

Wake Prep Academy Athletics



Parent & Student Handbook

2025-2026

Wake Prep Academy Varsity Sports Offered 2025-2026

Fall Sports

- Varsity Football / JV Football
- Varsity Volleyball / JV Volleyball
- Varsity Men's Soccer
- Varsity Women's/Men's Cross Country
- Varsity Cheer
- Women's Tennis
- Women's Golf

Winter Sports

- Varsity Men's Basketball / JV Men's Basketball
- Varsity Women's Basketball
- Varsity Wrestling / Varsity Women's Wrestling
- Varsity Cheer
- Varsity Women's/Men's Swimming

Spring Sports

- Varsity Baseball
- Varsity Men's Golf
- Varsity Softball
- Varsity Men's Tennis
- Varsity Women's/Men's Outdoor Track
- Varsity Women's Soccer
- Varsity Men's Lacrosse

Wake Prep Academy Jr High Sports Offered 2025-2026

Fall Sports

- Football
- Volleyball
- Men's Soccer
- Cheer
- Cross Country - Men and Women
- Women's Tennis

Winter Sports

- Men's Basketball
- Women's Basketball
- Cheer
- Wrestling

Spring Sports

- Baseball
- Softball
- Women's/Men's Outdoor Track
- Women's Soccer
- Women / Men Co-Ed Golf
- Men's Tennis

ATHLETIC PARTICIPATION CLEARANCE PROCEDURE

In order to be cleared for the first day of permissive practice, a student athlete must be cleared through the Wake Prep Academy Athletics Office. All of our clearance paperwork will be done online through RegisterMyAthlete.com

- Physical- Good for 1 Year. Print out NCHSAA physical form from the WPA website and upload completed, signed form. We will not take hard copies.
- WPA Consent to Treat Form
- WPA Concussion Form
- Release of Liability-Transportation to and from athletic events.
- Equipment/Uniforms- Students are responsible for all equipment and uniforms signed out to them for the season. Students will be charged for any equipment/uniforms not turned back in or damaged beyond normal use during season.
- Awards/Lettering- All students who have fulfilled the requirements of the athletic letter may receive a letter certificate. Each athlete will receive an athletic pin for every time they letter, however, they will only receive one chenille letter. Athletes are required to hand in all equipment and uniforms before receiving awards.
- Commitment- Once a student has tried out and officially made a team or committed to a sport, the student is not allowed to quit unless forced to do so. For example: injury, illness, etc. If the student does quit, he/she then becomes ineligible to participate in any WPA extra-curricular group or team during that season until the season that was started has concluded. Commitment as a team player is vital to the success of our sports program and to the other members of the team.
- Detention/Suspension- Students with discipline issues resulting in detention or suspension will not be allowed to participate in practice or games the day that consequences are served. Failure to serve will result in additional punishment. If the student misses school and/or practice time due to suspension or after school detention, additional disciplinary action may be assigned per individual sport by the coach. Students who have been suspended may not return to practices/games until they have met with administration, and permission to return has been granted.

EXTRA-CURRICULAR ACTIVITY ELIGIBILITY

Eligibility Criterion:

- Students must maintain a cumulative GPA of 2.0 or better with NO failing grades during the season.
- Students must meet all NCHSAA Eligibility Requirements

Eligibility Duration and Deadlines:

- An eligibility report will be pulled every two weeks using the school's student information system. If a student's cumulative GPA is below 2.0 or they have a failing grade, in any subject, they will be academically ineligible for a two-week period. If there was an inaccuracy in the eligibility report due to teacher input of grades, a student may be determined eligible with a signed statement from the teacher indicating the circumstances leading to the error. The Athletic Director has final say in any eligibility dispute.
- The eligibility report will be pulled on Wednesdays and enforced for a two-week period starting the Monday following the date of the report. Grades will begin being pulled after the second week of a given quarter.

Academic Ineligibility Consequences:

- Student will attend game/activity
- Student will not dress-out for the game/activity
- Student will not participate in the game/activity
- Students may participate in game day team attire/game day activity.
- 100% focus on academics until eligible
- Student may practice but tutoring comes first

Behavioral Ineligibility Consequences:

- Student may participate in game day team attire/game day activity
- Student may practice
- Student may not dress out for or play game/activity

Eligibility Grace Period:

When a student is not eligible to participate due to academics, they will be allowed a two-day grace period to improve their scores. As reports will be pulled on Wednesdays, students will have until the end of the week to rectify any delinquencies. During this grace period students may practice and compete. If the student does not improve scores by the end of the grace period, they will be found ineligible and will not be able to perform or compete. Students found to be abusing the grace period may lose this privilege.

School Attendance:

Students are required to be at school on the day of a competition for at least half of the day (2 periods). Failure to be in school for the appropriate amount of time will result in the student athlete not being able to participate in the athletic activity that day.

Enrollment:

Students must be enrolled at WPA full-time to be eligible to participate in extracurricular activities.

COACHES' and PLAYER EXPECTATIONS

Each player will be treated as an individual in regards to any discipline situation. However, any athlete or coach who demonstrates poor behavior not conducive to the spirit of good sportsmanship and citizenship, or is in violation of WPA policies may be subject to disciplinary action, including possible exclusion or suspension from the program.

