

CARROLL COUNTY

INTERSCHOLASTIC

ATHLETIC HANDBOOK

2026 - 2027



PHILOSOPHY

Carroll County Public Schools is committed to the belief that interscholastic activities are basic to sound educational principles of secondary education. Activities are a social force which teach values/achievement by providing a mechanism for student physical, psychological and emotional growth, which may not be found in similar form and circumstances in the classroom curriculum and are at once concurrent and concomitant with, and entirely supportive of student intellectual/cognitive development achieved in the education environment.

Participation in activities offers or reinforces responsible social processes. Additionally, behind the school environment, activities provide an essential means for students to contribute to the immediate and broader welfare of the community to which they belong and from which they derive benefits. Educational experiences gained through activities programs are opportunities to learn, promote and reinforce the elements that influence students to become productive citizens in a democratic society. Productive citizenship may be demonstrated through accepting responsibility self-worth, sportsmanship, integrity, fairness, optimism, self-sacrifice-- placing the welfare of others ahead of self acceptance of others regardless of abilities or background dignity, self- respect/discipline and thinking independently while having a commitment to group or collective goals which go beyond winning.

...Adapted from the National Federation of State High School Associations

CARROLL COUNTY PUBLIC SCHOOLS

Westminster, Maryland

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HANDBOOK

CARROLL COUNTY PUBLIC SCHOOLS

Westminster, Maryland

Revised 2026

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RESPONSIBILITIES



COACH 'S JOB DESCRIPTION

The coach of an individual sports activity must realize that any sport sponsored by a school is a part of the curriculum offered by that school. Those in charge of such activities must utilize educational principles and educational aims if athletics are to be a worthwhile part of the overall school program.

The duties of a coach are as follows:

1. Decide on the personnel of the team.
2. Under the supervision of the athletic director, have control of the team and team membership in all matters pertaining to coaching and athletic discipline.
3. Be responsible for the selection or election of a field or floor captain(s).
4. Be present at each practice session and at all contests of the sport they coach. This includes supervision at all times of the locker-shower area until the area is secured (both at the opening and closing of the session). Coaches should be present one-half hour after the conclusion of the practice or game.
5. Submit a roster to the athletic director for eligibility certification.
6. Develop and implement well-organized practice and contest plans daily and seasonal.
7. Know, communicate, and coordinate the components of the Emergency Action Plan.
8. Utilize appropriate, positive use of technology, including social media, email, and other electronic communications. Only CCPS-approved platforms and CCPS-dedicated email addresses may be used to conduct official CCPS business; personal email addresses should not be used.
9. Maintain positive public relations with school staff, community members, booster organizations, opposing coaches, and news media.
10. Maintain emergency contact information for all participants at all times.
11. Create and utilize a rubric for the evaluation of team selection.
12. Attend meetings in their school or at the county level that deal directly with the sport they coach.
13. Meet with parents of members of their team at the beginning of each season and as requested throughout the duration of the season.
14. In conjunction with the athletic director, be responsible for verifying registration for all participants through the approved platform, prior to the first practice.
15. Be responsible for the distribution and collection of the school's athletic equipment and team uniforms before, during, and immediately after the end of the season in the sport that they coach.
16. Be responsible for team members at contests either at home or away.

17. Be responsible, daily, for the attendance & conduct eligibility of each member of their team. In addition, academic eligibility must be checked before the start of tryouts.
18. Plan, with the athletic director, for practices, games, or scrimmages.
19. Stay current regarding rule changes, trends, and recommendations that affect the sport in which they work.
20. Submit an inventory of all athletic equipment pertaining to the sport they coach at the end of the season, along with a list of equipment in need of repair or replacement.
21. Ensure that the facility and equipment are safe and that safety procedures are taught and followed in all areas.
22. Maintain CPR/AED & First Aid certification.
23. In the absence of an athletic trainer, assume basic care & prevention of student-athlete injuries.
24. Maintain consistent communication with athletic training staff and athletic director regarding any injury concerns and return to play protocols.
25. Enroll in and successfully maintain a current state-approved certification in the Care & Prevention of Athletic Injuries.
26. Follow all Carroll County Public Schools medical procedures/protocols pertaining to athletic injuries.
27. Follow the proper protocol in the consideration of selecting freshmen to be a part of varsity teams.
28. Fully understand the position as a role model for student-athletes, therefore, setting an example of the highest ethical and moral conduct. The use of profanity or other inappropriate language is considered unacceptable.

* Failure to fulfill duties may include suspension and/or dismissal.

** Please note- A coach that is barred from coaching at one county school for the school year shall be barred from coaching at all county schools during that school year.

Coaches' Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be the uppermost at all times. Accordingly, the following guidelines for coaches have been adopted by the NFICA Board of Directors.

1. The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
2. The coach shall uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
3. The coach shall take an active role in the prevention of drug, alcohol, and tobacco use.
4. The coach shall avoid the use of alcohol and tobacco products when in contact with players.
5. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
6. The coach shall exert his or her influence to enhance sportsmanship.
7. The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite the players or spectators against the officials. Public criticism of officials or players is unethical.
8. Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.
9. A coach shall not exert pressure on faculty members to give student-athletes special consideration.
10. A coach shall never discuss derogatory information about an opponent or poor conditions of a facility with the media.
11. A coach shall always use person-to-person correspondence during the team selection process.
12. A coach shall follow CCPS Administrative Regulations for the **Responsible Use of Social Media**.

I have read and understand what is outlined in the Coaches' Ethics statements. I have also been provided an opportunity for my questions to be answered. Failure to comply with the above expectations may result in disciplinary consequences, up to and including suspension and/or dismissal.

Fourteen Duties Related to Negligence Litigation

1. **Duty to warn**
2. **Duty to plan**
3. **Duty to supervise**
4. **Duty to assess athlete's readiness for practice and competition**
5. **Duty to maintain safe playing conditions**
6. **Duty to provide proper equipment**
7. **Duty to instruct properly**
8. **Duty to match athletes**
9. **Duty to ensure athletes are covered by injury insurance**
10. **Duty to provide emergency care**
11. **Duty to develop an emergency response plan**
12. **Duty to provide proper transportation**
13. **Duty to select, train, and supervise coaches**
14. **Duty to condition properly**

Athletic Director

The Athletic Director is the executive officer and the resource person for the individual school in the area of athletics. They attempt to build an athletic program based on sound educational objectives. It is essential for them to cooperate with the principal of the school. The principal must be informed at all times on all athletic activities that affect their school.

