

Carolina International School

Athletic Department Handbook

2025-2026

Dear Parents and Student-Athletes,

Welcome to the ***Carolina International School Athletic Program***! We believe that participating in sports provides valuable opportunities and experiences that help students with personal development.

The Carolina International School Athletic Handbook serves as a guide for student-athletes and their parents, detailing the policies that govern interscholastic athletics at our school. Coaches report to the Athletic Director and are responsible for ensuring their team members adhere to the rules and policies governing athletics at Carolina International School.

We are committed to developing young men and women through athletics. A well-organized and properly controlled sports program meets students' needs for self-expression, mental alertness, and physical growth. Our goal is to maintain a program that is purposeful and enhances each student's educational maturity.

Participation in interscholastic athletics is voluntary and a privilege, not a right. With this privilege comes the responsibility to adhere to the standards set for CIS athletics. This privilege may be revoked if an athlete fails or refuses to comply with these rules. Please note that the policies and procedures in this handbook reflect the official actions of the Carolina International School Administration and Staff.

The Department of Athletics establishes rules that govern our spirit of competition. These rules require broad community support, which we aim to achieve through clear communication with parents. We hope this handbook will help familiarize you with our policies and procedures, ensuring a smooth transition for both new and returning members of the CIS athletic program.

If you have any questions or concerns, please contact Carolina International School Athletic Department.

GO COMETS!

Athletic Conference Teams CIS Participates

High School: Catawba River Conference

Carolina International School

Thomas Jefferson

Mountain Island Charter

Piedmont Community School

North Carolina Math & Science Academy

Queens Grant Community School

Sugar Creek Charter

Jackson Day School

Bonnie Cone

Middle School: Piedmont Athletic Conference

Carolina International School

ACE Academy

TMSA

Charlotte Lab

Sugar Creek Charter

Concord Lake

The CIS Athletic Department aims to develop and maintain a comprehensive Athletic Program aligned with the Carolina International School Mission Statement.

1. OUR MISSION

The mission of Carolina International School is to nurture students' natural curiosity and joy of learning while achieving academic excellence through a challenging, interdisciplinary, international curriculum. Our students, parents, teachers, and staff create a stimulating learning community that fosters:

- Critical and compassionate thinkers
- Confident and open-minded communicators
- Resourceful and responsible citizens and leaders of our local and global communities

2. OUR FOUR CORE VALUES

At CIS, we strive to develop caring and compassionate students and citizens who embody character traits respected across cultures. Character development is integrated into every interaction and learning experience, forming a continuous school-wide process. The program includes a service-learning component and actively involves parents and community leaders.

The core values guiding daily relationships and interactions at our school are:

- **Respect**: We listen to each other, valuing our unique and individual differences. We treat others as we would like to be treated.
- **Responsibility**: We accept responsibility for our words and actions.
- **Solutions**: We foster a positive environment where problems are met with creative solutions.
- **Service**: We actively seek ways to help others in our school, community, and world.

We challenge our athletes and coaches to develop the skills necessary to face challenges both on and off the fields and courts, just as they do in the classrooms.

CIS Athletics Philosophy

At **Carolina International School**, our Athletic Department is dedicated to fostering the holistic development of our student-athletes. We believe that participation in athletics is a crucial component of a well-rounded education and plays a vital role in nurturing the physical, mental, and emotional growth of our students. Our philosophy is rooted in the following principles:

1. **Commitment to Excellence**: We strive for excellence in all aspects of our athletic programs. Our student athletes are encouraged to pursue their personal best and achieve high standards of performance, sportsmanship, and academic success.
2. **Character Development**: We emphasize the importance of integrity, respect, responsibility, and empathy. Our programs are designed to instill these core values in our student-athletes, helping them to become ethical and compassionate leaders in their communities.
3. **Teamwork and Collaboration**: We believe in the power of teamwork and the value of working collaboratively towards common goals. Our athletic programs foster a sense of camaraderie, mutual support, and collective effort, promoting a strong sense of community among our students.
4. **Physical and Mental Well-being**: We prioritize the health and well-being of our student athletes. Our programs promote physical fitness, mental resilience, and a balanced approach to life. We provide resources and support to ensure our athletes maintain a healthy lifestyle.
5. **Inclusive Participation**: We are committed to providing opportunities for all students to participate in athletics, regardless of skill level. We believe that every student should have the chance to experience the benefits of sports, and we strive to create an inclusive and supportive environment for all.
6. **Educational Integration**: Our athletic programs are integrated with our academic mission. We encourage student-athletes to balance their academic responsibilities with their athletic commitments, understanding that success in both areas is interconnected.
7. **Lifelong Skills**: We aim to equip our student-athletes with skills that extend beyond the playing field. Through participation in sports, students learn discipline, time management, leadership, and the ability to handle adversity—all essential skills for lifelong success.