While on campus or representing WPA off campus, all team members will abide by all school rules and display conduct as a representative of WPA. He/she shall demonstrate the utmost respect to administrators, teachers, fellow coaches, and staff at all times.

Any form of obscene, vulgar, or inappropriate language will not be tolerated at any time and will result in disciplinary action.

Any player or coach ejected from a game will be suspended for the following game and required to meet with the administration prior for clearance to rejoin the team.

Alcohol, Tobacco, Steroids, and Controlled Substances:

Members of any WPA athletic team shall not, at any time, use or attempt to use, have in their possession, or aid and abet anyone else to use tobacco, alcoholic beverages, steroids, or any form of narcotics or controlled substances, unless prescribed by a physician. Possession means having any knowledge of, or any control over, an item. Control includes, but is not limited to, having access to an item in a school locker, personal effects, a vehicle, or other place where the item is located. It is not necessary that a student intends to control the item. A student may acquire knowledge of an item visually, by being told about the item, or through other sensory perception. A student's knowledge will be based on the surrounding circumstances, not just the student's statements. For example, "forgetting" that an item is in one's locker, personal effects, or vehicle does not constitute lack of knowledge.

ROLES AND RESPONSIBILITIES

Players

- Be committed to the team.
- Be prepared.
- Attend all practices, games, fundraisers, and activities with a positive attitude.
- Embrace whatever your role on the team may be. If you are in a reserve role, take your responsibility seriously to push your teammates to be the best they can be. Encourage and cheer on teammates, whether participating in the game or not.
- Demonstrate the RAISE values on and off campus.
- Set a positive example for your peers and other students.
- Be a good student.

Parents

- Honor your students' commitment to the team. Do not plan activities that would make him/her break that commitment.
- Practices are closed to parents, but please come to as many games as possible and cheer on your child AND the rest of the team.
- Do not make comparisons between your child and another player. Realize you may not see the whole picture. Trust the coaches.
- Be a good example of positive dialogue regarding your child's teammates, coaches, opponents, and referees.
- If there are questions/issues regarding playing time or other issues your child has, encourage them to talk to the coaches directly. Students are expected to take responsibility in addressing concerns, as they develop the leadership qualities taught at WPA.
- If you, as a parent, are upset or have a problem to address, wait a day to talk to the coach.
- No parents coaching from the sidelines, it is distracting. Please cheer, but refrain from coaching and trying to get the players' attention during the game.

PARENT/COACH COMMUNICATION

Communications Expected From Athletes' Coach:

- Philosophy of the coach
- Expectations the coach has for your athlete, as well as, all the players
- Location and times of all practices and contests
- Team requirements (i.e. fees, special equipment, fundraising, off-season conditioning, camp/clinics)
- Discipline that will result in the denial of your athlete's participation
- The procedures to follow in event of an injury while in the coach's supervision

Communications Coaches Expect From Parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance

Issues Appropriate to Discuss with Coaches:

- Mental and physical treatment of your athlete
- Ways to help your athlete improve
- Concerns about your athlete's behavior

Issues NOT Appropriate to Discuss with Coaches:

- Playing time
- Team strategies
- Play calling
- Other athletes

PARENT CODE OF CONDUCT

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about and will make the sporting experience a GREAT one for all involved.

- I will not force my child to participate in sports.
- I will remember that the game is for the youth involved, not the parents.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- I (and my guests) will be a positive role model for my child and encourage good sportsmanship showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will praise my child for competing fairly and trying hard, and make any child feel like a winner every time.
- I will refrain from ridiculing or yelling at my child or other participants for making a mistake or losing a competition.
- I will respect the officials at all times.
- I will not question, discuss or confront a coach at an event. I will take time to speak with the coach privately at an appropriate time and place.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the "official" coaches.

I agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary actions that could include but are not limited to the following.

- Verbal warning by official, head coach, or administration
- Written warning
- Parental game suspension
- Parental season suspension

STUDENT CODE OF CONDUCT

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to Pursuing Victory With Honor, according to the following six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship (the "Six Pillars of Character"). The Code applies to all WPA student-athletes involved in interscholastic sports in NC.

I understand that, in order to participate in high school athletics, I must act in accord with the following:

The RAISE Leadership program was created to enhance and support student achievement. Within athletics, the RAISE Leadership program creates a foundation that promotes wholesome character education and values while developing student athletes' growth mindset.

The primary purpose of athletics is to use sports to teach student athletes to become

future leaders in their community. Student athletes and their coaches will set an example and demonstrate the RAISE values on campus and off campus.

The Wake Preparatory Academy athletic program will give student athletes one of the best opportunities to learn and demonstrate Respect, Accountability, Integrity, Service, and Excellence.

Respect- Our coaches, student athletes, and fans show respect for one another, for the opposing players and coaches, the officials, and the game.

Accountability- Our student athletes and coaching staff are held accountable for their responsibilities and their actions.

Integrity- Our student athletes and coaches value and expect honesty and adherence to the rules of the game and in all aspects of life.

Service- Our student athletes and coaches seek and organize opportunities for service, both in and out of the team.

Excellence- Our student athletes and coaches are held to the highest standard and seek constant improvement to become the best that they can be.

**#WE
Win Everything!!**