The duties of the Athletic Director are as follows:

1. Attend any and all meetings involving their school in the area of athletics or appoint a representative to act in their stead.
2. Attends all athletic meetings and coordinates coverage for home games, contest events, and meets in which the school is involved, or coordinates staff and security coverage for extracurricular events.
3. Make sure all preliminary arrangements for all home contests are completed.
4. Arrange for officials to be assigned for athletic contests.
5. Arrange for all athletic transportation.
6. Help in the procurement of coaches. Submit to the Supervisor of Athletics a list of coaches at the beginning of each season and update during the season, as needed.
7. In cooperation with the coach, plan the schedules for each athletic activity, including scrimmages.
8. Schedule practice areas for activities occurring at the same time.
9. Develop and maintain an annual budget for the school's athletic program.
10. File and have access to all correspondence pertaining to athletics.
11. Supply appropriate forms for the physical examination of each candidate for each activity.
12. Keep a file (physical or digital) of physical examination results with proof of age for all students who participate in the interscholastic athletic program.
13. Provide on official forms all requested information for official use in state reports.

14. Be responsible for developing and implementing rules and regulations governing the hosting of visiting teams.
15. Keep a record of the results of all games, meets, and contests in which their school is involved.
16. Establish, review, and implement a set of operational guidelines for cooperating with the coaching staff.
17. Interpret the county and state athletic association rules and regulations, as appropriate.
18. Supervise the arrangements for cleaning, repairing, and maintaining all uniforms and equipment.
19. Stimulate interest in students and adults in the athletic program.
20. Coordinate with the sponsors of the band and any other ancillary groups for pre-game and halftime activities.
21. Act in an advising capacity with the athletic booster clubs.
22. Manage the school's facility and grounds and related equipment assets, administer community use of school facilities, and coordinate the on-site custodians and good service staff in cooperation with their respective managers, to ensure building safety and security.
23. Serve as the school administrator in charge, as designated by the principal, including direct supervision of students during home contests and scrimmages.
24. Implement, maintain, develop, and administer BOE and/or school-based policies and procedures.
25. Establish and maintain favorable relationships with the local community, business organizations, groups, and individuals to foster understanding and support of overall school objectives and programs.
26. Purchase and maintain an adequate inventory of supplies and equipment.
27. Oversee coaching program for all sports at the school, including hiring and planning schedules for athletic activities, including scrimmages and practice areas.
28. Maintain all athletic records required by the state and local agencies and interpret state and local athletic association regulations.

GAME MANAGER

The game manager will act as the athletic administrator when the Athletic Director is not present for a contest. He or she will coordinate with the administrator on duty to handle the functions of the Athletic Director. The game manager will perform in place of the athletic director and report to the administrator in charge.

The duties of the game manager are as follows:

1. Act as an athletic administrator for home athletic activities.
2. Perform the duties of the athletic director in the areas of game administration.
3. Work with or act as the administrator in charge to make sure the operation is safe and all aspects of running the contest are covered.
4. Act as additional security.
5. Work under the direction of the administrator and principal.

ATHLETIC TRAINER

The athletic trainer has administrative responsibility for all aspects of care and prevention of injuries related to the interscholastic athletic program. Under the direction of the principal and the supervisor of physical education, the athletic trainer will be responsible for providing communication between the coach, parent, and physician, rehabilitation of injured player(s) as prescribed by a physician, supervising proper first aid care, and leadership in the injury prevention program.

The duties of the athletic trainer can be categorized into the following 6 domains:

Prevention

- Attendance at athletic games and practices
- Application of protective and prophylactic devices
- Advise athletes on the proper use of equipment
- Education of athletic injuries and conditions
- Education of athletes on nutritional aspects of performance

Clinical Evaluation and Diagnosis

- On-field assessment of acute athletic injuries
- Assessment of emergency conditions or situations
- Evaluation of chronic athletic injuries or conditions
- Recognition of general medical conditions

Immediate Care

- Acute first aid for all injuries and conditions
- Coordination/Activation of emergency medical care

Treatment, Rehabilitation, and Reconditioning

- Application of modalities to athletic injuries
- Instruction of rehabilitation exercises for athletic injuries
- Instruction on methods of maintaining overall body conditioning while injured
- Education of the injury and direction of care
- Supervision of athletes' return to activity
- Referral of athletes to more specialized care for injury management
- Coordination of outside care and treatments

Organization and Administration

- Maintenance of Athletic Training Room
- Inventory of all Athletic Training Room Supplies and resources
- Accurate documentation of all daily treatment, injuries, and referrals
- Collection of all correspondence with treating physician
- Routine communication between parent or guardian, coach, and treating therapist or physician

Professional Responsibility

- Maintain a high level of professionalism at all times to positively impact the community
- Comply with all confidentiality and disclosure requirements
- Complies with all local, state, and federal rules, requirements, regulations, and laws related to Athletic Training
- Reports any suspected or known violation of a rule, requirement, or law to proper authorities

OPERATIONAL GUIDELINES



COUNTY GUIDELINES

The interscholastic athletic program is a total county program and thus all schools should operate within the same guidelines. This will ensure that all students in Carroll County will receive the same opportunities and benefits for their participation in the athletic program and all participants will be treated equally. The following will serve as guidelines for all participants, coaches, and teams in Carroll County.

PHILOSOPHY

Interscholastic athletics shall supplement the secondary curricular program and provide the students with educational experiences and learning outcomes that contribute toward the development of the attributes of good citizenship. This can be accomplished only when the emphasis is placed upon teaching “through school athletics.” Interscholastic athletics can be justified only when this is the primary philosophy and purpose.

REGISTRATION

Students must be registered through Arbiter or other approved platform before participating in any school system-sponsored activities (sport season tryouts or offseason workouts). All registration is to be completed electronically. A physical completed by a licensed healthcare provider (LHCP) clearing the student for athletic participation, must be uploaded with the registration. The physical exam is valid for 13 months. An updated physical form must be uploaded before the expiration of the previous one.

SPORTSMANSHIP

At the core of the CCPS athletic program is the belief that interscholastic athletics is educational. Our programs strive to teach resilience, accountability, and respect.

To maintain this standard, we expect all members of our community to adhere to the following principles of sportsmanship:

- Coaches will model exemplary conduct, recognizing their actions set the standard for their teams and the community.
- Student-Athletes will compete with maximum effort and integrity, respecting the rules, their opponents, and the authority of the officials.
- Spectators and parents will contribute to a positive, welcoming environment, demonstrating respect for all competitors and contest officials.

We encourage our students and spectators to “Be Loud. Be Proud. Be Positive.” Banners and signs are permitted if they are of a positive nature, with prior administrative approval.

Report any negative or discriminatory comments or behaviors to school personnel – See Something, Say Something.

COACHING

Only individuals who have been approved to coach through CCPS and signed contracts may serve as coaches during practices or contests for all individual and team sports.