By adhering to these principles, the ***Carolina International School Athletic Department*** seeks to create an environment where student-athletes can thrive, both as individuals and as members of a team. We are committed to nurturing their development, celebrating their achievements, and preparing them for the challenges and opportunities that lie ahead.

GO COMETS!!!!!

CIS Athletics Vision

At **Carolina International School**, our vision for the Athletic Department is to cultivate a dynamic and inclusive athletic program that inspires student-athletes to achieve excellence, embrace diversity, and develop into well-rounded individuals who contribute positively to their communities. We envision a future where:

1. **Excellence in Athletics**: Our athletic programs are recognized for their commitment to high standards of performance, sportsmanship, and academic achievement. Student-athletes consistently strive for their personal best, setting and reaching ambitious goals.
2. **Character and Leadership**: Our student-athletes embody the core values of respect, responsibility, empathy, and integrity. They emerge as confident leaders who demonstrate ethical behavior and inspire others through their actions on and off the field.
3. **Inclusive Participation**: Every student has the opportunity to participate in and benefit from our athletic programs. We foster an environment that celebrates diversity, promotes equity, and supports the unique contributions of each individual.
4. **Health and Well-being**: Our programs prioritize the physical, mental, and emotional well-being of our student-athletes. We provide the resources and support necessary to help them lead healthy, balanced lives.
5. **Community Engagement**: Our athletic department actively engages with parents, faculty, and the broader community. Through collaboration and communication, we build strong relationships that enhance the overall experience of our student-athletes and contribute to a vibrant school community.
6. **Lifelong Skills and Success**: Participation in our athletic programs equips students with essential life skills, including discipline, teamwork, leadership, and resilience. These skills prepare them for success in their future endeavors, whether in academics, careers, or personal pursuits.
7. **Sustainable Growth and Innovation**: We continuously seek to innovate and improve our athletic programs. By embracing new ideas and sustainable practices, we ensure that our programs remain relevant, effective, and impactful for future generations.

Through this vision, the **Carolina International School Athletic Department** is committed to empowering our student-athletes to excel, grow, and make meaningful contributions to their world. We strive to create an inspiring and supportive environment where every student can reach their full potential.

Go Comets!!!!

CIS Athletics Expectations of Coaches

At Carolina International School, we believe that coaches play a pivotal role in shaping the athletic and personal development of our student-athletes. To ensure that our athletic program operates at the highest standard, we have established the following expectations for all coaches:

1. **Commitment to Student-Athlete Development**:
    - Foster an environment that encourages personal growth, academic success, and athletic excellence.
    - Promote the development of critical thinking, leadership, and teamwork skills in student-athletes.
2. **Exemplary Conduct and Integrity**:
    - Serve as role models, demonstrating integrity, sportsmanship, and ethical behavior at all times.
    - Uphold and enforce all school policies, athletic department rules, and league regulations.
3. **Effective Communication**:
    - Maintain open, honest, and respectful communication with student-athletes, parents, and school staff.
    - Provide clear instructions, constructive feedback, and regular updates on team activities and expectations.
4. **Inclusive and Supportive Environment**:
    - Create a positive and inclusive team culture that respects diversity and promotes equity.
    - Support the physical, mental, and emotional well-being of all student-athletes, providing resources and referrals as needed.
5. **Professionalism and Continuous Improvement**:
    - Engage in ongoing professional development to stay current with best practices in coaching, training, and athlete safety.
    - Collaborate with fellow coaches, athletic staff, and school administration to enhance the overall athletic program.
6. **Safety and Health**:
    - Prioritize the safety and health of all student-athletes by implementing proper training techniques, injury prevention strategies, and emergency protocols.
    - Ensure that all equipment and facilities are safe and well-maintained.
7. **Academic Support and Balance**:
    - Encourage student-athletes to prioritize their academic responsibilities and maintain a healthy balance between sports and academics.
    - Monitor academic progress and provide support or referrals to academic resources as needed.
8. **Community Engagement and Sportsmanship**:
    - Foster a sense of community and school spirit by encouraging positive interactions among student-athletes, parents, and the broader school community.
    - Promote sportsmanship, respect for opponents, and fair play during all competitions and practices.
9. **Responsibility and Accountability**:
    - Hold student-athletes accountable for their actions, ensuring they adhere to team rules, school policies, and athletic department standards.
    - Take responsibility for the conduct and performance of the team, addressing issues promptly and effectively.
10. **Goal Setting and Achievement**:
    - Set clear, achievable goals for the team and individual athletes, focusing on both short-term and long-term development.
    - Celebrate successes and milestones, recognizing the hard work and dedication of student-athletes.

