

Charlotte Catholic High School Athletics Handbook 2025-2026



A Message From Coach Christmas



Dear Prospective Student-Athletes and Parents,

Welcome to Charlotte Catholic High School Athletics! We are excited that you are considering becoming part of our tradition of excellence, faith, and community. Our athletic program is built on the values of teamwork, discipline, and integrity—and we are proud to offer student-athletes the opportunity to grow both on and off the field.

Whether you're a seasoned athlete or exploring a new sport, there is a place for you here. With the support of dedicated coaches, a committed school community, and strong parental involvement, Charlotte Catholic Athletics provides an experience that challenges, inspires, and prepares students for success in life.

We look forward to welcoming you to Cougar Nation!

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Introduction

Welcome to the Charlotte Catholic High School Athletics Program! This handbook is designed to serve as a comprehensive resource for both parents and student-athletes, outlining the policies, procedures, and expectations for participation in our athletic programs. Our goal is to provide a positive, competitive, and faith-filled environment that fosters personal growth, teamwork, and sportsmanship. Through this guide, we aim to ensure clear communication and understanding of the responsibilities, standards, and values upheld by Charlotte Catholic, as we work together to support our student-athletes' success both on and off the field.

Athletics History

Charlotte Catholic High School, located in Charlotte, North Carolina, has a rich history of athletics dating back to its establishment in 1955. The school, founded by the Diocese of Charlotte, has emphasized the importance of both academic excellence and extracurricular activities, including athletics, in the development of its students.

The early years of Charlotte Catholic's athletic program were characterized by modest beginnings, with a focus primarily on local competitions and intramural sports. As the school grew in size and reputation, so did its athletic ambitions. In the 1960s and 1970s, Charlotte Catholic began to emerge as a competitive force in various sports within the region.

Throughout the 1980s and 1990s, under the leadership of dedicated coaches and with the support of the school community, Charlotte Catholic's athletic program experienced significant growth and success. The school's teams garnered numerous conference championships and made appearances in state tournaments across various sports, including football, basketball, cheerleading, dance, soccer, cross-country, volleyball, baseball, softball, wrestling, tennis, lacrosse, track and field, and swimming. The 21st century brought continued success and expansion for Charlotte Catholic athletics.

Since 2000, Charlotte Catholic has won 74 state championships and has been state runner-up 65 times. During that same time, Charlotte Catholic was named recipient of 8 Wachovia/Wells Fargo Cups, recognizing the top athletic program, by division, in North Carolina. Charlotte Catholic is one of four parochial schools competing in the North Carolina High School Athletic Association. We currently participate in the Division 6A Southern Carolina Split 6/7A Conference. 1000+ of our student-athletes have continued on to participate in the NCAA/NAIA/Junior College levels.

Charlotte Catholic's commitment to excellence on and off the field has been recognized both locally and nationally. The school has received numerous awards for sportsmanship, academic achievement, and 100% community service participation, reflecting its holistic approach to student-athlete development.

In recent years, Charlotte Catholic High School has maintained its status as one of North Carolina's premier athletic programs. With a strong tradition of success, a dedicated coaching staff, and talented student-athletes. The Cougars continue to compete at the highest levels and inspire pride within the school community. As Charlotte Catholic looks to the future, it remains committed to its core values of integrity, teamwork, and perseverance, ensuring that its athletic program continues to thrive and serve as a source of pride for generations to come.

About Us

Charlotte Catholic High School is a co-ed, college preparatory 9-12 Catholic high school located in Charlotte, North Carolina. As a private Catholic institution, we participate in the NCHSAA state public school association, which subjects us to heightened scrutiny due to perceptions of advantage. We proudly compete in the Southern Carolina 6A/7A Conference, where our teams uphold rigorous standards both on and off the field. Despite misconceptions, we adhere strictly to state policies and regulations, mirroring the rules applied to public schools. We neither recruit athletes nor offer scholarships; student-athletes are responsible for their own tuition, though we do provide tuition assistance through the Diocese of Charlotte based on need. Upholding our integrity within the NCHSAA necessitates maintaining strong relationships and choosing our battles judiciously, ensuring fair play and respect for our fellow competitors.

CCHS Athletics Mission Statement and Philosophy

Mission:

Charlotte Catholic High School Athletics aims to provide students with the opportunity to participate in sports while nurturing their character, faith, and leadership qualities. We are dedicated to offering an education-based athletic program that not only promotes physical fitness, skill development, and team concepts, but also instills in our students the virtues of integrity, perseverance, and humility.

Philosophy:

The philosophy of Charlotte Catholic Athletics is deeply rooted in the values of faith, sportsmanship, leadership, character, and competitiveness. These principles serve as the foundation for our approach to athletics and guide our student-athletes in their journey both on and off the field.

- **Faith:** Faith is at the core of our athletic philosophy. We believe that spiritual growth is essential for the development of well-rounded individuals. Through athletics, we aim to reinforce the virtues of love, compassion, and service inspired by our faith, fostering a strong sense of moral purpose and an unwavering belief in one's potential.
- **Sportsmanship:** Sportsmanship is the hallmark of our athletic program. We stress the importance of respect, integrity, and fairness in all aspects of competition. Our athletes are expected to uphold the highest standards of sportsmanship, treating opponents, officials, and teammates with dignity and respect.
- **Leadership:** We believe that leadership is not confined to the playing field but extends to all areas of life. Through athletics, we provide opportunities for our student-athletes to develop and exhibit leadership skills. We encourage them to lead by example, inspire their peers, and take on responsibilities that contribute to the betterment of their teams and communities.
- **Character:** Character development is a fundamental goal of our athletic program. We emphasize the values of honesty, perseverance, accountability, and self-discipline. Our athletes are encouraged to grow as individuals of strong moral character, making choices that reflect their integrity and dedication.
- **Competitiveness:** Competitiveness is an essential element of our philosophy, driving our athletes to push their limits and strive for excellence. We understand that the spirit of competition fosters growth, determination, and a commitment to continuous

improvement. We teach our athletes to face challenges with resilience and embrace the lessons learned from both victories and defeats.

- **Participation:** Participation in high school athletics promotes physical health, teamwork, discipline, leadership, and personal growth, fostering lifelong habits and skills essential for success both on and off the field. It develops a sense of belonging and community, boosts self-esteem, and provides opportunities for personal growth. Moreover, involvement in athletics can lead to academic improvement and helps students develop habits of dedication and commitment that are valuable in all aspects of life.

In summary, the philosophy of Charlotte Catholic Athletics is a holistic approach that seeks to produce not only accomplished athletes but also individuals who embody faith, sportsmanship, leadership, character, and competitiveness. Through our programs, we aim to equip our student-athletes with the values and skills necessary for success in athletics and, more importantly, in life.

“Win with Grace, Lose with Class” “Treat Others How You Want To Be Treated”

Virtues in Sports

At Charlotte Catholic High School, we see athletics as a way to cultivate both physical skills and strong moral character. By integrating the cardinal virtues—prudence, justice, fortitude, and temperance—into sports, student-athletes can grow as individuals rooted in faith and integrity.

- **Prudence (Wisdom):** Make thoughtful decisions on and off the field. Whether strategizing during a game or balancing academics and athletics, prudence helps student-athletes choose wisely for the greater good.
- **Justice:** Treat teammates, opponents, and officials with fairness and respect. Playing by the rules and striving for equity in competition reflects our commitment to justice.
- **Fortitude (Courage):** Face challenges and adversity with bravery. Fortitude helps student-athletes persevere through tough practices, difficult games, and personal obstacles, cultivating resilience.
- **Temperance:** Exercise self-control and discipline, both in competition and in life. Temperance teaches athletes to manage emotions, avoid excess, and maintain balance in their commitments.

By practicing these virtues alongside others like sportsmanship, humility, and perseverance, our student-athletes not only improve their athletic abilities but also develop character that reflects the vision of our athletics program, and the values of our Catholic community. These virtues guide them in becoming leaders on the field, in the classroom, and in life.

