the guidelines and safety protocols.



Our [Sports Calendar](#) is in alignment with following the regulations of the NCHSAA . In accordance, we're issuing the following schedule for workouts and tryouts for the basketball and cheer season. For future seasons/sports, you can expect a schedule similar to the above approximately two to four weeks prior to the allowed NCHSAA "first practice" date. We are not putting out a full list of dates because everything is subject to change.

**MANDATORY CONCUSSION AND SPORTS MEETING -**

- **TUESDAY, NOVEMBER 24, 7:00 pm**
- **TUESDAY, DECEMBER 01, 7:00 pm**

All athletes and guardians must attend a meeting once during the year. Additional meetings will be held throughout the school year in conjunction with sports seasons. The meeting will be held via Zoom on **Tuesday, December 01, 7:00 pm**. If not already done, all middle and high school athletes and guardians are welcomed and encouraged to attend this meeting regardless of when their season begins. A meeting must be attended PRIOR to your season's start. The Zoom link will be shared on Schoology Monday morning, 11/23.



## Work & Tryout Guidelines

### Guidelines:

Athletes and guardians read and comply with the following guidelines:

- **Arrive 15-20 minutes ahead of start time** for check in and screening.
- **Green means you're cleared to play** in PlanethS. (Red does not).
- Athletes and guardians **MUST** complete:
  - NCHSAA Initial Screening
    - **MUST** be free of any covid-like symptoms or other illnesses.
    - only for initial workout or tryouts, after the first attendance, athletics staff will do daily monitoring and keep a log.
- Sports-appropriate sportswear and sneakers.
  - We recommend long compression shirts and leggings to help maintain hygiene and facility cleanliness.
  - We recommend a sweat towel to maintain hygiene and facility cleanliness.
  - Locker rooms are not accessible. Changing clothes is not allowed.
- Hydration stations will not be provided.
  - Bring your own water bottle(s). Suggest 2 per athlete.
- ALL participants will wear a mask at ALL times (Adheres to CDC guidelines)
  - Masks with vents are **NOT** allowed.
- One-way entrance & exit traffic flow.
- Participants must socially distance themselves while in the parking lot and upon entering facilities as well as during workouts and tryouts.
- No spectators will be allowed.
  - Parents or caregivers must stay in cars and should not leave until their athlete has been cleared to enter.
- We highly recommend athletes shower immediately upon returning home after workouts and tryouts.
- Corvian Athletics Staff will adhere to the NCHSAA guidelines and may be stricter in some cases as set forth by Corvian Community School (as a local education agency) and/or the Mecklenburg County Public Health Department.



### Practice:

Athletes and guardians can access their workout and tryout schedule via the link below.

[WINTER PRE- SEASON SCHEDULE](#)



## Pre-Season Checklist

### Complete Required Yearly Forms

Athletes and guardians **MUST** complete all forms on. No paper forms will be accepted.

- [PlanetHS](#) Original users do not create a new account. Log onto original accounts!
- [PlanetHS Directions](#) for **New** Athletes.
- [NCHSAA Exam Form](#) if your student-athlete wants to play, **Page 3** of this form **MUST** be signed by a doctor and then uploaded to PlanetHS.

<u>Date of Current Physical</u>	<u>Requirement for 2020-2021</u>
Prior to 03/01/19	Need valid, up-to-date physical prior to participating
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year
On or after 05/02/20	Will participate based on current policy of being valid for 395 days

### Complete Required Participation Forms

- A mandatory Concussion and Sports Meeting **MUST** be attended by athletes and a guardian.
  - [Athletics Handbook](#) **MUST** be reviewed by athletes and a guardian.
  - [Acknowledgements](#) (Google Form) **MUST** be completed by athletes and a guardian found on Page 9.

### Complete Required Covid Forms

Guardians **MUST** sign and/or print documents below!

- [Athletics Participation Waiver](#) (**Sign** Google Form)
- [NCHSAA Initial Screening](#) (**Print**, Complete and bring to first workout)

### Practice Sign Up

Due to capacity limits, athletes **MUST** sign up 48 hours in advance of each workout/tryout. ONLY if a sign-up genius is made available & presented below.