

CURRITUCK COUNTY HIGH SCHOOL

ATHLETIC HANDBOOK

MISSION & PHILOSOPHY

Currituck County Schools (CCS) believes that athletics are an essential complement to the school's academic program. Athletics offer unique opportunities outside the traditional classroom to develop self-discipline, encourage a healthy sense of competition, and improve self-concept. The mission of the athletic program is to provide a positive and supportive learning atmosphere that offers student athletes the opportunity to enjoy the experiences of athletic competition while enriching the educational and personal experiences of all student athletes.

GOALS & OBJECTIVES

The goal of the athletic program is to provide all student athletes with support, encouragement, knowledge of strategy, and athletic fundamentals to strive toward discovering his/her full intellectual and physical potential. The athletic program strives to promote positive relationships with faculty, parents, students, other schools, and the community at large.

Our student athletes will be given opportunities to:

1. Understand that participating in athletics is a privilege that requires a commitment to maintain high academic and athletic standards.
2. Understand that individual and team success is gained from a commitment based on teamwork, personal accountability, and a positive work ethic.
3. Strive towards setting and obtaining academic, athletic, and personal goals.
4. Understand and exemplify good sportsmanship and teamwork at all times
5. Model the characteristics of a positive role model.
6. Promote school spirit.
7. Conduct themselves as responsible representatives of the school
8. Recognize and appreciate individual and team successes "Success goes well beyond sports"
9. Winning/losing with humility and as an incentive to strive towards improvement
10. Realize that successful people are those with good work habits, good attitude, cooperative spirit, and a willingness to help serve others.

ATHLETIC POLICY

The athletic policy has been established to promote the principles of fair play, mutual respect, and ethical conduct. Violations of this policy will result in disciplinary actions. Since participation in athletics is voluntary and all groups or organizations must exist within a framework of certain rules and regulations, the athletic department has developed the following guidelines.

Disciplinary Actions

We must always continue to represent ourselves, our family, and our school with the highest standards. Playing high school sports as a Student-Athlete is a privilege and can be taken away if we do not meet those standards in the classroom, and in the sport with how we carry ourselves. If a student is given ISS for a bell during the day it is the coaches discretion on the penalty for after school activities. If a student is given ISS or OSS for the whole day that student cannot participate in afterschool activities such as practices or games at all. If a student receives a culmination or minor referrals and on the First Major referral they will be Suspended for 1 game of the current season they are participating in. On the next major referral the student will miss 3 games. After the 3rd major referral the student will be removed from the team. When a student is suspended from games they will not be permitted to travel, wear jerseys, or sit on the sideline. We will continue to build our culture and set the mark of having great sportsmanship, respect for others, respect for the game, and respect for our local community. Please understand these actions are guidelines and the athletic director and/or administration has the final say in disciplinary action.

High School Athletic Eligibility Requirements

Students interested in participating in high school athletics should familiarize themselves with the NCHSAA (NC High School Athletic Association) general regulations, academic and attendance requirements, and athletic policies.

Eligibility Requirements

To be eligible for tryouts, practice, or participation in interscholastic athletic contests, a player must meet all North Carolina High School Athletic Association (NCHSAA) and Currituck County School System (CCS) eligibility requirements and policies:

Age

A student shall not participate on a high school team if the student becomes 19 years of age on or before August 31 of that school year.

Attendance

A student-athlete must meet the LEA attendance policy during the previous semester at an approved high school. Regularly enrolled member of the school's student body, according to local policy. If there is no local policy, "regularly enrolled" is defined as enrolled for at least one-half of the "minimum load." It is recommended the student be in school the day of the contest. CCS requires the athlete to be present half the day in order to participate in activities or practices.

North Carolina Public School Attendance Requirement for high school student-athletes

- To remain eligible for sports, student-athletes must be present for at least 85% of the total instructional days in the previous semester.
- Excused and unexcused absences are treated the same when it comes to athletics
- Eligibility for Fall/Winter 2025 will be enforced from the previous semester of the 2024-25 school year. This means students who wish to play sports in the second semester cannot exceed 13 school absences during the second semester.
- Eligibility for Spring 2026 will be enforced from 1st semester of the 2025-26 school year. This means students who wish to play sports in the second semester cannot exceed 11 school absences during the first semester.
- NCDPI rationale: To encourage high school attendance and ensure that student-athletes prioritize their academic commitments.

