

Carroll Oakland Athletics Players & Parents Handbook

2026-2027



This handbook provides guidance for all athletic programs at Carroll-Oakland. Expectations for athletes are grounded in Wilson County Schools board policies for student activities and the Wilson County Schools Coaches Handbook.

Purpose & Mission Statement:

At Carroll-Oakland, we are dedicated to fostering excellence in all areas of student life. The purpose of CO athletics is to support the growth of the whole child academically, socially, emotionally, and physically through meaningful opportunities both during the school day and beyond.

Our mission is for everyone connected to Carroll-Oakland athletics and extracurricular programs, including coaches, sponsors, staff, students, alumni, and families, to recognize the lifelong lessons gained through participation. CO strives to instill in all student-athletes a strong work ethic, respect for self and others, commitment, sportsmanship, teamwork, resilience, school pride, integrity, and accountability.

Carroll-Oakland participates in the TSSAA Middle School Division and follows all applicable TSSAA/TMSAA policies.

<https://cms-files.tssaa.org/documents/tssaa/2026-27/handbook/2026TSSAABylaws.pdf>

Carroll Oakland

Student Athlete Expectations

PHYSICALS

The **TSSAA** requires all student-athletes to complete a physical exam each school year in order to participate in **any athletic activity** — including tryouts, preseason conditioning, practices, or games.

- Physicals must be dated **on or after April 15** of the spring preceding the upcoming school year.
- A qualifying physical remains valid throughout the following school year, through the summer, and until the first official day of fall practice for the next school year.
- A current physical must be on file **before** a student may participate in any athletic event. <https://tssaa.org/physical-forms>

ATTITUDE

CO athletes are expected to demonstrate sportsmanship, integrity, and fair play. Coaches, teachers, teammates, officials, opponents, and spectators should always be treated with respect.

GRADES

Academics are the top priority. Athletes must be passing all classes to participate in contests. Coaches will review grades at each progress report and report card. A failing grade will result in academic probation and weekly grade checks. The athlete may return to competition once the grade is passing. Repeated failing grades may result in removal from the team by the coaching staff and administration.

ATTENDANCE

Attendance is expected at all meetings, practices, games, and events. Students should communicate any scheduling conflicts with coaches or sponsors ahead of time. Absences are only excused for emergencies (illness, family death, tragedy, etc.)

School attendance is also required. Repeated unexcused absences from school may result in removal from athletic participation.

PARENT AND SPECTATOR CONDUCT

Parents, guardians, and spectators are expected to demonstrate respectful and sportsmanlike conduct toward student-athletes, coaches, officials, opponents, school employees, and other spectators.

Spectators may not enter the playing area, threaten or harass officials or participants, or interfere with the administration of a contest. A spectator who is removed or ejected may be prohibited from attending future Carroll-Oakland athletic events. Conduct that results in TSSAA/TMSAA penalties or financial consequences for the school may result in additional restrictions determined by school administration.

COMMUNICATION

Players should notify coaches in advance if they know they will miss a practice, game, or event. If a student-athlete, parent, or guardian has a concern or complaint, they should first attempt to resolve the matter directly with the individual(s) involved, either verbally or in writing. If the issue cannot be resolved, the next step is to contact the athletic director, followed by the athletic administrator or school principal.

TRANSPORTATION

Players are responsible for arranging transportation unless the school provides a bus. Athletes should be picked up promptly after practices, games, and events. If transportation is consistently late, the coach may request a meeting with the parent and athlete to address the concern. Continued issues may result in dismissal from the team.

EQUIPMENT

All CO property is expected to be handled with care. Athletes will be expected to pay for lost or damaged equipment, uniforms, etc.

COMMUNITY SERVICE

Serving others is a quality we want to instill in our students. We ask all CO teams to commit to some sort of service project throughout the year. Coaches will provide details.