- Outside club coaches, not affiliated with the school, are not permitted to coach during events. Penalties for violations of this rule will be imposed, per MPSSAA rules.

Coaches are permitted to work with outside organizations during the off-season; however, they must maintain strict professional boundaries. A coach's interactions with current or prospective athletes in these outside programs must absolutely not influence high school roster selections, tryout evaluations, or playing time decisions. Furthermore, no student should ever feel pressured or obligated to work with or play for a CCPS coach on any off-season team.

COMPOSITION AND INTERCHANGE OF TEAMS

The coach decides the personnel of the team and has authority over the team, team membership, playing time, and team discipline. The use of a tryout rubric is required for team selection. This tryout rubric shall be shared with athletes prior to the tryout period. The coach shall meet individually with each student at the conclusion of the tryout period. Coaches shall make themselves available to parents should they request a meeting regarding their child's status. Students must have a minimum of three practice sessions (from the start of the tryout period) before teams may be selected. Students who are unavailable at the start of the tryout period may not receive the full three sessions for evaluation.

11th grade students may compete on JV teams in cross country, tennis, track & field, and wrestling. 11th-grade students may compete on other JV teams in rare circumstances. Any inclusion of 11th-grade students on a junior varsity team must have the approval of the school Principal/designee and the Supervisor of Athletics. 12th-grade students may compete at open-level, culminating activities for cross country, track and field, and tennis.

Students who join athletic teams after the start of the season are eligible to participate in contests on the 14th calendar day. (Exception: If a student is coming from another sport the preceding season, that school year, or from a sport at another school.)

1. Before a coach decides to select a ninth grader for varsity, parental permission must be provided to allow the student-athlete to play at the varsity level. This should also include an informal meeting with the principal/designee and the athlete and guardian.
2. A student is a varsity athlete for a team sport if he or she:
 - a. Is on the varsity roster after the regular season.OR
 - b. Is on the varsity roster when his or her season concludes.

A student is a varsity athlete for an individual sport if he or she competes at the county and/or regional competition at the varsity level.

Individual sports include:

- | | |
|-----------------|-----------------|
| • Cross Country | • Wrestling |
| • Golf | • Tennis |
| • Indoor Track | • Outdoor Track |

3. At the discretion of the coaching staff, a student may participate on a varsity or junior varsity team throughout the season, with a count being kept by the coach to have the student-athlete remain within the state guidelines for weekly and regular season maximum participation. However, at the time of a varsity or junior varsity tournament, the coach must designate at which level the student will compete.
4. Interscholastic Athletic Fee
 - a. The school system will require that each student pay a fee of \$105 for each interscholastic team in which he or she is a member. There is a \$150.00 maximum per family per season. Dual sport participants' activity fee is \$150 per season.
 - b. Fees collected will contribute to the county athletic program to underwrite transportation, coaches' salaries, officials' fees, and equipment.
5. A team manager may earn service-learning hours for his/her service to a team or earn a Varsity letter.
6. Only students who are members of the school team may practice with the team. Ineligible students, alumni, and middle school students may not participate or practice with a team.
7. Only coaches and students on the team (or on the approved tryout list) are permitted to attend practices or tryouts. The principal/designee must approve any exceptions in advance.

TEAM TRAVEL

1. Travel to and from all athletic contests by means other than approved transportation may take place only by authorization of the Principal or the Principal's designee.
2. An Athletics Off-Campus Transportation Permission Form must be completed for any student who will not be using CCPS-provided transportation to practice or contest taking place away from the school.
3. Only coaches, team members, managers, and cheerleaders will be allowed to ride on the team bus.

SCHEDULING

The scheduling of intra-county contests will take priority over non-county competition. When scheduling contests outside of CCPS, time of travel must be factored into the decision.

SCRIMMAGES AND PRACTICES

1. The school dress code applies to all athletic practices and contests.
2. Scrimmages are to be held before the regular season contests begin. Teams are permitted two scrimmages. Schools wanting to participate in a third scrimmage are responsible for the expenses, whether it be officials or transportation.
3. An additional scrimmage is permitted after the regular season before the postseason begins. Schools wishing to have a postseason scrimmage are responsible for the expenses, whether it be officials or transportation. Any exceptions must be approved by the Supervisor of Athletics.
4. Schools may combine practices for individual sports after the regular season and before the postseason (wrestling teams may combine practices throughout the postseason).
5. No practice or scrimmage may be held on a day when schools are closed due to inclement weather.

POSTPONEMENTS AND RESCHEDULING

1. The school administrator and athletic director of the home school will be responsible for postponements. Consultation with the opposing school administrator and athletic director is recommended. Rescheduling events should occur on the next available play date.
2. When schools are closed due to inclement weather, all practices, games, and activities will be automatically postponed for that day. In the case of special situations (regional or state playoffs; All-State band, etc.), an exception can be requested by the principal to the superintendent of schools.
3. When schools are not in session (holidays, Saturdays), activities will not be held if the snow emergency plan is in effect.
4. One postponed contest may be rescheduled in addition to the maximum number of contests permitted per week, per COMAR.

TIME OF CONTESTS

Intra-County Contests

- a. All sports contests should be held after the completion of the academic day, when possible.
- b. Preliminary games for all night contests can begin at 5:00 p.m.
- c. For afternoon contests, varsity games will be played first. All night contests, varsity games will be played last.

EXCEPTION: A school may elect to play the JV game first in an afternoon contest if both schools' athletic directors agree.

- d. All afternoon contests will be scheduled to begin at 4:00 p.m. unless circumstances warrant a later or earlier start.
- e. The starting time will be adjusted if necessary to allow for the visiting team to have a reasonable amount of time for warm-up activities.
- f. Any exception to the above will be at the discretion of the principal/designee and the Supervisor of Athletics.

Length of Contest - Overtimes will only be played at the varsity level.