Education-Based Athletics

At Charlotte Catholic High School, our athletics program is **education-based**, meaning sports are an extension of the classroom—not a separate experience. Our goal isn’t just to win games, but to develop student-athletes into well-rounded individuals who learn life lessons through competition. Teamwork, discipline, resilience, humility, time management, and leadership are all taught through athletics and grounded in our Catholic values. Winning is important, but character development and personal growth come first. Sports are a tool to help our students become better students, teammates, and people.

Fall Sports Offered

Varsity Sport	Participation Fee	JV Sport	Participation Fee
Football	\$205	Football	\$205
Men's Soccer	\$150	Men's Soccer	\$150
Women's Volleyball	\$150	Women's Volleyball	\$150
Women's Tennis	\$150	Women's Tennis	\$150
Men's/Women's Cross Country	\$150		
Cheerleading	\$150	Cheerleading	\$150
Dance	\$150		
Women's Golf	\$150		

Club Sport	Participation Fee
Women's JV/Var Field Hockey	\$170

Winter Sports Offered

Varsity Sport	Participation Fee	JV Sport	Participation Fee
Men's Basketball	\$150	Men's Basketball	\$150
Women's Basketball	\$150	Women's Basketball	\$150
Wrestling	\$150	Wrestling	\$150
Swimming	\$150		
Indoor Track	\$150		

Club Sport	Participation Fee
Rugby	\$150

Spring Sports Offered

Varsity Sport	Participation Fee	JV Sport	Participation Fee
Baseball	\$175	Baseball	\$175
Softball	\$150		
Men's Lacrosse	\$150	Men's Lacrosse	\$150
Women's Lacrosse	\$150	Women's Lacrosse	\$150
Women's Soccer	\$150	Women's Soccer	\$150
Men's Golf	\$150		
Outdoor Track	\$150		
Men's Tennis	\$150	Men's Tennis	\$150

Club Sport	Participation Fee
Men's Volleyball	\$150
Mountain Biking	\$150
Women's Flag Football	TBD
Ice Hockey	\$150

Participation Fee

Charlotte Catholic High School charges a participation fee for student-athletes to help offset the costs associated with providing a high-quality athletic experience. This fee contributes to expenses such as facility maintenance, equipment, uniforms, transportation, officials, and other resources that support our athletic programs. The participation fee ensures we can sustain competitive programs while maintaining a safe and supportive environment for all student-athletes.

Assumption of Risk: Participation in Interscholastic Sports

Participating in interscholastic sports at Charlotte Catholic High School involves inherent risks, including but not limited to physical exertion, potential injury, and the responsibility to adhere to safety guidelines and protocols. While the school and coaching staff strive to provide a safe environment and proper supervision, it is important to recognize that accidents and injuries may occur during practices, games, or related activities.

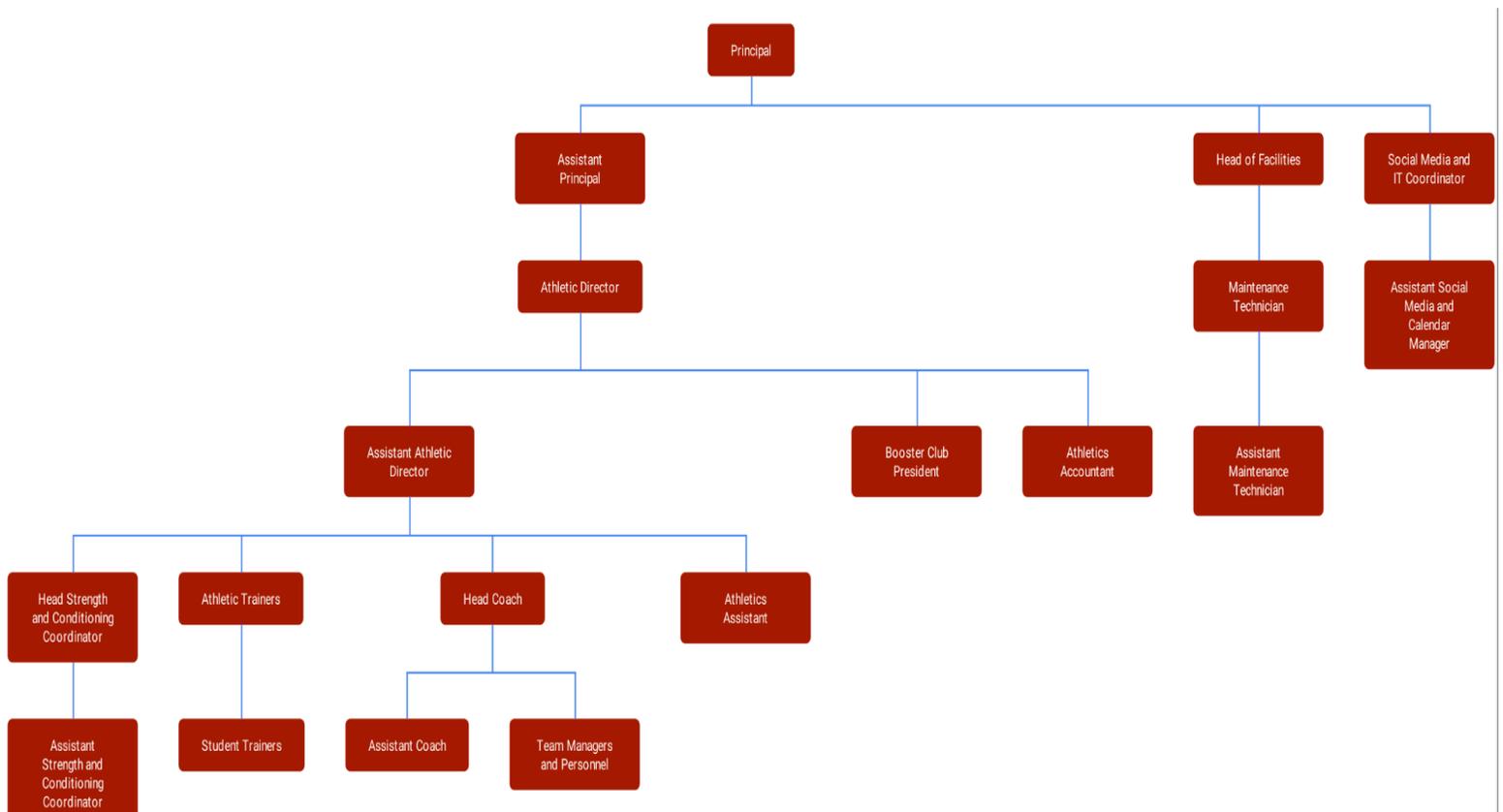
By participating in our athletic programs, student-athletes and parents acknowledge and accept these risks. It is recommended that student-athletes maintain proper physical conditioning,

follow coaches' instructions, and promptly report any injuries or concerns. Charlotte Catholic High School encourages a commitment to safety, sportsmanship, and teamwork throughout all athletic endeavors.

Insurance Policy

Charlotte Catholic High School requires all claimants to maintain primary private insurance coverage. The school will provide secondary coverage for injuries sustained during school-sanctioned athletic activities. In the event of an injury requiring insurance claim filing, the claimant must promptly notify the school nurse and athletic director for guidance and direction.