By adhering to these expectations, coaches at Carolina International School will contribute to a positive, enriching, and successful athletic experience for all student-athletes.

CIS Athletic Utilizes DragonFly:

If you already have a DragonFly account, please log in to update your paperwork and complete the required information for the upcoming school year. For new families, please follow these steps to create a DragonFly account: **2025-2026**

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

CIS Athletics Offered Sports:

Fall Sports	Winter Sports	Spring Sports
Volleyball: MS/HS	Cheer: MS/HS	Baseball: Middle School
Soccer: MS/HS	Basketball: MS (Boys/Girls)	Softball: Middle School
Cross Country: MS/HS	Basketball: JV Basketball	Track & Field: MS
	Basketball: Varsity Girls	Soccer: MS (Girls)
	Basketball: Varsity Boys	Baseball: Varsity
		Softball: Varsity
		Track & Field: Varsity
		Soccer: Varsity (Girls)
		Flag Football: MS/ES

CIS Athletic (LEA) NCHSAA Eligibility

All rising 9th grade students participating in a fall sport are eligible to participate in the first semester of their freshmen year, independent of their middle school grades. At the conclusion of the first semester, eligibility will be based on Semester 1 grades in accordance with the CIS Athletics program guidelines.

Courses must be approved by the administration team, Athletic Director, guidance counselor, and within compliance with the NCAA, etc.

In addition, *any student transferring from another North Carolina public school* enrolled in the 10th, 11th, or 12th grade must contact the coach and Athletic Director before trying out for a sports team or taking part in workouts. No student-athlete will be permitted to participate within any Carolina International School Athletic program until transcripts have been retrieved from opposing school and academic progress has been approved by current school, etc. *The NCHSAA requires transfer paperwork to be filed prior to participation.*

• Student athletes must be positive role models in the Carolina International School community.

• . Disciplinary issues which occur in class will be handled on a case-by-case basis in collaboration with school administration, head coach, and athletic director. Suspensions and/or dismissal from respective teams may occur in some cases. Students serving ISS or OSS will be automatically suspended from play and/or practice on the served days and will be subject to additional penalties.

• Disciplinary issues which occur during games are subject to penalties as imposed and described by the NCHSAA Handbook (as linked above). Disciplinary issues which occur during practice/games will be addressed by the respective coach and Athletic Director. Parents will automatically be contacted by the coach and/or Athletic Director.

• 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 Athletic Director and Principal to check the academic status of each student/athlete enrolled in school at the beginning and close of a semester. *NOTE: An athlete becomes eligible or ineligible on the first day of the new semester*.

Participation Athletic Fees:

Middle School Fees: $77.25

High School Fees: 128.75

This fee must be paid or arrangements for payment made with the Athletic Director before a student athlete can participate in a practice (not counting tryouts). The fee will be collected once a student athlete has been selected for, and accepted, a position on an athletic team.

Athletics Transportation News:

Dear Parents, Guardians, Student-Athletes, and Coaches,

We are pleased to share the transportation arrangements for our upcoming athletic season. To ensure the safety and efficient travel of our student athletes, please review the following guidelines and procedures carefully.

High School Teams

For larger teams such as the Men's Soccer and Women's Volleyball teams:

- **Transportation to and from Games:** CIS will provide transportation for student-athletes to and from the games.
- **Pick-Up After Games:** Parents, please ensure you pick up your student athletes immediately after the games conclude.

Middle School Teams

For Middle School teams:

- **Transportation to Away Games:** CIS will provide transportation for student-athletes to away games only.
- **Transportation from Away Games:** Parents are responsible for transporting their student-athletes from the games. Please plan to pick up your student athletes immediately after the games.

Important Reminders for Parents

1. **Post-Game Pick-Up:**
    - Please pick up your student athletes immediately after the games to ensure their safety and timely departure from the venue.
2. **Alternative Transportation Notification:**
    - If your student athlete will not be riding the bus back from the game, inform the coaches in advance. This ensures effective communication, and that no student athlete is left behind.

Important Reminders for Coaches

1. **Student-Athlete Accountability:**
    - Coaches must ensure all student athletes are accounted for before and after games.
    - Conduct headcounts and verify all student athletes are present before leaving the venue.
2. **Communication with Parents:**
    - Maintain clear and open communication with parents regarding transportation arrangements and any changes.
3. **Supervision:**
    - Coaches must not leave any student-athlete unattended at any time.
    - Ensure student-athletes are supervised until they are safely picked up by their parents or guardians.