1. Football
Varsity - 12 minutes
Junior Varsity - 10 minutes
2. Soccer
Varsity - 40-minute halves
Junior Varsity - 35-minute halves
3. Field Hockey
Varsity - 15-minute quarters
Junior Varsity - 12-minute quarters
4. Basketball
Varsity - 8-minute quarters
Junior Varsity - 7-minute quarters

5. Volleyball
 - Varsity - 3 out of 5 games
 - 25-point games (no cap)
 - 15 point deciding game (no cap)
 - include let serve
 - Junior Varsity - 2 out of 3 games
 - 25-point games (no cap)
 - 15 point deciding game (no cap)
 - include let serve
6. Wrestling
 - Varsity - three 2-minute periods
 - Junior Varsity - one 1-minute period, two 2-minute periods
7. Lacrosse
 - Varsity - 12-minute quarters
 - Junior Varsity - 10-minute quarters
9. Cheerleading - 2 minutes 30-second competition routine

PENALTIES FOR UNSPORTSMANLIKE CONDUCT

1. Any player and/or coach will be prohibited from participating in the next contest for:
 - a. Any disqualification or removal from a game for unsportsmanlike conduct
 - i. (Coach may attend but not have contact with the team before or during a contest)
 - ii. (Student penalty – Student may attend the contest with the team in street clothes)
2. Any egregious ejection (example: physical altercation leading to ejection), as determined by the officials, will carry with it a minimum two-game suspension. Depending upon the severity of the situation, the length of suspension may be increased.
 - a. An egregious ejection would be an ejection due to fighting, the use of racial, homophobic, or ethnic slurs, or abusive language towards a contest official.
 - b. A second egregious ejection within the same season could lead to removal from the team.
3. Any unsportsmanlike conduct penalty occurring at the last game/contest played of the previous year will invoke disqualification or removal from the 1st game of the following year (or the following season, in the case of a senior).
4. A student or coach who has been ejected from an MPSSAA playoff contest will be disqualified for the next MPSSAA contest in that sport (or the next MPSSAA contest, in the case of a senior).
5. Any coach, participant, or spectator who has been ejected must complete the NFHS online sportsmanship course before the next contest.
6. Any fan who has been ejected will be prohibited from attending the next contest and must meet with the principal/designee before attending any future contests.
7. Ejections are not appealable decisions.

SIDELINE ACCESS

During an athletic contest, sideline access is limited to the following authorized personnel:

- Coaches
- Players
- Team Managers
- Credentialed Media
- Medical Staff
- Official Statisticians
- Approved Photographers
- School Administration

The presence of unauthorized individuals on the sideline constitutes illegal personnel. Teams found in violation of this are subject to penalty, up to and including forfeiture of the contest. Please note that access to the surrounding track area remains entirely at the discretion of the school administration.

EXTERNAL SPEAKERS/MUSIC

External speakers may not be played publicly at any CCPS athletic event. Their use on the team bus is at the discretion of the school administration and coaching staff, but they may not be used in any public areas of the host facility. The head coach will determine if speakers are allowed to be used privately inside the team locker room.

SPECTATOR GUIDELINES

1. The school dress code extends to athletic contests.
2. Students causing continued problems at an athletic event may be refused admittance to all sports events for the remainder of the school year.
3. Adults or outsiders causing continued problems at an athletic event may be refused admittance to all sports events for the remainder of the school year.
4. The use of tobacco, drugs, and alcohol is prohibited.
5. The use of profanity in “cheers” is prohibited.
6. The use of derogatory, offensive, or insulting “cheers” is prohibited.
7. Spectators may not single out participants by name or number.

COUNTY CHAMPIONSHIPS

1. County championships are awarded for each varsity sport sponsored by CCPS.
2. County champions for cheerleading, cross country, indoor track and field, girls’ wrestling, and outdoor track and field will be determined by an all-school inclusive county competition.
3. County championships for field hockey, football, volleyball, basketball, coed wrestling, baseball, lacrosse, softball, and tennis will be determined by the winning percentage of the Carroll County games. *Boys’ and girls’ soccer will be based on total points on a point system – 3 points for a win, 1 point for a tie, and 0 points for a loss.

The following tie-breaker criteria will be utilized to determine county champions.

- a. 1st- Head-to-Head competition
- b. Multiple team championship plaques (co, tri, quad) are awarded when tie breakers above are exhausted
4. The county golf championship will be determined by the following criteria which the school with the most accumulated points is the county champion
 - a. - 2 points for a regular-season county victory
 - b. - 1 point per place in descending order of county tournament finish (7,6,5,4,3,2,1)
 - c. - In situations where schools play multiple times, the final original scheduled match counts towards the county championship percentage
5. The coed county wrestling tournament will be a separate event from the county championship.
6. In extenuating circumstances not defined above, the Supervisor of Athletics will determine the criteria used to determine a county champion.

RECRUITING POLICY STATEMENT

CCPS interscholastic athletics strives to have the highest participation levels possible. We respect the Board of Education's policy and regulations regarding out-of-district attendance, and we work hard to create a welcoming culture for all student-athletes enrolled in our schools. Athletic coaches (paid or volunteer) should be positive regarding their program and school, but at no time should they participate in or engage in, directly or indirectly, the recruitment of a student-athlete from another CCPS school. A coach found to have engaged in the recruitment of a student-athlete from another CCPS school will face disciplinary action, ranging from censure to termination of coaching duties. If a coach is approached regarding specific recruitment of a student-athlete transfer from another CCPS high school or feeder middle school or is contacted by a student-athlete or parent interested in exploring a school transfer, the coach is required to contact his/her athletic director immediately.

HAZING

The Board of Education of Carroll County prohibits any student from engaging in any act which constitutes the hazing of other students. The terms haze and hazing are defined as the doing of any act for causing or participating in any situation, on or off school property, which recklessly or intentionally subjects a student to the risk of serious bodily injury, ridicule, embarrassment, or harassment for the purpose of initiation into, or affiliation with, any student organization, club, or athletic team associated with Carroll County Public Schools.

In appropriate situations, law enforcement agencies will be involved. In the event that an act of hazing also constitutes an act prohibited under other Carroll County Public School policies or regulations including, but not limited to, Violent Acts or Serious Threats of Violence, the procedures implementing those policies will also be followed. The Superintendent shall develop regulations for the implementation of this Policy which shall prescribe disciplinary actions against students who violate this Policy and, in egregious situations, the termination of the student organization, club, or athletic team.

OUT-OF-SEASON GUIDELINES

A. Fundamental Points

1. One important point to always bear in mind is that school teams may not practice, compete, or meet beyond the established MPSSAA sports season unless they are participating in approved

activities as outlined in these standards. The established MPSSAA sports season begins with the first practice allowed for that season and ends with the state championship for that sport.

2. A second important fundamental point is that rules and regulations that pertain to school coaches extend to volunteer coaches and all other school personnel. Rules violations involving school teams practicing or assembling beyond the established sports season may occur even though a paid coach is not directly involved.
3. A third fundamental point is that if a team has violated an MPSSAA regulation, there is a precise sequence of penalties that are applied. The minimum penalty for a state violation is a forfeit and sanctions against the coach, player(s), or both. In this fashion, no matter how small a state violation may appear, a forfeit and sanctions will automatically be applied as the minimum penalty. If the violation occurs in the summer or before the start of the season, then the forfeit applies to the opening game(s) of the ensuing season.