Charlotte Catholic High School Athletics Organizational Chart



Administrative Points of Contact

Title	Name	Contact
Head of School	Kurt Telford	ktelford@charlottecatholic.org
Chaplain	Fr. Chinonso	CANnebe-Agumadu@rcdoc.org

Athletic Director	Kevin Christmas	kechristmas@charlottecatholic.org
Assistant Athletic Director	Marty Chuttey	machuttey@charlottecatholic.org
Athletics Assistant	Angie Johnston	amjohnston@charlottecatholic.org
Booster Club President	Caroline O'Brien	carolinelobrien@hotmail.com
IT Social Media	Beth Acitelli	bvacitelli@charlottecatholic.org
Athletics Accounting	Maria Perez	meperez@charlottecatholic.org
Head of Facilities	Randy Belk	rbelk@charlottecatholic.org
Head Strength/Cond. Coordinator	Mike Hazel	mphazel@charlottecatholic.org
Athletic Trainer	Todd Wisocki	tawisocki@charlottecatholic.org
Athletic Trainer	Ashley Maskeri	ammaskeri@charlottecatholic.org

Head Varsity Program Points of Contact

Program	Head Coach	Contact
Cross Country	Evan Georges	ecgeorges@charlottecatholic.org
Cheerleading	Shana Fox	shanamfox@gmail.com
Dance	Jen Taylor	jataylor@charlottecatholic.org
Field Hockey	Sheila Baker	smcbaker31@gmail.com
Football	Keith Emery	kaemery@charlottecatholic.org
Women's Golf	Kevin Christmas	kechristmas@charlottecatholic.org
Men's Soccer	Gary Hoilett	gchoilett@charlottecatholic.org
Women's Tennis	Jo Cabana	jlcabana@charlottecatholic.org
Women's Volleyball		
Men's Basketball	Mike King	mdking@charlottecatholic.org
Women's Basketball	Kristal Mainsah	ksmainsah@gmail.com
Swimming/Diving	Claire Nichols	catholicswimdive@gmail.com
Indoor Track/Field	Evan Georges	ecgeorges@charlottecatholic.org

Wrestling	Pat Halinan	phallinan@choateco.com
Rugby	Jason Zehmke	jason.zehmke@hotmail.com
Baseball	Eddie Hull	echull@htcms.net
Men's Golf	Shawn Panther	smpanther@charlottecatholic.org
Men's Lacrosse	Bo Turner	cdturner@charlottecatholic.org
Women's Lacrosse	Dee Bier	dbbier@charlottecatholic.org
Women's Soccer	Gary Hoilett	gchoilett@charlottecatholic.org
Softball	Kathleen Henris	kmurphy@htcms.net
Men's Tennis	Jo Cabana	jlcabana@charlottecatholic.org
Track and Field	Evan Georges	ecgeorges@charlottecatholic.org
Men's Volleyball	Nick Laneve	nslaneve@yahoo.com

Expectations: What It Takes To Be A Cougar Student-Athlete

Charlotte Catholic High School student-athletes are expected to uphold the mission, values, and standards of our school, both on and off the field. Participation in athletics is a privilege, and with this privilege comes the responsibility to represent our school, community, families, and faith with pride, respect, and integrity. The following expectations outline the responsibilities of student-athletes and must be adhered to in order to participate in Charlotte Catholic athletics.

1. Academic Commitment

- Student-athletes must maintain eligibility as outlined by both Charlotte Catholic and NCHSAA academic standards. This includes a focus on balancing academic responsibilities with athletic participation.
- Regular attendance in school is required. Students must be present for a minimum of four consecutive periods in order to participate in any after-school athletic activities or competitions.

2. Character and Sportsmanship

- Student-athletes are expected to display the highest levels of sportsmanship and ethical behavior at all times, in alignment with Catholic values. Respect for teammates, coaches, opponents, officials, and fans is essential.
- Any unsportsmanlike conduct, including verbal taunting, foul language, or physical altercations, will result in disciplinary action, including possible suspension from participation.

3. Attendance and Punctuality

- Regular attendance at all practices, games, meetings, and team events is required. Absences must be communicated to the coach in advance and may affect playing time.
- Student-athletes are expected to arrive on time for practices and competitions, ready to fully engage and contribute to the team's success.

4. Commitment to Team and School

- Each student-athlete is required to fully commit to their team for the duration of the season. This includes prioritizing team events and practices over external activities.
- Student-athletes are representatives of Charlotte Catholic and are expected to act in a manner that reflects the school's core values in all public settings.

5. Health and Safety

- Athletes are required to adhere to all health and safety protocols, including proper use of equipment, following coaches' instructions, and maintaining personal health and wellness.
- Any injury or illness must be reported to the coach and athletic trainer immediately. Participation is subject to medical clearance.

6. Conduct and Discipline

- Any violations of school policies, including the code of conduct, may result in disciplinary action that can affect athletic participation.
- Student-athletes must follow the guidelines for appropriate behavior on social media, avoiding any posts that could negatively reflect on themselves, the team, or the school.

7. Service and Community Engagement

- Student-athletes are encouraged to engage in service projects, which may also count toward fulfilling Charlotte Catholic's service hour requirements. Teams may organize their own service projects with administrative approval as part of building camaraderie and faith.

8. Compliance with NCHSAA Regulations

- All student-athletes must comply with NCHSAA regulations, including those related to transfers, eligibility, and participation requirements.
- Any violation of NCHSAA rules, including receiving improper benefits or recruiting violations, will result in penalties for the individual and possibly the team.

Expectations: What It Takes To Be A Cougar Parent

Parents play an essential role in the success and development of their student-athletes and contribute to the positive atmosphere of Charlotte Catholic athletics. We ask that parents actively support both their children and the school's athletic programs by adhering to the following expectations.

1. Support for the School's Mission and Values

- Parents are expected to support Charlotte Catholic’s mission to develop well-rounded student-athletes who display respect, integrity, and sportsmanship in all aspects of their lives.
- Parents should model positive behavior that reflects the Catholic values of the school in their interactions with athletes, coaches, officials, and other parents.

2. Positive Encouragement and Sportsmanship

- Parents should encourage and support their student-athletes, offering constructive praise and guidance. They should focus on effort and attitude rather than just results.
- Demonstrating good sportsmanship is critical. Parents should refrain from criticizing coaches, officials, or athletes from either team and always treat others with respect, regardless of the outcome of the game.
- Negative or aggressive behavior toward officials, coaches, or other spectators is not tolerated and may result in removal from the event and further consequences for the family or athlete.

3. Communication with Coaches

- Respect the role of the coach and understand that coaching decisions—such as playing time, strategy, and game management—are made in the best interest of the team.
- If a parent has a concern, it should be addressed directly and respectfully with the coach at an appropriate time, following the 24-hour rule: waiting 24 hours after a game or practice before approaching the coach to discuss concerns.
- If further discussion is necessary, parents should follow the communication hierarchy, beginning with the coach, then the athletic director, and finally school administration if needed.

4. Commitment to the Student-Athlete’s Academic Success

- Parents are expected to support their child’s academic success by ensuring a balance between athletics and academics. Athletes must meet school and NCHSAA eligibility requirements, and parents should encourage their children to prioritize their studies.
- Parents should monitor attendance, ensuring their child is at school for the required amount of time to participate in after-school activities.

5. Attendance and Support

- Parents are encouraged to attend games and events to support the team, contributing to a positive atmosphere at all athletic competitions.
- Ensuring that the student-athlete attends all practices, games, and events is a parental responsibility. If conflicts arise, parents should communicate with the coach in advance.

6. Health, Safety, and Well-Being

- Parents should ensure their child follows all health and safety protocols set by the school, coaching staff, and medical personnel. This includes reporting injuries, following treatment recommendations, and providing proper equipment.
- Parents should be mindful of their child’s mental and emotional well-being, encouraging open communication and providing support as they navigate the pressures of school and athletics.

7. Team Commitment

- Parents should support the student-athlete's full commitment to the team and school. This includes respecting the schedule of practices, games, and team activities.
- They should help reinforce the importance of teamwork, accountability, and commitment to the collective success of the group.

8. Fundraising and Volunteering

- Charlotte Catholic relies on the support of parents through volunteering and fundraising efforts, particularly through the Athletic Boosters. Parents are encouraged to contribute to team needs and events as appropriate.
- Parents must follow the school's fundraising policy, which prohibits individual teams from conducting their own fundraising projects.

9. Adherence to NCHSAA and School Policies

- Parents should familiarize themselves with NCHSAA regulations, including those related to eligibility, transfers, and recruiting, and ensure their student-athlete adheres to these rules.
- Violations of school or NCHSAA policies, including improper recruiting or eligibility practices, will result in consequences for both the student-athlete and the program.

Charlotte Catholic High School Student-Athlete Code of Conduct

As a student-athlete representing Charlotte Catholic High School, you are expected to uphold the highest standards of sportsmanship, integrity, and responsibility both on and off the field. The following guidelines outline our expectations:

Academic Excellence:

- Maintain academic eligibility as per NCHSAA and Charlotte Catholic High School standards.
- Attend all classes regularly and prioritize academic responsibilities.

