

Charlotte Catholic Athletics

Fall Sports Checklist

For Parents and Student-Athletes





A Message from Coach Christmas

“This checklist is designed to help parents and student-athletes prepare for fall sports by ensuring all requirements are completed, important information is communicated, and necessary preparations are made before tryouts or the first practice. Its goal is to promote a smooth start to the season and set student-athletes up for success. Our athletics department wishes you an excellent Fall season and a positive athletics experience!”

Checklist Headings

- **Dragonfly Profile and Compliance**
- **Check Eligibility Requirements**
- **Review Tryout/Practice Schedule**
- **Coaches Contacts**
- **What it Takes to be a Cougar**



GET STARTED WITH DRAGONFLY



DragonFly makes sports and activities more organized with easy-to-use digital forms, health records and team communication tools.



PARENTS & STUDENTS

- 1 Visit dragonflymax.com and click the 'Log In/Sign Up' button.
 - 2 Click 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.
- Note:** please do not create an account with your child's name or contact information – you will get the chance to add your child soon!
- 3 Verify your account with the verification ID sent to your email address.
 - 4 Click 'Connect to your school' to select 'Parent' as your role and search for your child's school.
 - 5 After selecting your child's school, click 'Join' to request access. An administrator at your school will approve your request.
 - 6 Click 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.



ATHLETIC DIRECTORS, COACHES & SCHOOL ADMINISTRATORS

- 1 Visit dragonflymax.com and click the 'Log In/Sign Up' button.
- 2 Click 'Sign Up for Free' to create your account with your school email address.
- 3 Verify your account with the verification ID sent to your email address.
- 4 Click the 'Get Started' button to select your role and search for your school.
- 5 After selecting your school, click 'Join' to request access. You will see a list of administrators at your school who can approve your request. If you're the first person to request access to your school, a member of the DragonFly team will verify your role and approve your request.

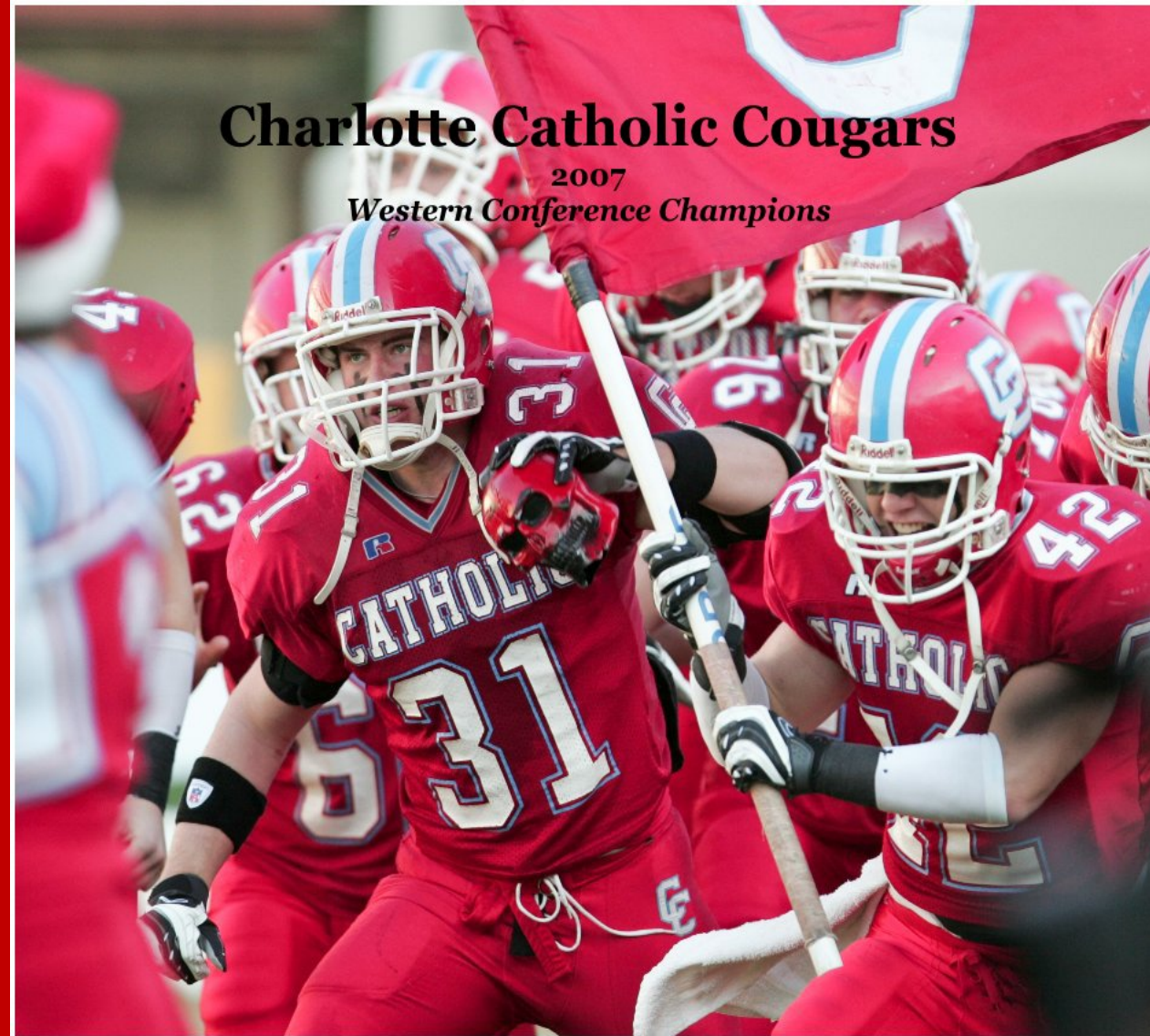
PREFER TO USE A MOBILE DEVICE?