B. Conditioning Programs

1. Individual teams may not conduct conditioning programs beyond the sports season. This would be considered as practicing outside the sports season.
2. Schools may conduct voluntary “all-school” conditioning programs. An “all-school” conditioning program would include the following elements:
 - Participation is voluntary.
 - The conditioning program must be advertised and available to all students in the school.
 - The conditioning program is conducted at the school site, by school personnel.
 - The conditioning program is oriented exclusively toward conditioning of a general nature – not specific sports-related skills.
3. What equipment may be used in conditioning programs?
 - Sport-specific equipment, including pads and protective equipment, may not be used. The use of sport-specific or protective equipment lends strongly to the perception of an out-of-season team practice as opposed to an all-school conditioning program.
 - Blocking pads, kicking screens, balls, or other sports-specific equipment may not be used in conditioning programs.
 - Equipment such as weight room equipment, cones, agility ropes, etc., may be used because these are general in nature and can apply to most, if not all, teams.
4. Can a school coach supervise returning players from their team in a conditioning program?
 - Yes. However, the program still must be advertised and available to all students. The program may not be exclusively advertised for a particular team.
5. Can 8th-grade students participate?
 - Yes, but they may not begin until the conclusion of the winter sports season (the last event of the MPSSAA winter state championships).

C. NFHS & MPSSAA Sanctioned Out-of-Season Events

MPSSAA

Regulation 13A.06.03.03A(5) Sanctioned Events:

Local school systems may approve the participation of member schools to practice and compete in sanctioned National Federation of High Schools (NFHS) and MPSSAA events outside the defined sports season.

Interpretation:

Local school systems (LSS) that authorize member schools to participate in bona fide sanctioned NFHS and MPSSAA events outside the defined sport season may authorize school teams to practice eight **(8) days** prior to the first day of the event the member school has obtained approval from the LSS. Practice and participation must meet all local and state regulations applied during the in-season participation.

D. Summer Camps (School Sponsored) – CCPS Approved Summer Camp Guidelines

MPSSAA

Local School System Approved Summer Camp: a series of training sessions that is sponsored and approved by the local school system, involving skill development, instructional activities, and game situations within an individual local school system-approved summer camp.

Interpretation: Local school systems may sponsor a camp that meets the following criteria:

1. After the last game of the Spring State Championships, through the final Saturday in July.
2. Camps per sport may not exceed 12 individual days. Local School Systems shall approve the number of hours allowed per day of camp.
3. Camps may not consist of contact for collision sports as defined in the MPSSAA [Recommendations to Strengthen Concussion Safety](#). **Helmets, pads, and full equipment are not allowed for football.**
4. Only coaches approved by the local school system may conduct school-sponsored camps. Guest instructors are allowed per local school system guidelines.
5. Only students approved by the local school system may participate in approved summer camps.
6. Skill development and instruction activities are allowed, including game situations within an individual local school system-approved summer camp. Game situations may only occur within the parameters of the camp and may not lead to inter-school scrimmages/competitions.
7. Local school systems may operate multi-school camps. Game situations may only occur within the parameters of the camp and may not lead to multi-camp scrimmages/competitions.

CCPS-Specific Criteria:

*These rules apply to the new MPSSAA-permitted summer camps. **Non-school team activities** must be conducted 100% separately from the new MPSSAA-permitted summer camps and follow all Out-of-Season Guidelines outlined on pages 35-36 of the [MPSSAA Handbook](#). Failure to follow the guidelines below will result in an MPSSAA violation related to out-of-season practices.*

Summer Camp Objective: Instruction and Skill Development

- In alignment with CCPS summer days, camps may be conducted Monday through Friday (only).
- Each sport is permitted a maximum of 12 total days, with each day lasting no more than 3 hours in duration.
- Students participating in multiple camps/sports are limited to 3 hours (total) per day.

- Schools may not charge any fees for camps.
- Students must register for their sport through Arbiter registration (current physical, all necessary paperwork) to participate in a camp.
- Camps are voluntary for both staff and students.
- Camps may not be run concurrently with non-school team activities/practices or youth camps sponsored by booster organizations or youth associations.
- For combined camps (multiple schools), inter-school scrimmages/competitions may not take place between designated schools. Competition may take place if students are not grouped by their home school.
- Camps must be open to all students (including incoming 9th graders) and may not be limited to returning players.
- Incoming 9th graders may participate after the final day of the school year (upon completion of 8th grade)
- Only current high school students (including incoming 9th graders) may attend a camp. Middle school and elementary school students are not permitted to attend a camp.
- Students may only attend a camp for the school in which they attend or will attend and at which it is anticipated they will graduate, or a county-wide camp.
- Summer camps are official CCPS activities and only approved/rostered CCPS coaches may work with students (all CCPS and MPSSAA rules apply).
- Heat/humidity decisions will be made by the school's Athletic Director in consultation with the Supervisor of Athletics

Approval:

- All camps must be approved by 1) the host school's Athletic Director and 2) the Supervisor of Athletics.
- The Athletic Director/Coordinator of Athletics must include the following in the approval request:
 - Host school and location
 - Dates/times of camp
 - Name of the coach in charge of the camp

E. Camps (Non-School)

1. It is illegal for a school team to attend a non-school camp as a team.
2. However, it would not be illegal for a group of players from the same school to attend a non-school camp. There is a fine but important distinction between the two.
3. What is the difference between a school team and a group of players from the same team?
 - If the school coach is involved with the camp arrangements, including the collection of fees, then the group becomes a school team (illegal).
 - If attendance or participation in the camp is mandatory, then the group becomes a school team (illegal).
 - If school money is used to pay for camp fees or expenses, the group becomes a school team (illegal).
 - Coaches may attend camp and observe returning players; they may not coach, supervise, or instruct them except as provided below.
4. When can a coach provide instruction to returning players at a non-school camp?
 - A school coach may instruct returning players if the camp is oriented to individual skills. For instance, school coaches may instruct returning players in a particular

position or skill area if the players are part of a larger group of players representing multiple schools.

5. What is considered a “returning” player?
 - A player who has previously participated in that sport at that high school is considered a returning player, whether the participation was on the varsity or junior varsity level.
 - Incoming 9th-grade students are not considered “returning” players.
6. May a school host a non-school camp?
 - Yes. However, no returning players from the school may participate in the camp if it is conducted or sponsored by the program/school or persons associated with the program/school.
 - Returning players may be used as camp counselors. When functioning as camp counselors, returning players are not considered camp participants.
 - Neither incoming 9th graders nor current high school students are eligible to participate in the camp as counselors.
7. Can a group of coaches/schools get together and create a non-school camp?
 - No. The camp must have an official, bona fide camp sponsor and a camp administration, separate from the participating teams. Participating schools or coaches may not be involved in sponsoring or administering the camp. If the above criteria is satisfied, then the camp takes on the appearance of a true camp, as opposed to a group of coaches running joint out-of-season practices.