Behavior and Sportsmanship:

- Respect teammates, coaches, officials, opponents, and spectators at all times.
- Demonstrate good sportsmanship and fair play, win or lose.
- Refrain from any form of disrespectful behavior, including taunting, trash-talking, or unsportsmanlike conduct.

Ethical Conduct:

- Adhere to the highest ethical standards both on and off the field.
- Avoid the use of illegal substances, including drugs, alcohol, and tobacco products.
- Represent the school and team positively in the community.

Team Commitment:

- Attend all practices, meetings, and team activities unless excused by the coach.
- Communicate promptly and respectfully with coaches regarding any absence or concern.

Personal Conduct:

- Uphold personal integrity and maintain a positive reputation both within and outside of school.
- Respect school property and facilities.

Social Media and Public Behavior:

- Exercise caution and responsibility when using social media platforms.
- Refrain from posting derogatory, offensive, or inappropriate content related to the school, team, or fellow athletes.

Compliance with Policies:

- Adhere to all policies and guidelines set forth by the NCHSAA, Charlotte Catholic High School, and team coaches.

Consequences of Violations

Depending on the severity or number of violations, the following consequences can be levied at any time by the coach, athletic director, or school administration:

- **Informal Discussion** – Sometimes all that’s needed is a simple, honest conversation between the coach and the student-athlete to address the concern and make things right.
- **Documented Verbal Warning** – The coach or athletic staff may issue a verbal warning and document it for reference. This serves as a formal notice that the behavior needs to improve.
- **Documented Written Warning** – A written warning may be issued and placed on file. This outlines the issue clearly and may involve a parent meeting.
- **Game Suspension** – The student-athlete may be suspended for one or more games.
- **Season Suspension** – In more serious or repeated cases, a suspension for the remainder of the season may be imposed.
- **Removal from Team** – If the behavior consistently fails to meet expectations or causes significant harm to the team or school community, the student-athlete may be removed from the team entirely.
- **Expulsion** – In extreme cases involving serious violations of school policy or law, expulsion from Charlotte Catholic High School may be considered by the administration.

These consequences are intended to help student-athletes grow, learn from mistakes, and understand the importance of accountability while maintaining the standards of Charlotte Catholic High School athletics.

By participating in Charlotte Catholic High School athletics, you agree to abide by this code of conduct and understand that your behavior reflects not only upon yourself but also upon your team, school, and community.

Attending CCHS Events

At Charlotte Catholic, students, parents, and all fans are expected to support our teams with enthusiasm, pride, and class. Positive cheering is encouraged, but heckling, taunting, or trash talking opponents, officials, or other spectators is strictly forbidden. Individuals exhibiting inappropriate behavior may be removed from the event and could face further disciplinary action, including suspension from future contests. Alcohol, and illegal substances are forbidden on the property. As representatives of our school community, fans must demonstrate good sportsmanship and show respect for all participants, upholding the values of our faith, integrity, dignity, and Catholic character at every event.

North Carolina High School Athletic Association (NCHSAA) www.nchsaa.org

The North Carolina High School Athletic Association (NCHSAA) governs high school athletics in our region, establishing standards for competition, player safety, and sportsmanship. As a member institution, Charlotte Catholic High School is obligated to comply with all NCHSAA rules and regulations. This includes adhering to eligibility requirements, participating in mandated training programs, and following guidelines for game conduct and scheduling. Compliance with NCHSAA standards ensures fair play, safety, and integrity in all our athletic programs. The link below grants access to the NCHSAA handbook.

[2025-2026 NCHSAA Handbook](#)

NCHSAA 2025-2026 Calendar

The NCHSAA calendar of start dates outlines specific times when various high school sports seasons officially begin. These dates are crucial as they dictate when teams can begin practices, games, official competitions, and playoff dates according to the sport's schedule. It helps maintain consistency across different schools and ensures fair preparation time for all teams.

[NCHSAA 2025-2026 Calendar](#)

What does “Dead Period” mean?

A **dead period** in high school athletics is a designated time when all athletic activities—such as practices, workouts, meetings, and competitions—are prohibited. Set by state associations like the NCHSAA, these periods give student-athletes and coaches a mandatory break from sports to promote rest, family time, and focus on non-athletic commitments.

NCHSAA Conference Affiliation- Southern Carolina 6A/7A (SCC)

Charlotte Catholic High School is a proud member of the Southern Carolina 6A/7A Conference in the NCHSAA. This competitive conference includes the following high schools:

- (6A) Charlotte Catholic High School
- (7A) Cuthbertson High School
- (7A) Marvin Ridge High School
- (6A) Piedmont High School
- (7A) Porter Ridge High School
- (6A) Sun Valley High School
- (7A) Weddington High School

Our participation in the Southern Carolina 6A/7A Conference allows us to compete at a high level of athletic excellence and sportsmanship against these esteemed schools.

Academic Eligibility

At Charlotte Catholic High School, maintaining academic excellence is a priority for all student-athletes. To be eligible for athletic participation, students must meet the following academic criteria:

During any school year, a student who fails one or more courses for any marking period may not participate in a sport until the next marking period unless the student completes three (3) hours of tutoring in those classes each week. Prior approval by administration is needed in selecting a tutor. The student will be allowed to participate in practice and sports contests the following week if tutoring is completed. The student will need to continue the tutoring until the end of the season or until the student passes the courses for the following marking period. Non-compliance for two weeks will result in the student being dismissed from the Team.

A student must maintain a 2.0 grade point average for each marking period to be eligible unless the student completes three (3) hours of tutoring in the courses with a grade less than a C average. Prior approval by administration is needed in selecting a tutor. The student will be allowed to participate in practice and sports contests the following week if tutoring is completed. The student will need to continue the tutoring until the end of the season or until the student has a 2.0 grade point average the next marking period. Non-compliance for two weeks will result in the student being dismissed from the team.

The marking periods shall be defined as the first quarter grades, first semester grades, and third quarter grades. In the event that a spring sport extends beyond the last day of school, the second semester grades shall be used to determine eligibility.

Attendance Policy

Students must be present at school for the majority of the day, attending four consecutive periods, to be eligible to participate in after-school activities, including practices and games. Failure to meet this requirement will result in the student being unable to practice or compete in scheduled games. Students with excessive absences may not participate in activities that require the student to miss class.

Reclassification Policy

Charlotte Catholic High School does not permit reclassification of student-athletes. Students entering the school will be placed in the next grade level following the most recently completed academic year, regardless of any reclassification decisions made at previous schools. This policy reflects our commitment to academic integrity and consistency in student progression. All student-athletes are expected to advance according to their academic record without adjustments for athletic purposes.

Residency Policy

The NCHSAA residency policy for Catholic schools requires student-athletes to reside within the geographic boundaries designated by the school and athletic governing body for eligibility. At Charlotte Catholic High School, we strictly adhere to these regulations by verifying student residency through comprehensive documentation, ensuring all athletes meet the residency requirements set forth by the NCHSAA. This includes maintaining detailed records and adhering to transparent processes to uphold fairness and compliance in athletic participation. Please refer to the NCHSAA handbook for the official policy. Any questions regarding this policy should be directed to the athletic director.

Age Requirements

Charlotte Catholic High School strictly adheres to the NCHSAA regulations that specify student-athletes must not turn 19 years old before August 31st of the current school year to participate in interscholastic athletics. This regulation ensures that athletes compete within age-appropriate categories and maintain eligibility throughout their high school careers. Please refer to the NCHSAA handbook for the official policy. Any questions regarding this policy should be directed to the athletic director.

Transfer Policy

Charlotte Catholic High School adheres to the North Carolina High School Athletic Association (NCHSAA) guidelines regarding student-athlete transfers. In compliance with NCHSAA rules, a student-athlete transferring into Charlotte Catholic must meet all eligibility requirements set by the NCHSAA to participate in athletic programs. All questions regarding transfer eligibility and compliance should be directed to the Charlotte Catholic Athletic Director or the Development Director responsible for school tours. They will provide detailed guidance and ensure families understand the requirements and restrictions associated with the transfer process. Please refer to the NCHSAA handbook for the official policy.