The link to the State Board of Education Athletic Eligibility Rules, which must be followed by NCHSAA member schools, is posted in multiple places on the NCHSAA website: [North Carolina Department of Public Instruction – Interscholastic Athletics](#). It is to be noted that these rules will be part of the 2025-2026 NCHSAA Handbook.

Academics

A student athlete must pass at least **70%** of courses at the end of each semester. A student must be present for 85% of the semester to achieve the attendance requirement. If the student athlete is not performing successfully at the end of any marking period, the student athlete will be placed on academic probation. The student athlete may still practice (at the discretion of the coach), but may not participate in, or travel with the team to any game during this probation period. Once the student athlete is successful in maintaining his/her academic eligibility, the probation will be lifted and the student athlete will be back in good standing. Failure to meet the eligibility standard WILL result in dismissal from the team. If a student is ineligible for athletics and the beginning of a semester they will remain ineligible until the next semester.

A student, upon first entering grade nine (9), is academically eligible for competition on high school teams. All requirements must be met the first semester (fall) in order for this student to be eligible for athletic participation the second semester (spring).

Must meet promotion requirements at their school to be eligible for the next semester.

Enrollment

Must participate at the school to which he or she is assigned by the local board of education based on the residence of the parent or legal custodian within the administrative unit. The athlete must live with the parents or legal custodian.

Must be a properly enrolled student in a member school of the CCS district, must be enrolled no later than the 15th day of the present semester, and must be in regular attendance at that school.

Medical Examination

Must receive a medical examination once every 365 days by a duly licensed physician, nurse practitioner, or physician's assistant.

Must be released by a licensed physician if absent from athletic practice for five or more days due to illness or injury.

Other NCHSAA Requirements

- Must not participate at the high school level for a period lasting longer than eight consecutive semesters beginning with the student's first entry into grade nine or participation on a high school team.
- Must not participate at the high school level for more than four seasons in that sport (one season per year).
- Must not be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.
- May not play, sit on the bench, or practice if ineligible.
- To maintain amateur status, the athlete must not accept money or awards having utilitarian value (golf balls, clubs, tennis rackets and balls).
- Must not have signed a professional contract, played on a junior college team or be enrolled and attending class in college.

EXPECTATIONS FOR COACHES

Your child's coach will inform you:

1. When and where practices and contests are held.
2. About the expectations he/she has for all student-athletes on the team as well as your individual child.
3. What is required to be part of the team, i.e., fees, special equipment, off-season conditioning, etc.
4. If your child is injured during participation in a practice or contest.

5. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.
6. The head coach will specify game day dress code. The wearing of inappropriate attire could result in removal from team competition on the specific day the infraction occurs. Please take pride in your appearance, your team and your school.

EXPECTATIONS FOR PARENTS/COACHES

- A. Typical concerns that are appropriate to discuss with a coach are:
 1. Any mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
 2. How you can contribute to your child's skill improvement and development.
 3. Any dramatic changes you detect in your child's behavior.
- B. It is inappropriate to discuss with a coach:
 1. Playing time.
 2. Team strategy or play calling.
 3. Other student-athletes.
- C. Coaches need parents to tell them of:
 1. Any specific health concerns about your son/daughter.
 2. Any schedule conflicts well in advance.
 3. Strategies that have been successful in dealing with your son/daughter being successful.
- D. If you have a concern to discuss with a coach, what procedure should you follow?
 1. Make an appointment with the coach. NEVER approach the coach after a game unless the coach requests it.
 2. If the coach cannot be reached, call the Athletic Director to set up a meeting.
 3. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be busy and emotional times for both the parent and coach and this time does not promote analysis of a situation

STUDENT ATHLETE PLEDGE

As a student athlete of CCS I promise to do my best to fulfill the following obligations:

- Be a worthy representative of my school, teammates, and coaches by abiding by school and community expectations. I SHALL exhibit the utmost representation of values, teamwork, good sportsmanship, and hard work.
- Display appropriate behavior at all times.
- Be present, prepared, and on time to all practices, games, meetings, and special athletic events.
- Satisfy my academic responsibilities to maintain my athletic eligibility status.
- Refrain from the use of any harmful substances including, but not limited to, tobacco, alcohol, and illegal drugs.