F. Organized Training Activities (OTAs)

1. Coaches may provide opportunities for students to hone their skills in free play.
2. Coaches provide supervision but may not instruct.
3. Must be held on school grounds.
4. Students must be registered in Arbiter registration (or other approved platform).
5. Rising 9th graders may participate upon the conclusion of their 8th grade year.
6. Participation must be voluntary.

G. Coaching Returning Players on an Individual Basis

1. MPSSAA regulations do not allow school teams to practice or assemble after the season, unless participating in activities outlined in these standards. School teams are defined as “Any school group or team gathering consisting of three or more players that has assembled for drilling or instruction.”
2. The above opens the door for coaches to work with a limited number of athletes on an individual basis beyond the sports season. Specifically, MPSSAA interpretations specify that “School coaching staffs may work with a maximum of two players per day.”
3. Thus, school coaches or coaching staffs may work with a maximum of two players per program on an individual basis on a particular day outside the sports season. This could mean a pitcher-catcher, QB-receiver, two goalies, etc. Under no circumstances, however, may the total number of players per day exceed two, no matter how many coaches may be involved.
4. The program involves both the junior varsity and the varsity teams. Boys’ and girls’ sports are separate programs. For example, a throwing coach for track and field could work with two throwers from the boys’ team AND two throwers from the girls’ team on the same day.

H. Coaching Returning Players on Non-CCPS Teams

1. As mentioned previously, a school team may not practice nor compete beyond the parameters of the MPSSAA sports season, unless participating in activities outlined in these standards.

These parameters begin on the first day of practice and end upon conclusion of the team's participation in the MPSSAA playoffs.

2. Similarly, a school coach may not instruct nor coach returning players beyond the defined MPSSAA sports season unless the players are on a non-school team coached by the school coach.
3. If the school coach is the coach of a non-school team, the number of returning players that can be on the non-school team is determined by the calendar, as indicated below:

MPSSAA "Eighty Percent" Rule

- From the first practice of fall sports (mid-August) to the last spring sport state championship (late May), the non-school team may include a maximum of 80% of what would constitute a starting lineup for that sport.
- For instance, eleven players would constitute a starting lineup for a soccer team. Eighty percent of eleven, rounded down to the nearest whole number, is eight. Thus, if the school coach is the coach of a non-school soccer team, between mid-August and late May, a maximum of eight returning players may be on the non-school team.

I. Definition of a Non-School Team

1. The team must be affiliated with a league. The CCPS interpretation would require that the league include the following components.
 - Either the league provides insurance for the players/teams, the league requires that teams in the league provide proof of insurance, or the league provides an appropriate permission/waiver form for parents/guardians. Proof of insurance is required.
 - The league determines the schedule, with a similar number of games for all teams in the league.
 - The league has a commissioner (or a similar designation).
 - The league provides specific parameters/rules for conducting games, including a specific structure for contests and league play.
2. The non-school team may not use a name connected with the school.
 - In several instances, the name of the school is also the name of the community. Accordingly, the non-CCPS team may include either the name of the community, and not the school nickname, or the use of the school/community nickname, but not the name of the school/community.
 - The non-school team may not use both the name of the school/community and the nickname of the school/community.
3. The non-school team may not use school uniforms or equipment.
 - School equipment includes all items owned by the school, including balls, cones, and conditioning equipment. Briefly, other outside groups do not have school equipment at their disposal. Thus, a team using school equipment creates a clear link to a school team.
 - Equipment discarded by the school (i.e., old blocking sleds, balls) may not be used unless the school has sold or donated the equipment to the non-school team. For insurance and liability purposes, this transaction should be in writing. The discarded equipment must be stored at a site other than the school site.
 - School uniforms include current as well as old or discarded uniforms.
4. The non-school team may not use school facilities unless reserved through the Use of Community Facilities process.

- The non-school team may not use the facility inside or outside for practices or games, unless requested through the Use of Community Facilities process.
- 5. Participation on the non-school team must be voluntary.
 - Coaches may not coerce or pressure students to participate on the non-school team.
 - Coaches may not imply or use participation on the non-school team as a factor in subsequent school team selection or playing time.
- 6. The non-school team must comply with the following regulations outlined below regarding the financial operations of non-school teams.
 - School or booster club funds may not be used for team expenses.
 - CCPS coaches may not be involved in the collection of monies for non-school teams and may not write personal checks for expenses.

J. Practice and Game Limitations

1. MPSSAA Interpretation – A maximum of one practice session per game or event
 - A team is allowed up to three practice sessions in preparation for the first league game. After the opening league game, teams are limited to one practice session per game or event.
 - The total number of practice sessions per week may not exceed the number of games or events.
 - A tournament, or jamboree, or any other gathering of multiple teams is considered as one event, even though several games may be played in that event.
2. The total number of games and practices per week may not exceed six.
 - For instance, if a team has three games in a week, it is allowed a maximum of three practices (3 games + 3 practices = 6)
 - If a team has five games in a week, it is allowed a maximum of one practice.
 - However, if a team has one game in a week, it is allowed a maximum of one practice.
3. Tournaments
 - Sometimes the word “camp” is used to describe an event that is a tournament. If the event is exclusively, 100%, a tournament, then the event will be construed as a tournament even though it may be called a camp.
 - However, if the activity includes any elements that are characteristic of a camp, the activity will be construed as a camp and not a tournament. To be construed as a tournament, the activity must be 100% competition-oriented, with the learning aspect derived through competition.
 - Even though a tournament may include multiple games, it is construed as one event. Thus, a non-school team may have a maximum of one practice for the tournament.
 - As previously mentioned, a non-school team must belong to a bona fide league with a specific schedule of games. Though a non-school team may participate in tournaments outside of the league, the team may not compete primarily in tournaments. The majority of its games must be league games.

Eligibility ([Policy](#))

EXTRACURRICULAR ACTIVITIES – HIGH SCHOOL

Participation in extracurricular activities, public performances, and/or student leadership positions is regarded as an important privilege for students. Participation in such activities supports students' personal growth and achievement and also gives students the opportunity to be representatives of and ambassadors for their school. Carroll County Public Schools is committed to developing and maintaining a high level of confidence by the student body and the school community. Therefore, students who desire to participate in extracurricular activities are expected to meet standards in three major areas: academics, attendance, and conduct. Failure to meet appropriate standards in any one or more of these areas will result in a student losing the privilege of fully participating in extracurricular activities.

Out-of-District Eligibility

A student may be eligible for athletics in only one out-of-district high school. A student may be approved to attend a subsequent out-of-district high school; however, he/she will not be eligible to participate in athletics. Students attending their home school are eligible to participate in athletics.