NCAA Eligibility Standards

Student-athletes at Charlotte Catholic High School aiming to participate in collegiate athletics must meet the eligibility standards set by the National Collegiate Athletic Association (NCAA). The NCAA has established core academic requirements, minimum GPA, and standardized test score criteria to ensure that student-athletes are prepared for college-level coursework.

1. Core Course Requirements

- **Division I:** Prospective student-athletes must complete 16 core courses in high school, including:

- 4 years of English
- 3 years of Math (Algebra I or higher)
- 2 years of Natural/Physical Science (including 1 year of lab science)
- 1 additional year of English, Math, or Science
- 2 years of Social Science
- 4 additional years of courses from any of the above areas or foreign language, philosophy, or comparative religion
- **Division II:** Requires 16 core courses, with similar subject area distribution but slightly modified requirements.
- Core courses must be NCAA-approved. Families and student-athletes can verify Charlotte Catholic's approved core courses on the NCAA Eligibility Center website or through school counselors.

2. GPA and Test Score Requirements

- **Division I Sliding Scale:** Division I eligibility requires a minimum core-course GPA of 2.3, with corresponding SAT or ACT scores on a sliding scale. Higher GPAs allow for lower test scores, and vice versa.
- **Division II Sliding Scale:** Division II eligibility requires a minimum core-course GPA of 2.2 with a sliding scale for standardized test scores.
- It is critical that students aim to maintain a strong GPA throughout high school, as this will impact both NCAA eligibility and college admissions opportunities.

3. Planning for Eligibility

- **Freshman and Sophomore Years:** Student-athletes should focus on taking and performing well in NCAA-approved core courses. It is recommended to consult with the school's academic counselors to ensure course selection aligns with NCAA standards.
- **Junior Year:** Register with the NCAA Eligibility Center and complete standardized tests.
- **Senior Year:** Finalize core-course requirements, retake standardized tests if needed to improve scores, and confirm that all academic records and test scores are up to date with the NCAA Eligibility Center.

Meeting NCAA standards is essential for student-athletes who wish to compete at the college level. Charlotte Catholic High School is committed to supporting students in understanding these requirements and preparing for academic and athletic success. For further guidance, students are encouraged to speak with school counselors, who can provide resources on the NCAA requirements and help plan a course of action that aligns with each student-athlete's goals.

[NCAA Guide for Student-Athlete Eligibility](#)

Enrollment and Athletic Participation Policy

To participate in athletics at Charlotte Catholic High School, students must be fully enrolled at the school. Only currently enrolled students are eligible to join athletic teams or represent the school in competitions. Students who are homeschooled or enrolled in other schools are not eligible to participate in Charlotte Catholic High School's athletic programs. This policy ensures that our athletic teams are composed of students who are fully committed to both the academic and extracurricular standards of Charlotte Catholic.

Medical Requirements for Student-Athlete Participation

To participate in athletics at Charlotte Catholic High School, each student-athlete must meet specific medical requirements to ensure their health and safety. This includes maintaining an up-to-date physical examination, which is valid for 13 months from the date of the exam. Once the physical expires, students must submit a new one to remain eligible.

In addition to the physical, other required medical forms and consents must be completed and submitted through each student-athlete's DragonFly account. This platform tracks compliance, allowing students, families, and coaches to verify that all health requirements are current before participation in practices or competitions.

Charlotte Catholic High School follows all NCHSAA and state-mandated guidelines regarding concussion safety. If a student-athlete is suspected of having a concussion—whether during a game, practice, or other athletic activity—they will be immediately removed from play and evaluated by a certified athletic trainer or medical professional.

Concussion Protocol Key Points:

- **When in doubt, sit them out.** Any student showing signs or symptoms of a concussion will not return to play that same day.
- The student-athlete must be cleared by a licensed medical provider trained in concussion management before returning.
- A **graduated Return-to-Play (RTP) protocol** must be followed, under the supervision of our athletic training staff.
- Coaches must report any head injuries to the athletic trainer and athletic director immediately.

The health and safety of our student-athletes come first. We take all head injuries seriously to ensure a full and safe recovery.

Role of Athletic Trainers

Athletic trainers at Charlotte Catholic High School play a vital role in keeping our student-athletes healthy, safe, and ready to compete. They are licensed healthcare professionals with clearance to evaluate, treat, and manage athletic injuries.

Our trainers are supported by a team of partnering physicians and specialists, ensuring that athletes receive high-quality care, both on site and through referrals when necessary.

Key responsibilities include:

- Providing immediate care for injuries during practices and games
- Managing concussion evaluations and return-to-play protocols
- Developing injury prevention and rehabilitation programs

- Coordinating with coaches, families, and healthcare providers

Student-athletes are expected to report all injuries promptly to the athletic trainer. Our trainers are trusted and empowered to make medical decisions in the best interest of each athlete's health and safety.

Additionally, All medical paperwork, including notes or clearances from personal physicians, must be submitted directly to the athletic trainers—not to coaches—to ensure proper documentation and athlete safety.

Dragonfly Compliance for Participation

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.
- 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.

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!



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.

All student-athletes at Charlotte Catholic High School are required to be 100% compliant in DragonFly before participating in any team activities, including tryouts, practices, scrimmages, or games. A **green checkmark**  in the system confirms full compliance.

To reach 100% compliance, student-athletes and their parents/guardians must complete and upload all required forms for the 2024–2025 school year:

Complete the Following Items to Secure 100% Compliance:

- Update Medical and Demographic Information for 2024–2025
- 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
- Electronic signature of the Charlotte Catholic Student-Athlete Code of Conduct

It is the responsibility of each student-athlete and their family to ensure all items are completed, uploaded, and verified in DragonFly. Coaches will not allow participation without full compliance.

Emergency Action Plan (EAP)

Emergency Action Plans (EAPs) are critical protocols designed to manage and respond to emergencies effectively, ensuring the safety and well-being of students, staff, and spectators. At Charlotte Catholic High School, our comprehensive EAP outlines specific procedures for various emergency scenarios, from medical emergencies to natural disasters. Each plan is meticulously detailed to provide clear, step-by-step instructions, minimizing confusion and delays during a crisis. The detailed Charlotte Catholic High School Emergency Action Plan, including protocols for each venue, is included in the link below. It is vital that all teams, coaches, and stakeholders are familiar with and practice the EAP and the venue protocols to ensure readiness and safety for everyone involved in our athletic programs in addition to our visitors.

[2025-2026 CCHS Emergency Action Plans](#)

Tryouts and Team Selection

At Charlotte Catholic High School, tryouts are an important part of the athletic experience and provide student-athletes the opportunity to demonstrate their skills, work ethic, and coachability. However, it is essential to understand that **the opportunity to try out is the only**

guarantee—team placement and playing time are not guaranteed for any athlete, regardless of grade level or past participation.

Preparing for Tryouts

Student-athletes should arrive at tryouts in peak physical condition, having prepared through off-season training, conditioning, and skill development. Athletes should also be mentally prepared to give their best effort, display a positive attitude, and respond well to feedback.

We strongly recommend:

- Training well in advance (not just the week before)
- Attending preseason workouts or open sessions when offered
- Getting proper rest and nutrition
- Coming ready to compete with focus, effort, and sportsmanship

The Selection Process

Team selections are made by the coaching staff based on a variety of factors, including but not limited to:

- Athletic skill and ability
- Coachability and attitude
- Team needs and positional balance
- Work ethic, effort, and leadership
- Academic standing and eligibility
- Commitment to the team culture

Selections are made with care and intention. Coaches evaluate athletes over the full course of tryouts and may consult previous evaluations and observations when appropriate. The process is competitive, and cuts may be necessary, particularly at the JV and varsity levels.

Playing Time

Playing time is not guaranteed and is determined solely by the coaching staff. Coaches make decisions based on what is best for the team's success, considering performance in practices and games, effort, attitude, position needs, and overall team strategy. Athletes are expected to respect these decisions and continue working hard regardless of their role.

For Student-Athletes and Parents

We understand that tryouts and team selections can be emotional. Making a team—or not—can be a defining moment in a student's athletic journey. At Charlotte Catholic, our coaches are

selected based on their qualifications, character, and alignment with our mission. They receive ongoing mentoring and professional development to help them grow in their roles as educators and leaders. While no one is perfect, please know that coaching decisions are made with integrity and the best interests of the team in mind.

