



# Patriot Athletics



## 2024-2025

We are excited to welcome you to ALA Johnston Athletics! We are planning to have our best year yet. Our goal is to provide a positive experience for all of our student-athletes, parents, and coaches while connecting with and enriching our community. If you have any questions or concerns, please feel free to reach out to us!

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### Sports Seasons

Season	High School Sports	Middle School Sports
Fall	Football Boys Soccer Volleyball Cross Country Girls Golf Cheer	Boys Soccer Volleyball Cross Country Cheer
Winter	Boys Basketball Girls Basketball Wrestling (coed) Cheer	Boys Basketball Girls Basketball Wrestling (coed) Cheer
Spring	Baseball Softball Track (coed) Girls Golf	Baseball Softball Track (coed) Girls Golf

#### General Information:

1. Teams, athletes, and parents are expected to adhere to all NCHSAA and NCDPI rules and regulations.
2. Athletes are expected to attend all practices and games during the season. Teams will have practices and/or games during fall break, winter break, and spring break, so please plan accordingly
3. Athletes will have their grades checked every two weeks. If they have a failing grade in any of their classes, they will not be able to compete for two weeks.

4. We do not provide transportation for middle school teams. Parents are responsible for arranging rides when they are not able to drive their own students.
5. Ticketing: General admission tickets are \$7 for high school games and \$5 for middle school games. Student tickets for all games are \$3. Tickets can be purchased at the gate with cash or card. They can also be purchased ahead of time at [gofan.co](https://gofan.co). Tickets purchased on GoFan do have a \$1 service fee.

### **Communication and Schedules:**

#### **1. Band App**

This is our primary means of communication for coaches, athletes, and parents. Information about practices, schedules, workouts, etc. will all be shared through the app.

Please download the Band App (there is a desktop version as well) and join your team's band as soon as possible. This [link](#) will take you to our directory with links to join each team's band.

#### **2. Schedules:**

All high school sports schedules are available on [Maxpreps](#). Middle school sports schedules will be shared with the team on Band and at the pre-season parent meeting.

### **Tryout Information:**

#### **1. Requirements**

- a. **Academic:** Students must have passed 70% of their classes during the previous semester.
- b. **Attendance:** Students must have attended 85% of the instructional days from the previous semester (excused absences and out of school suspensions count as absences)
- c. **Transfers:** If you attended another North Carolina high school within the last 365 days, please contact the athletics office as soon as possible. You may be ineligible to participate in athletics for a calendar year. A form will need to be requested from your previous school by the athletic department to waive this.
- d. **Registration:** Athletes must have a Dragonfly account and all of the required forms completed before attending tryouts.

#### **2. Registering**

- a. **DragonflyMax:** You will need to go to [Dragonflymax.com](https://Dragonflymax.com) and create an account. Once your account is created and linked to the school, you will be able to select sports to register for. Please select all sports in which you are interested.
  - i. Make sure you select at least one sport
  - ii. Make sure your graduation year is correct in the information section
  - iii. Complete all paperwork and requirements. Some requirements must be approved, so make sure you check your account periodically.
  - iv. One of the requirements is an NCHSAA Pre-Participation physical. This is a four page document that you can download from DragonflyMax that must be filled out by a physician. Please make sure all sections of the form are completed. When you upload the completed document, scan it in as one file and upload the whole packet to each NCHSAA PPE section.

#### **3. Tryout Dates:**

- a. Fall Sports: High School- July 31st-August 2nd, Middle School- August 6th-8th
- b. Winter Sports: Middle School- Oct. 28th-29th, High School- Oct. 30th-Nov 1st
- c. Spring Sports: Feb. 12th-4th

#### 4. Tryout FAQ's

- a. Do I have to attend all tryout days? *Yes, you are expected to attend the full tryout. If you are unable to attend a specific day due to a conflict, please reach out to the coach ahead of time.*
- b. Can I try out for more than one sport? *This is up to the coaches. Reach out to them before tryouts.*
- c. Does it cost anything to play sports? *No, there is no financial commitment. Students may be asked to buy team related apparel and there may be required fundraising, but no student will be disqualified for financial reasons.*
- d. Can 6th graders participate in sports at ALA? *Yes. We offer sports for 6th-12th graders. Although some sports are only offered at the high school level.*
- e. Is the physical form that I turned in to enroll the same one I need to put in Dragonfly? *No. The form for Dragonfly is specific to the NCHSAA and focuses on whether a student is physically and medically able to safely participate.*
- f. I played sports at ALA last year, is my paperwork still good? *We no longer use Register My Athlete, so everyone must create a Dragonfly account and upload their paperwork. Physicals are good for 395 days, so students must get a new one every year.*

**Looking for ALA Patriot Apparel? Check out our [BSN Sideline Store!](#)**