Students approved for an out-of-district placement to attend a different school from the one in which they are currently enrolled who are CCPS varsity athletes during the preceding year will be placed on restricted eligibility for one year for the corresponding sport(s). Administrative Regulation JPA: High School Eligibility defines Restricted Eligibility – student is not fully eligible to participate in extracurricular activities. Limited participation as part of a school-sponsored team or group. May not participate in competition, public performances, or leadership roles, but may participate in meetings and practices.

Awards and Recognition



AWARDS AND RECOGNITION

A. The following awards are made available by the county:

1. County Team Championship plaques are awarded in the following sports, where at least 3 schools participate in that sport:

- | | |
|------------------|-----------------------------------|
| a. Baseball | h. Soccer |
| b. Basketball | i. Softball |
| c. Cross Country | j. Tennis |
| d. Field Hockey | k. Track and Field |
| e. Football | l. Wrestling |
| f. Golf | m. Volleyball |
| g. Lacrosse | n. Indoor Track |
| | o. Cheerleading (fall and winter) |

2. County individual awards are given in the following sports:

- a. Wrestling
- b. Track and Field (winter and spring)
- c. Cross Country
- d. Tennis
- e. Golf

3. Because junior varsity is a developmental level, JV sports may have culminating activities, but not championships. Awards will not be distributed for these events.

B. Individual awards and recognition may be given to a student-athlete by the school.

1. Awards may be made as follows:

- a. A school, school-related, or non-profit group may purchase and present to a student for athletic achievement a school insignia, medal, pin, or similar article.
- b. Awards from outside the school may be given to individual school athletes or school teams, provided the awards are approved by the superintendent, meet MPSSAA guidelines, and the presentation is made at a school-approved function.

- 2. Recognition of student athletes and athletic teams, other than through awards, should be limited to appreciation banquets, approved by the superintendent/designee.
- 3. Varsity letter recognition will be awarded to any student-athlete who has successfully participated at the varsity level for the entire season. Varsity letter recognition of varsity participants who have not participated on the varsity level for the entire season may take place at the discretion of the coach in consultation with the athletic director and/or principal.
- 4. Awards and recognition will be withheld from any participant who does not complete the season in good standing. In addition, awards and recognition will be withheld from any participant for any reason mentioned under ineligibility.

APPENDIX



CARROLL COUNTY SCHOOL DIRECTORY

1. Century Mascot- Knights
355 Ronsdale Road
Sykesville, MD 21784
Principal: Shannon Mobley
Athletic Director: Ashley Hoyt - alhoyt@carrollk12.org
Phone: (410) 386-4400
2. Francis Scott Key Mascot- Eagles
3825 Bark Hill Road
Union Bridge, MD 21791
Principal: Tim Britton
Athletic Director: Ryan Kimble - rmkimbl@carrollk12.org
Phone: (410) 751-3320
3. Liberty Mascot- Lions
5855 Bartholow Road
Sykesville, MD 21784
Principal: Kenneth Goncz
Athletic Director: Sam Rothstein - sdroths@carrollk12.org
Phone: (410) 751-3560
4. Manchester Valley Mascot- Mavericks
3300 Maple Grove Road
Manchester, MD 21102
Principal: Joe Guerra
Athletic Director: Bernie Koontz - bwkoont@carrollk12.org
Phone: (410) 386-1673
5. South Carroll Mascot- Cavaliers
1300 West Old Liberty Road
Sykesville, MD 21784
Principal: Christina Dougherty
Athletic Director: Tim Novotny - t_novot@carrollk12.org
Phone: (410) 751-3575
6. Westminster Mascot- Owls
1225 Washington Road
Westminster, MD 21157
Principal: Tom Riddle
Athletic Director: Jim Reigel - jdreige@carrollk12.org
Phone: (410) 751-3637
7. Winters Mill Mascot- Falcons
560 Gorsuch Road
Westminster, MD 21157
Principal: Brian Booz
Athletic Director: Pete Lester – phleste@carrollk12.org
Phone: (410) 386-1500

COACHES REMUNERATION SCHEDULE 2026-2027

ACTIVITY	1 - 5 YEARS		6 YEAR PLUS	
	HEAD	ASST	HEAD	ASST
BASEBALL	2484	1687	2673	1813
BASKETBALL	4549	3031	4909	3270
CHEERLEADING F W	2484	1687	2673	1813
COROLLARY	1285		1476	
CROSS COUNTRY-B	1729		1853	
CROSS COUNTRY-G	1729		1853	
FIELD HOCKEY	2484	1687	2673	1813
FOOTBALL	4549	3031	4909	3270
GOLF	1729		1853	
LACROSSE	2484	1687	2673	1813
SOCCER	2484	1687	2673	1813
SOFTBALL	2484	1687	2673	1813
TENNIS	2484		2673	
TRACK	2484	1687	2673	1813
VOLLEYBALL	2484	1687	2673	1813
WRESTLING	4549	3031	4909	3270
INTRAMURAL	1349		1476	
INDOOR TRACK	2484	1687	2673	1813

- A coach's tenure for Step 2 (6 years plus) does not need to be consecutive years. The accumulation of coaching years is only relevant per coaching position.

ADMISSIONS:

All TICKETS (6 AND UP).....6.00
 SENIOR CITIZENS (62 & older).....FREE
 ANNUAL PASS.....80.00
 FAMILY ANNUAL PASS.....250.00 – Max 4 - \$25.00 each additional