We appreciate your cooperation in adhering to these guidelines. Our primary goal is to ensure the safety and well-being of our student-athletes while facilitating smooth and efficient transportation to and from athletic events.

If you have any questions or concerns, please do not hesitate to contact the Athletic Director or the respective coaches.

Thank you for your understanding and support.

CIS Athletic Department

GO COMETS!!!!

Athletics Practices/Games

Posted on CIS Athletic Website (Middle School) and MaxPreps (High School)

Please visit the website weekly to view games, etc.

Athletics Uniforms:

Uniforms are the property of Carolina International School Athletic Department and any lost inventory by the student-athletes, etc. is subject to fines by the parents, etc. All uniforms will be distributed before each athletic contest and collected immediately following each contest, etc.

Dismissal of Student-Athletes:

Purpose

To establish a clear and consistent procedure for the dismissal of student-athletes for games and practices, ensuring minimal disruption to the academic environment and maintaining student-athlete accountability.

Authority

Only the Athletic Director (AD) and Ms. Corey, under the directives of the AD, have the authority to dismiss student athletes from classes for games and practices.

Procedure

1. **Dismissal Authorization:**
    - Student athletes will only be dismissed by the AD and/or Ms. Corey.
    - No other staff or faculty members are authorized to dismiss student-athletes for athletic activities.
2. **Dismissal Timing:**
    - Student-athletes scheduled for practice may not be dismissed earlier than 3:30 PM.
    - For games, the dismissal time will be determined and communicated by the AD or Ms. Corey based on game schedules and travel requirements.
3. **Dismissal Notification:**
    - The AD or Ms. Corey will provide a list of student-athletes to be dismissed for games or practices to the appropriate teachers and staff in advance.
    - This list will include the dismissal time and the reason for dismissal.
4. **Student-Athlete Responsibilities:**
    - Student-athletes must attend all classes until the official dismissal time.

    - Student-athletes are not permitted to leave class or roam the hallways before the authorized dismissal time.
    - Any student-athlete found in violation of this policy will face disciplinary action as determined by the AD and school administration.
5. **Compliance:**
    - Teachers and staff are required to ensure that student-athletes adhere to the dismissal times and do not leave class prematurely.
    - Any issues or concerns regarding the dismissal of student athletes should be reported to the AD or Ms. Corey immediately.
6. **Documentation:**
    - The AD and Ms. Corey will maintain records of all student-athlete dismissals for games and practices.
    - These records will include the names of the student athletes, the reason for dismissal, and the dismissal times.

Enforcement

Failure to adhere to this procedure may result in disciplinary action for both student athletes and staff members involved. This procedure is designed to support the academic and athletic balance for student-athletes and to ensure a structured and accountable process for their dismissal.

Review

This procedure will be reviewed annually by the AD and school administration to ensure its effectiveness and make any necessary adjustments.

By implementing this procedure, we aim to support our student-athletes in balancing their academic and athletic commitments while maintaining the integrity and order of the school environment.

CIS Athletic Department

GO COMETS!!!!

Additional Athletics Information:

Please note that those items listed in this section are subject to change/revision at the discretion of the school administration, athletic directors, and coaching staff. Parents are encouraged to maintain contact with respective coaches and the Athletic Directors. Likewise, every effort will be made to keep parents informed of all relevant information. This may be done through face to-face contact, email, phone calls, and/or social media. Each sport will have a required parent meeting prior to the beginning of the sport season.

Seasonal Sports Parent Meetings:

Dear CIS Parents,

It is imperative that all parents attend the sports meetings set forth by the Athletic Director. These meetings are crucial for ensuring that all parents understand the logistics and operations of the CIS Athletic Department throughout the season. Your attendance will help us effectively communicate with both parents and student-athletes, ensuring a smooth and successful athletic experience.

Key Information Covered:

1. **Reading Schedules**:
    - Learn how to interpret game and practice schedules, ensuring your child is always where they need to be on time.
2. **Departure Times**:
    - Understand the departure times for games, so your child is prepared and punctual.
3. **Practice Times**:
    - Get clear information on practice schedules to plan accordingly.
4. **Rules and Regulations**:
    - Familiarize yourself with the rules and regulations that govern our athletic programs to ensure compliance and a positive experience for all.
5. **Operational Overview**:
    - Learn how the coaches and the CIS Athletic Department will operate throughout the year.
6. **Communication Protocols**:
    - Understand the communication methods we will use to keep you informed about any updates, changes, or important announcements.

Your participation in these meetings is essential for staying informed and engaged with your child's athletic journey. We appreciate your commitment and look forward to working together for a successful year in CIS Athletics.

Thank you for your support and cooperation.