We encourage families to:

- Respect the coaches' decisions and the selection process
- Support your child in handling both success and disappointment with maturity and grace
- Use the experience as an opportunity for growth, reflection, and goal-setting
- Understand that coaches may not be able to provide detailed, individual feedback immediately following cuts but are open to respectful follow-up conversations at an appropriate time

Tryouts are never easy for coaches either. Cutting players or assigning limited roles is one of the most difficult aspects of coaching, and all decisions are made with the team's success and development as the top priorities.

Communication

Effective communication is vital to the success and integrity of our athletic programs. It fosters trust, promotes teamwork, prevents misunderstandings, and ensures that concerns are addressed in a respectful and constructive manner. Open and honest dialogue between student-athletes, parents, coaches, and administrators supports the development of a positive team culture and reinforces the values of accountability, respect, and personal growth. By following the proper chain of communication, we create a supportive environment where every voice is heard and every issue is handled appropriately.

Coaches are available to student-athletes and parents for communication and are expected to respond within a respectful amount of time. All communication must take place through school-approved channels. Team parents assist in sharing team-relevant information, while coaches are required to keep game schedules updated on MaxPreps, which serves as the official source for schedule updates.

Chain of Communication

To ensure effective and respectful resolution of concerns within the athletics program, student-athletes and parents are expected to follow the established chain of communication:

1. **Student-Athlete to Coach** – Student-athletes should first speak directly with their coach regarding any team-related questions or concerns. Matters related to strategy, playing time, and team decisions should be handled primarily through direct communication between the student-athlete and the coach.
2. **Parent to Coach** – If additional clarification or discussion is needed, parents should then contact the coach at an appropriate time outside of practice or games.

3. **Coach to Athletic Director** – If the issue is not resolved, the coach may consult with the Athletic Director, or parents may request a meeting that includes both the coach and Athletic Director.
4. **Athletic Director to Administration** – For unresolved or escalated matters, the Athletic Director will involve the school administration.

Following this communication process promotes accountability, transparency, and respect among all parties involved. High-priority or urgent matters should be directed promptly up the communication ladder to ensure they are addressed in a timely and appropriate manner.

24-Hour Rule

To allow for a cooling-off period and thoughtful reflection, no discussions regarding conflicts should take place immediately after a contest. It is best to wait until at least 24 hours to address concerns involving the contest. If there is an incident of a sensitive nature, then it is at the athletic director's discretion to decide upon response time.

Best Practices for Resolving Athletics Related Conflicts

When concerns arise, it's important that student-athletes and parents approach conflict resolution with respect, patience, and a focus on growth. While it's natural for parents to want their children to succeed, it's equally important for student-athletes to learn how to face adversity, take responsibility, and advocate for themselves as part of their personal growth.

The following best practices should guide all communication with coaches:

- **Encourage the student-athlete to speak first:** Athletes should take the initiative to address concerns directly with their coach, building maturity and self-advocacy skills.
- **Use the proper chain of communication:** Follow the outlined steps, beginning with the coach, then the athletic director, and finally school administration if necessary.
- **Request a meeting at an appropriate time:** Avoid discussing sensitive matters immediately before or after games or practices (24-Hour Rule). Instead, request a meeting in advance at a mutually convenient time.
- **Stay calm and respectful:** Approach the conversation with a willingness to listen and understand different perspectives.
- **Focus on facts and solutions:** Keep the discussion centered on specific concerns and potential ways to move forward, rather than emotions or assumptions.
- **Be patient:** Give the coach time to consider concerns and respond thoughtfully.

By following these practices, we create a positive environment that supports student-athlete development and respectful collaboration among all parties.

Social Media and Personal Correspondence Policy

Student-athletes at Charlotte Catholic High School are expected to uphold the values of our school both on and off the field, including in all forms of digital communication. This includes the use of social media platforms, group chats, messaging apps, emails, and other personal correspondence. Athletes should conduct themselves in a respectful, responsible, and Christ-centered manner, understanding that their words and actions—whether public or private—reflect on themselves, their team, and the school community.

Inappropriate, offensive, harassing, or threatening content directed at teammates, coaches, opponents, officials, or members of the school community will not be tolerated and may result in disciplinary action, including suspension or removal from the team. Parents are encouraged to actively monitor their child’s digital presence and to help reinforce appropriate online behavior. Any communication with coaches or school personnel should be conducted through official and approved school channels (such as school email, school-sponsored apps, or in-person meetings), not personal messaging platforms or social media.

All individual team social media accounts and managers must be approved by the Director of Tech Services at Charlotte Catholic High School. To begin the process, visit the Media Center and complete a Social Media Registration Form. Once submitted, you will be contacted with next steps. This form must be completed at the start of each school year.

If any concerns arise regarding communication within team-related channels, they should be brought to the attention of the coach or athletic director immediately. By participating in athletics at Charlotte Catholic, student-athletes and their families agree to use social media and personal communication platforms in ways that promote respect, unity, and the values of our Catholic mission.

This policy aligns directly with the Diocesan Social Media Policy; please refer to that document for further clarification and guidance.

Multi-Sport Athlete Policy – For Student-Athletes and Parents

Charlotte Catholic High School encourages student-athletes to participate in multiple sports, recognizing the value it brings to their overall development, including enhanced athleticism, teamwork, and time management. We are committed to supporting multi-sport athletes by fostering collaboration between coaches and creating an environment where participation in multiple programs is both manageable and rewarding.

In-season sports take precedence, and student-athletes are expected to prioritize their current team commitments. At the same time, coaches will not penalize athletes for training or working out with other sports, provided it does not conflict with in-season responsibilities. Parents and student-athletes are encouraged to maintain open communication with coaches to help manage schedules and expectations.

While it is rare for students to play two sports during the same season, exceptions may be considered for non-cut sports if both coaches agree and believe it is in the best interest of the student-athlete. Student-athletes **CANNOT** try out for two cut sports in the same season

violating in-season commitments. However, should a student-athlete get cut from a sport, they can ask a coach of another sport if they would give them an opportunity to try out for that sport. It is the coach's decision to allow or deny that request if their team has already been selected. Protecting the health and well-being of our athletes remains a top priority. All stakeholders—coaches, parents, and students—should work together to avoid overtraining and to ensure the athlete's long-term success and enjoyment in high school athletics.

Q1: What steps should a student-athlete take if they feel overwhelmed balancing multiple sports and schoolwork?

A student-athlete should first communicate openly with their in-season coach to discuss their concerns. It's also helpful to meet with their off-season coach to coordinate adjustments in expectations. Time management strategies, along with regular check-ins with parents, teachers, and possibly the school counselor, can help the athlete stay balanced and avoid burnout.

Q2: How can parents best support their child who wants to participate in multiple sports?

Parents can support by helping their child manage time wisely, encouraging rest and recovery, and maintaining open communication with coaches. It's important to monitor the athlete's stress levels and physical health and to advocate for reasonable practice and game loads when necessary.

Q3: What happens if coaches disagree on a multi-sport athlete's schedule or expectations?

If a conflict arises, the athletic director may step in to facilitate a solution that prioritizes the student-athlete's well-being and academic success. Ideally, both coaches work collaboratively to find a compromise that allows the athlete to contribute to both programs without overcommitting or risking injury.

School Sports vs. Club Sports Policy

Charlotte Catholic High School supports the well-rounded development of student-athletes and recognizes the value of both school and club sports. School sports are sanctioned by the NCHSAA and represent our school community in official state competitions. They emphasize team unity, school spirit, and shared goals. Club sports, while beneficial for skill development and exposure in certain sports, operate independently of the school and are not governed by the same rules and obligations.

Participation in Charlotte Catholic athletics is a privilege and requires a high level of commitment. In-season school sports take priority over club or other extracurricular sports. Attendance at school practices, games, and team events is expected and should not be compromised for outside sports obligations.

Student-athletes and families are encouraged to communicate early and openly with their school coaches regarding involvement in club teams or other extracurricular activities. This

allows for better planning and helps ensure that student-athletes can manage their responsibilities without compromising their commitment to their Charlotte Catholic team.