Visit dragonflymax.com in your mobile browser and follow the steps above.

Dragonfly Profile

Charlotte Catholic Cougars

2007
Western Conference Champions



Dragonfly Compliance

A 100% Green checkmark is
Required for Participation



Complete the Following Items to Secure 100% Compliance:

- Update Medical and Demographic info for 2025-2026
- Athletic Consent to Treat and Release
- Atrium Health Research and Photo Release
- NCHSAA-PPE Health history Form
- NCHSAA-PPE Physical Examination Form
- NCHSAA-PPE Medical Eligibility Form
- NCHSAA Gfeller-Waller Student-Athlete & Parent/Legal Custodian Concussion Information Sheet
- NCHSAA Eligibility, Consent to Participate and Release Form
- CCHS Code of Conduct Electronic Confirmation Signature

Check Eligibility Requirements

- ✓ Review CCHS Academic Eligibility, <https://www.charlottecatholic.org/community/documentsforms/student-handbook>
- ✓ Student-Athlete Must be Enrolled at Charlotte Catholic
- ✓ Review NCHSAA Age Requirements, <https://www.nchsaa.org/handbook/>
- ✓ Student-Athlete Must be 100% DragonFly Compliant
- ✓ Review NCHSAA 8-Semester Rule, <https://www.nchsaa.org/handbook/>
- ✓ Pay the Required Participation fee, <https://www.charlottecatholic.org/online-store#!/Participation-Fee/c/171496758>





Review Tryout/ Practice Schedule

- Be Sure to Check with the Head Coach of Your Interested Sport Regarding Tryout/ Practice Schedule, Location, Expectations, off-season workouts, and Needs
- NCHSAA Official Fall Start Date
Wed, July 30th, 2025

Fall Coaches Contacts

- Varsity Cheerleading Head Coach- Bianca Fruscello, charlottecatholiccheer@cchsemail.org
- Varsity Cross Country Head Coach- Evan Georges, ecgeorges@charlottecatholic.org
- Varsity Dance Head Coach- Jen Taylor, jataylor@charlottecatholic.org
- Varsity Women's Club Field Hockey Head Coach- Sheila Baker, mswcibaker@aol.com
- Varsity Football Head Coach- Keith Emery, kaemery@charlottecatholic.org
- Varsity Women's Golf Head Coach- Kevin Christmas, kechristmas@charlottecatholic.org
- Varsity Men's Soccer Head Coach- Gary Hoilett, gary.hoilett@cchsemail.org
- Varsity Women's Tennis Head Coach- Jo Cabana, jlcabana@charlottecatholic.org
- Varsity Women's Volleyball Head Coach- Sarah Azzarello, sarah.azzarello@cchsemail.org
- Athletic Director- Kevin Christmas, kechristmas@charlottecatholic.org
- Assistant Athletic Director- Marty Chutney, machutney@charlottecatholic.org
- Athletic Trainer- Todd Wisocki, tawisocki@charlottecatholic.org
- Athletic Trainer-
- Head Strength and Conditioning Coach- Mike Hazel, mike.hazel@cchsemail.org
- Assistant Strength and Conditioning Coach- Zoe Mojaver, zoe.mojaver@cchsemail.org

What It Takes To Be A Cougar

Student-Athletes:

- **Live Your Faith:** Let your actions reflect the values of your Catholic faith, both in competition and daily life, by demonstrating compassion, humility, and gratitude.
- **Commit to Excellence:** Strive for personal and team success through dedication and hard work.
- **Show Respect:** Treat teammates, coaches, opponents, and officials with dignity and kindness.
- **Demonstrate Leadership:** Lead by example, inspiring others through your actions and words.
- **Embrace Community:** Engage in service and support each other, fostering a strong team spirit.
- **Honor Tradition:** Represent Charlotte Catholic with pride, respecting the history and values of our school.

Parents:

- **Nurture Faith:** Encourage your child to live their Catholic faith through athletics by practicing gratitude, humility, and service, while keeping Christ at the center of their journey.
- **Support Excellence:** Encourage your child to strive for their best effort while celebrating their growth and achievements.
- **Show Respect:** Treat all players, coaches, officials, and other parents with kindness and dignity, fostering a positive environment.
- **Lead Through Example:** Be a role model for your child by maintaining composure and promoting teamwork and good character.
- **Build Community:** Actively support team initiatives and contribute to the sense of family within the Cougar athletic program.
- **Honor Tradition:** Embrace and promote the values and legacy of Charlotte Catholic athletics, reinforcing pride in our school and teams.