- Be respectful towards teachers, staff, coaches, fellow teammates, classmates, and family.
- Social Media should not be used in any derogatory manner that could be perceived as unsportsmanlike, threatening, belittling, harassing, or that in any way violates school rules/policies. This would apply to individuals, athletes, parents and teams. Any student caught in violation of this will be subject to disciplinary actions from the coach, athletic director, and school administration.

PARENT/GUARDIAN PLEDGE

Parent/Guardian support is essential for a student athlete to recognize the true value of athletic participation. Like the athletes and coaches, parents must also make a commitment to assure the success of the athletic program. This commitment ensures that your student athlete has a positive and enriching athletic experience.

As a parent/guardian of a CCS athlete, I promise to do my best to fulfill the following obligations:

- Accompany my child to as many orientation and informational meetings, athletic contests, and special events that my schedule will permit.
- Show positive sportsmanship while supporting my child by being an exemplary role model at all times and respecting other fans, coaches, officials, directors, and participants.
- Understand that my athlete may/may not play in every athletic event and playing time is NOT an issue to be discussed with coaches. Playing time is strictly a coaching decision based on the needs/abilities of each individual and team.
- Encourage my child to work hard in achieving personal and team goals.
- Student-athletes must take appropriate care of all uniforms, equipment, school facilities, and property. The student-athletes' parent/guardian shall be charged for the full replacement cost for any lost, damaged, or stolen items.
- Social Media should not be used in any derogatory manner that could be perceived as unsportsmanlike, threatening, belittling, harassing, or that in any way violates school rules/policies. This would apply to individuals, athletes, parents and teams. Any student caught in violation of this will be subject to disciplinary actions from the coach, athletic director, and school administration.

TRANSPORTATION

The school provides transportation to and from athletic contests. All student-athletes are required to use school transportation. Student-athletes may not participate in any away contests if they use alternate transportation without prior permission from the coach.

Parents/guardians wishing to take students home after the game must go to the bus area and sign their athlete out. In doing so, this will relinquish the coach from being responsible for the safe return home of that athlete. In the case that an athlete is to ride home with another parent, there must be a note signed by his/her parent stating that they may do so, and the parent with whom they are riding home must sign out that athlete as well. All athletes who are not signed out must ride the bus home with the rest of the team. Before departing, the coaching staff must check to see if the athletes who have not been signed out are on the bus. If a parent leaves with their athlete without signing them out, the athlete will be required to ride the bus home the remainder of the season.

ATTENDANCE/ABSENCES

- All student-athletes are expected to be prepared, ready to work, and on time to school and all classes, practices, and games.
- The student-athletes shall be expected to attend all required practices, meetings, and contests. The head coach shall be directly notified of absences in advance. Excessive absences adversely affect the cohesiveness of the team and will limit the student-athletes' participation in scheduled contests.
- If a student-athlete is absent during a school day, he/she may not practice or play in a game on that day.
- Student-athletes who continuously miss practice and/or games for unexcused reasons (coaches' discretion) will face dismissal from the team.
- Student-athletes shall abide by additional rules and regulations presented to all team members of a particular sport by the coaches and/or athletic director.

Acknowledgement of Athletic Responsibility

(PLEASE SIGN AND RETURN THIS FORM AS ACKNOWLEDGEMENT OF RECEIPT AND UNDERSTANDING OF THE CCS HIGH SCHOOL ATHLETIC HANDBOOK**)**

Student Name (Please Print)

Grade Level

We certify that we have received a copy of the CCS High School Athletic Handbook and understand and agree to the policies and rules set forth.

We understand that failure to follow these policies and rules may result in dismissal from a team and/or denial to participate in any sport.

Student Athlete Name (Print)

Signature

Date

Parent/Guardian Name (Print)

Signature

Date