Out-of-Season Team and Individual Workouts Policy

Out-of-season workouts and practices at Charlotte Catholic High School are designed to enhance skill development and maintain fitness levels during periods outside of official season play. While participation is not mandatory, student-athletes benefit from these sessions to stay competitive and prepared. It's essential that these activities do not interfere with in-season commitments, ensuring students can balance academic responsibilities with their athletic pursuits effectively. Additionally, all participants must have up-to-date medical exemptions on file to prioritize safety and well-being throughout the training process. This policy aims to support comprehensive athlete development while respecting academic and health considerations.

Strength and Conditioning Program

The strength and conditioning program at Charlotte Catholic High School plays a vital role in the overall development of student-athletes. Designed and led by certified strength and conditioning coaches with expertise in athletic performance and injury prevention, the program emphasizes safe and effective training methods. In-season lifts are tailored to maintain strength and prevent fatigue, while out-of-season training focuses on building strength, speed, and endurance. Though participation is voluntary, consistent involvement is strongly encouraged, as it is essential to both individual athletic development and overall team success. The program also promotes proper nutrition as a key component of performance and recovery. Beyond physical benefits, strength training fosters team camaraderie, accountability, and mental toughness—cornerstones of a strong athletic culture.

Athletics Transportation Policy

The Diocese of Charlotte does its best to provide bus transportation for team sports when buses are available; however, buses may not be available if departure times interfere with regular school transportation schedules, and in such cases, teams and student-athletes may be responsible for arranging their own transportation. Departure times are scheduled to allow teams to arrive at the competition site one hour before the event, and dismissal from class will occur 20 minutes prior to departure. Student-athletes are responsible for communicating with their teachers in advance about any missed class time and for making up any missed work or assignments.

Policy and Procedure for Distributed Sports Uniforms and Equipment

1. Uniform Distribution and Care

- **Distribution:** School sports uniforms will be distributed to athletes at the beginning of each respective season by the coaching staff.

- **Care Expectations:** Athletes are responsible for maintaining their uniforms in clean and wearable condition throughout the season. This includes proper washing according to provided instructions and avoiding activities that may damage the uniform.
- **Responsibility:** Athletes must return all issued items at the conclusion of the season, including jerseys, shorts, and any additional gear provided.

2. Lost or Damaged Items

- **Reporting:** Athletes must report any lost or significantly damaged uniform items to the coaching staff immediately.
- **Replacement Cost:** Athletes are responsible for the replacement cost of any lost or irreparably damaged items beyond normal wear and tear. Replacement costs will be communicated at the beginning of the season.

3. Deadlines for Return

- **Return Deadline:** Uniforms must be returned within one week after the last scheduled game or event of the season. Failure to return uniforms by the specified deadline may result in penalties, including but not limited to fines, withholding of transcripts, or ineligibility for future participation until items are returned or replaced.

Athletics Dress Code Policy for Student-Athletes

- **School Uniform:** Student-athletes must adhere to the approved school uniform during school hours. This includes wearing the designated attire as specified by Charlotte Catholic High School.
- **Spirit/Team Wear:** Any attire bearing the image or likeness of the CCHS brand requires prior administrative authorization.
- **Mass Dress:** For team Masses, student-athletes are required to wear Mass dress, which includes the designated attire for formal school religious events.
- **Game Day:** Game day attire must be either administrative approved spirit/team wear, school uniform, or mass dress.

This dress code policy ensures student-athletes represent Charlotte Catholic High School with dignity and respect, upholding the values and traditions of our community.

Hazing, Bullying, and Intimidation Policy

Charlotte Catholic High School is committed to creating a safe, respectful, and Christ-centered environment for all students. Hazing, bullying, and intimidation have no place in our athletic programs and are strictly prohibited.

Hazing is defined as any intentional or reckless act directed at a student for the purpose of initiation, affiliation, or continued membership in a team or group. This includes physical,

emotional, or psychological actions that humiliate, degrade, or endanger a student, even if the student agrees to participate.

Bullying involves repeated, aggressive behavior that intends to intimidate, harm, or control another individual. It may be physical, verbal, emotional, or take place online, and includes actions such as name-calling, spreading rumors, exclusion, or threats.

Intimidation refers to any behavior—whether verbal, physical, or non-verbal—that causes fear or discourages a student from participating in a team or athletic activity. This may come from a teammate, coach, or anyone else associated with the program.

All athletes are expected to treat their teammates, opponents, and members of the school community with dignity and respect. Coaches are responsible for fostering a positive and inclusive team culture and are expected to intervene and report inappropriate behavior.

Any student-athlete involved in hazing, bullying, or intimidation will face serious consequences. These may include suspension or removal from the team, school disciplinary action, loss of athletic eligibility, or involvement of law enforcement, depending on the severity of the incident and at the discretion of school administration. Retaliation against anyone who reports misconduct will also result in disciplinary action.

Charlotte Catholic Athletics stands for integrity, accountability, and respect. We expect all student-athletes to uphold these values and contribute to a supportive and safe athletic environment.

Sexual Harassment and Discrimination Policy

Sexual Harassment is defined as unwelcome sexual advances, comments, or behavior that create a hostile or intimidating environment. Discrimination refers to unfair treatment based on race, gender, religion, or other protected characteristics.

Charlotte Catholic High School has a zero-tolerance policy for sexual harassment and discrimination. Any violations by any members of the athletics program will be disciplined according to the severity of the offense as determined by the school administration. Consequences may include suspension, expulsion, and even arrest if warranted. This policy aims to ensure a safe and respectful environment for all.

Drugs and Alcohol Policy

Charlotte Catholic High School holds all students to the highest standards of conduct, both on and off the field. The use, possession, or distribution of drugs, alcohol, or any illegal substances is strictly prohibited. The school administration maintains full authority to determine disciplinary action as outlined in the school's official policy. Since the athletic program operates under the authority of the school, it fully falls within and abides by these same guidelines. — any violations

will be addressed in accordance with the school's disciplinary process. For full details, please refer to the school's Drug and Alcohol Policy in the Student Handbook.

In or Out of School Suspension Policy

Student-athletes who receive either in-school or out-of-school suspension are ineligible to play, dress, or attend any home or away games or practices on the day of their suspension. This policy reinforces the importance of maintaining proper conduct and upholding the standards of Charlotte Catholic High School.

Senior Night and Commemorative Events

Senior Night and other commemorative events, such as milestone celebrations, team banquets, or recognition ceremonies, are opportunities for teams to honor their student-athletes and celebrate their contributions to the program. These events are organized by team representatives under the guidance and approval of the head coach. Each program may determine the format, location, and structure of these celebrations based on what best fits their sport and team culture. All costs associated with Senior Night or other commemorative events—including decorations, gifts, food, and venue rentals—are the responsibility of the team and its organizers. The athletics department is not responsible for funding or reimbursing any expenses related to these events. Coaches should work closely with organizers to ensure that all celebrations reflect the values and standards of Charlotte Catholic High School.

Team Meals and Postseason Team Gatherings

Team meals and postseason team parties are organized by team parents under the guidance and approval of the head coach. These events foster team camaraderie and celebrate achievements throughout the season. All activities should take place in appropriate settings conducive to positive team interaction, and student-athletes are expected to demonstrate respectful behavior at all times. All expenses associated with these activities are the responsibility of the student-athlete. This policy ensures fairness and responsibility among team members while promoting a supportive and unified team environment.

Overnight Team Trips Policy

Overnight trips are valuable opportunities for team bonding and competition beyond the local area. These trips must be organized by the head coach with the support and approval of school administration and may include assistance from a team parent for logistics. All overnight trips require a signed permission form from parents or guardians before a student-athlete may participate. All student-athletes, coaches, and chaperones are expected to represent Charlotte Catholic High School with class, professionalism, and dignity at all times. School rules, codes of conduct, and expectations for behavior apply throughout the duration of the trip.

Locker Room Policy

The locker room is a shared team space and should be treated with respect at all times. Student-athletes are expected to keep the area clean, secure their belongings, and maintain appropriate behavior. Language, conduct, and attire must reflect the values of Charlotte Catholic High School. Horseplay, inappropriate behavior, or the use of phones and recording devices is strictly prohibited. Coaches are responsible for supervising locker room access and conduct before and after practices, games, and events.