CONDUCT

CO athletes are expected to demonstrate positive conduct in the classroom, on campus, and in the community. Athletes must follow the Wilson County Schools Code of Conduct at all times. Violations of district behavior policies may result in removal from a team or extracurricular activity.

PENALTIES FOR SCHOOL DISCIPLINE OFFENSES

Consequences for ISS or Bus Suspension (for Category 1–3 Behaviors)

- 1st offense: Warning and conference with coach/sponsor
- 2nd offense: Loss of next contest
- 3rd & subsequent offenses: Student behavior consequences determined by a panel consisting of an administrator, coach, and additional staff members

Note: ISS or bus suspension is defined as a full day or more assigned for Category 1–3 behaviors.

Consequences for OSS (for Category 1–3 Behaviors)

- 1st offense: Conference with coach/sponsor and loss of next contest
- 2nd offense: Student behavior consequences determined by a panel consisting of an administrator, coach, and additional staff members
- 3rd & subsequent offenses: Automatic dismissal from team

Note: OSS is defined as a partial day, full day, or multiple days assigned for Category 1–3 behaviors. When suspended from Wilson County Schools, a student may not participate in any school activity or be on campus. If the suspension extends over multiple days, the student is restricted from all team activities for the entire suspension period.

Consequences for Category 4 Behaviors

Serious behavior violations will be reviewed by a panel consisting of an administrator, the coach, and additional staff members. The panel will determine appropriate consequences, which may include dismissal from the team.

Updated 7/25/2026

Consequences for Category 5 Behavior

Automatic dismissal from the team upon expulsion or remandment to BTA. If a student returns from BTA and requests to participate in athletics, a panel including an administrator, coach, and additional staff members will convene to review the request.

EJECTIONS AND UNSPORTSMANLIKE CONDUCT

A student-athlete who is ejected from a contest for unsportsmanlike conduct will serve the minimum suspension required by TSSAA/TMSAA and may receive additional Carroll-Oakland consequences. Before the student may return to competition, a sportsmanship meeting must be held with the student-athlete, parent or guardian, coach, and principal or athletic administrator. A second ejection will result in more severe disciplinary action and may result in dismissal from the team.

TEAM RULES / EXPECTATIONS

Coaches will inform players of any specific team rules and expectations. Violation of team rules will result in team consequences, and consistent violations of team rules could result in further action, up to and including removal from the team.

NON-SCHOOL TEAM / REC-TEAM PARTICIPATION (Football & Basketball)

Under TMSAA rules, once a student-athlete participates in a Carroll-Oakland football or basketball contest at any level, the student may not participate in an organized non-school contest in that sport until the Carroll-Oakland season has concluded. This includes recreation leagues, Jr. Pro leagues, church leagues, travel teams, practice games, scrimmages against another team, tournaments, or any other organized independent competition.

A confirmed violation will result in the student being ineligible for the remainder of the school season in that sport. Practice with a non-school team is permitted only when the practice does not involve a game or scrimmage against another independent team. Families should contact the athletic director before participating in any outside athletic event when eligibility is uncertain.

TMSAA ELIGIBILITY

Participation in Carroll-Oakland athletics requires meeting all Carroll-Oakland, Wilson County Schools, and TSSAA/TMSAA eligibility requirements.

Middle-school athletes must be promoted to the next grade. Students repeating sixth, seventh, or eighth grade are ineligible until advancing, and students below sixth grade may not participate.

Transfer students may be required to complete an eligibility review. Students who turn 15 on or before August 1 are ineligible. After entering seventh grade, students have six semesters to complete four semesters of eligibility and may not participate in the same sport for more than three seasons.

Carroll-Oakland's academic expectations may be more restrictive than minimum TMSAA requirements.

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Student & Parent Extracurricular Activities Agreement

We have read and understand the Carroll-Oakland Athletics Handbook and understand that our child will be held accountable to the expectations described therein:

Please return this portion to the coach/sponsor

Student Name _____ (Please Print)

Student Signature _____

Parent/Guardian Signature _____

Sport/Club _____ Date _____