Postseason Awards and Letterman Policy

Each athletic program at Charlotte Catholic High School celebrates its student-athletes through a variety of postseason awards. The requirements for earning a varsity letter are determined by each individual program and head coach, based on participation, performance, commitment, and other sport-specific criteria.

Student-athletes who earn a varsity letter for the first time will receive a letter and a sport-specific pin. For each additional season they meet the lettering criteria in that sport, they will receive a service bar.

Team-specific awards such as MVP, Most Improved, or Coaches' Awards are determined by the coaching staff and must be approved by the athletic director. Conference and state-level awards are determined by the respective committees or governing bodies and are distributed by the athletic director.

Letters, pins, service bars, and team awards are typically presented during each team's postseason gathering or banquet, if the team chooses to hold one.

Team Service Projects

Service projects are an essential part of the Charlotte Catholic High School experience, reinforcing the values of community involvement and giving back. All team service projects must be approved by the administration to ensure they align with school standards and objectives. Students are required to complete service hours as part of their graduation requirements: freshmen must complete 10 hours in their second semester, with at least 5 of those hours within a parish. Upperclassmen must complete 10 hours per semester, totaling 20 hours per year, with at least 5 hours within a parish. Coaches are strongly encouraged to organize service projects to foster camaraderie and faith among team members and to assist student-athletes in meeting their service hour requirements. These projects help instill a sense of responsibility and community spirit in our students.

Charlotte Catholic High School Athletic Boosters

The Charlotte Catholic High School Athletic Booster Club plays a vital role in supporting the development of respectful, faith-filled student-athletes through participation in interscholastic sports. The Boosters are dedicated to promoting the athletic, academic, and personal growth of our students by volunteering time, providing financial support, and coordinating fundraising efforts that benefit all athletic programs.

There are many ways for parents and community members to get involved with the Booster Club, including:

- Serving as team parents to assist coaches with logistics and communication
- Volunteering in the Spirit Store
- Helping with stadium setup and cleanup
- Assisting with the MACS Family Tailgate and other community events
- Participating in or supporting major annual fundraisers such as the CCHS Golf Tournament and Women's Tennis Tournament
- Cougar Club Members and Organization
- Advertising and Promotion
- Social Media and Ticket Sales

In addition to general volunteer opportunities, parents are also encouraged to consider joining the Booster Club Board. Board members take on leadership roles in organizing events, supporting fundraising initiatives, and helping guide the overall direction of the Boosters in collaboration with the athletic department. Board membership is a rewarding way to make a lasting impact on the athletic community at Charlotte Catholic.

We strongly encourage all coaches, athletes, parents, and stakeholders to participate in Booster activities and events throughout the year as a sign of support and appreciation. Your involvement helps strengthen our athletic programs and fosters a vibrant, unified school community.

For more information about volunteering or becoming a Booster Club Board member, please visit the CCHS Athletic Booster Club page on the school website.

Volunteering

Volunteers are a vital part of the success of Charlotte Catholic High School Athletics, and we are deeply grateful for their tireless dedication, time, and talents. Their service enriches the experience of our student-athletes and strengthens the spirit of our community. While volunteering, individuals represent CCHS and are expected to uphold the same standards and follow the same rules as any employee. In accordance with the Diocese of Charlotte, all volunteers and employees must complete the *Protecting God's Children* compliance training through CMG Connect before beginning their duties. Anyone interested in volunteering should contact the Administrative Office to initiate this process.

Athletics Fundraising Policy

At Charlotte Catholic High School, all fundraising activities are managed by the Athletic Boosters, who are responsible for administering events that have received administration approval. Individual teams are prohibited from organizing their own fundraising projects to ensure consistency and adherence to school policies. This centralized approach helps streamline efforts and ensures that all fundraising activities align with the school's objectives

and standards.

Roles and Expectations for Team Parents

Team parents serve as valuable support figures for coaches, players, and families by helping with communication, coordination, and organization of team-related logistics. Under the direction of the head coach, team parents contribute to the smooth operation of the team while helping build a positive sense of community.

Primary Responsibilities May Include:

- Assisting with communication to families regarding schedules, changes, and important updates
- Organizing volunteers for game day gate, concessions, scoreclock, and public address
- Coordinating team meals, snacks, or hydration as requested by the coach
- Helping with transportation logistics and early dismissal reminders, in line with school policy
- Supporting the organization of events such as Senior Night, team bonding activities, or postseason gatherings
- Collecting uniforms or team-issued gear at the end of the season
- Serving as a liaison between the team and the Charlotte Catholic Athletic Boosters when appropriate

What Team Parents Should Not Do:

- Interfere with coaching decisions related to playing time, strategy, or team selection
- Attempt to discipline student-athletes or act in an authority role beyond their assigned duties
- Speak on behalf of the coach or athletic department without approval
- Share confidential or sensitive information related to students or team matters
- Use the role to advocate for their own child's interests
- Organize fundraising or financial collections without approval from the athletic department or Boosters (per school policy)

Team parents are expected to model respectful, supportive behavior and uphold the mission and values of Charlotte Catholic High School. All team parents must be approved volunteers and cleared through the required diocesan protocols.

Frequently Asked Questions

Q: How do I try out for a team?

Tryout information, including dates, times, and requirements, is posted on the athletics website and shared by coaches. All student-athletes must meet eligibility and physical requirements before participating. *Tryouts and Team Selection*

Q: Can students play multiple sports in one year?

Yes. Students can participate in more than one sport as long as the two do not conflict with one another. Coaches work together to support multi-sport athletes. *Multi-Sport Athlete Policy*

Q: What forms are required to participate in sports?

All athletes must submit a valid physical exam, complete required forms on DragonFly, and meet NCHSAA eligibility guidelines. *Medical Requirements for Student-Athlete Participation*

Q: What happens if a student misses tryouts due to illness or injury?

The student or parent should contact the coach directly. In some cases, alternate tryouts or evaluations may be arranged at the coach's discretion. *Tryouts and Team Selection*

Q: What are the academic requirements to participate in athletics?

Student-athletes must meet both NCHSAA academic standards and school-specific expectations. This typically includes passing a minimum number of courses and maintaining good standing in behavior and attendance. *Academic Eligibility*

Q: Are student-athletes required to attend school the day of a game?

Yes. Students must attend at least four consecutive class periods to be eligible to participate in practices or competitions that day. *Attendance Policy*

Q: How can I communicate concerns about my child's playing time?

Playing time is at the coach's discretion and is based on a variety of factors. Parents should follow the 24-hour rule and request a meeting with the coach at an appropriate time. Direct contact before or after games is discouraged. *Communication*

Q: What is the role of parents during the season?

Parents are expected to support the team and coaching staff, model good sportsmanship, and avoid interfering with team decisions. Volunteering as a team parent or helping with team events is a great way to stay involved. *Expectations: What it takes to be a Cougar Parent*

Q: How is transportation handled for away games?

The school arranges transportation when possible. In some cases, student-athletes will be responsible for their own transportation if early dismissal is required and a bus or driver is unavailable. *Transportation Policy*

Q: When are games and practice schedules shared?

Each coach provides a schedule at the start of the season and updates it as needed. Schedules are also posted on DragonFly and/or MaxPreps.

Q: How does a student-athlete earn a varsity letter?

Each sport has its own lettering criteria set by the head coach. First-time varsity letter winners receive a letter and pin; subsequent seasons earn a service bar. *Postseason Awards and Letterman Policy*

Q: When are awards and letters distributed?

Awards and letters are typically presented at each team's postseason gathering or banquet, if held. *Postseason Awards and Letterman Policy*

Q: How can I get involved with the Athletic Boosters?

Parents can volunteer at events, work in the spirit store, or join the Booster Club Board. Visit the Boosters section of the athletics website for more information. *Charlotte Catholic High School Athletics Boosters*

Q: Can teams do their own fundraising?

No. All fundraising must go through the Athletic Boosters and be approved by the school. Teams are not permitted to conduct independent fundraising activities. *Fundraising Policy*