Carroll County Public Schools – 2026-2027 School Calendar

August	
13-14 (Th-F)	New Teacher Orientation
17-20 (M-Th)	New Teacher Orientation
24-25 (M-T)	Pre-service Professional Days for Teachers and Instructional Assistants
26 (W)	Pre-service Professional Day for Teachers
27-28 (Th-F)	Pre-service Professional Days for Teachers and Instructional Assistants
31 (M)	Schools Open – First Day for Students
September	
7 (M)	Schools/Offices Closed – Labor Day
18 (F)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
October	
15 (Th)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
16 (F)	Schools Closed for Students – Professional Development/Meeting Day for Teachers; Non-Work day for Instructional Assistants
November	
3 (T)	Schools/Office Closed – Election Day
4 (W)	* Marking Period Ends; Two hours and Forty-five Minutes Early Dismissal System-wide; Teachers work on End of Marking Period Items
20 (F)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
25 (W)	* Schools/Offices Two hours and Forty-five Minutes Early Dismissal – Last day before Thanksgiving Holiday
26-27 (Th-F)	Schools/Offices Closed – Thanksgiving Holiday
December	
14 (M)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
23 (W)	* Schools/Offices Two hours and Forty-five Minutes Early Dismissal – Last day before Winter Break
24-31 (Th-Th)	Schools/Offices Closed –Winter Break
January	
1 (F)	Schools/Offices Closed – New Year’s Day
4 (M)	Schools/Offices Reopen
18 (M)	Schools/Offices Closed – Martin Luther King, Jr. Holiday
22 (F)	Schools Closed for Students – Teachers work on End of Marking Period Items; Professional Development/Meeting Day for Identified CASE Employees
February	
12 (F)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
15 (M)	Schools/Offices Closed – Presidents’ Day
March	
1 (M)	Schools Closed for Students – Professional Development Day for Teachers; Non-Work Day for Instructional Assistants
12 (F)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
25-30 (Th-T)	Schools/Offices Closed – Spring Break
April	
7 (W)	* Marking Period Ends. Two hours and Forty-five Minutes Early Dismissal System-wide; Teachers work on End of Marking Period Items
30 (F)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
May	
28 (F)	* Two Hours and Forty-five Minutes Early Dismissal System-wide; Professional Learning/Activities for Teachers and Identified Case Employees
31 (M)	Schools/Offices Closed – Memorial Day
June	
11 (F)	* Last Day for Students, Two Hours and Forty-five Minutes Early Dismissal System-wide; Last Duty Day for Teachers and Instructional Assistants
18 (F)	Schools/Office Closed - Juneteenth

* Should a delay in opening be necessary, this day may be converted to a normal dismissal time in lieu of closing.

Restricted Dates

Athletic activities, including practices, meetings, tryouts, and contests, are prohibited on Sundays, per COMAR. For the 2026-2027 school year, athletic activities are also restricted, as indicated on the following dates:

Date	Practice/Contest Restriction
September 11, 2026	Athletic contests and practices must complete by 5:00 pm
September 12, 2026	No contests. Non-mandatory practices are permitted.
September 21, 2026	No contests. Non-mandatory practices are permitted.
November 26, 2026	No contests. Practices permitted only for teams in the football playoffs.
December 25, 2026	No practices. No contests.
December 31, 2026	No contests.
January 1, 2027	No contests.
January 18, 2027	No scheduled contests (may be used only for make-up). Non-mandatory practices are permitted.
March 26, 2027	No contests. Non-mandatory practices are permitted.

Sample Rubric
Carroll County Public Schools
Athletic Tryouts
Evaluation Sample

Name: _____

Grade: _____

Rating Scale

4= **Advanced** (skill highly apparent all of the time)
 3= **Proficient** (skill shown most of the time)
 2= **Novice** (skill shown sometimes; emerging)
 1= **Basic** (skill not demonstrated)

Directions: Rate the student on his/her performance in the following skills

Skill	Day 1	Day 2	Day 3	
Mile Run				
Pacer				
Agility Ladder				
Sport Specific Skill #1				
Sport Specific Skill #2				
Sport Specific Skill #3				
Sport Knowledge				
Coachability				
Conditioning				
Team Player				Total
Subtotal				

The Carroll County Public School System

HEAT INDEX

		Relative Humidity (%)										
		0	10	20	30	40	50	60	70	80	90	100
68		61	63	63	64	66	66	68	68	70	70	70
70		64	64	66	66	68	68	70	70	72	72	72
72		66	66	68	68	70	70	72	72	73	73	73
74		68	68	70	72	72	73	73	75	75	75	77
76		70	72	72	73	73	75	75	77	77	79	79
78		75	75	77	79	79	81	81	81	82	84	86
80		77	77	79	79	81	81	82	84	86	88	91
82		79	79	81	81	82	84	84	88	90	93	97
84		79	81	81	82	84	86	88	91	95	99	104
86		81	82	82	84	86	88	91	95	99	104	113
88		82	84	84	86	88	91	95	99	104	113	127
90		84	84	86	88	91	95	99	104	111	124	144
92		84	84	86	88	91	97	102	109	120	136	
94		86	88	90	93	97	100	108	117	131		
96		90	91	95	99	102	109	120	136			
98		90	93	97	100	106	115	129				
100		91	95	99	104	111	120	135				
102		93	97	100	106	115	129					
104		95	99	104	109	120	138					

The above heat index chart is provided by the National Weather Service. The combination of air temperature (Fahrenheit degrees) and relative humidity (percent) produce a reading of how the air feels to human flesh or the apparent temperature. The heat index (apparent temperature) for a particular day will dictate any cancellations or restricted game and practice conditions. See the next page for specific restrictions.

Carroll County Public Schools

Game/Practice Restrictions Due to Heat

Heat Index Reading	Color/Code	Restriction
105 +	 Code Red	Danger! Discontinue regular practice. All outside athletic events are to be cancelled. Practice indoors if possible.
95-104	 Code Yellow	Extreme Caution! <i>Modify</i> practice with frequent (required) water breaks. Games/events may continue with mandatory official time outs midway through quarters. Provide a water stop (mandatory) midway in cross country meets. Observe athletes carefully for signs of heat injuries. Make sure all athletes drink water.
84-94	 Code Green	Warning. Provide a mandatory 10 minute rest per 45 minutes of activity. Water is to be available to athletes at all times.
Below 83	 Code Blue	No restrictions. Water is to be available at all times. Monitor the heat index for increases

Working with the school's athletic director or athletic trainer, teams may utilize a wet bulb globe thermometer to determine that the heat index has dropped to permit a return to a lower Code. To drop from a Code Red reading to a Code Yellow, the wet bulb globe thermometer must read the heat index as 100 degrees or below. To drop from a Code Yellow to a Code Green, the wet bulb globe thermometer must read the heat index as 90 degrees or below.

The first reading to reengage athletic activities may take place after 30 minutes have elapsed from the notification of the reading (whether a Code Red or a Code Yellow), and subsequent readings may take place at 15-minute intervals.

Carroll County Public Schools

HEAT RELATED ILLNESS: SIGNS AND SYMPTOMS

ILLNESS	SYMPTOMS	FIRST AID	RETURN TO PLAY
Heat Cramps (Mild)	Involuntary Muscle Spasms	Hydration Stretching Relaxation Massage	Symptom Free Monitor Carefully
Heat Exhaustion (Moderate)	Headache, nausea, vomiting, chills, dizziness, rapid pulse, cool or clammy skin, pale, excessive sweating	Shade or AC Remove excessive clothes/equipment Lie with feet above heart Rehydrate if no nausea Monitor HR, BP CNS status and core temperature	Symptom Free Avoid intense activity for several days If medical treatment was sought must have doctor's release to return
Heat Stroke (Medical Emergency)	Disorientation, slurred Speech, confusion or aggressive behavior, dry skin, flushed and hot skin, rapid/pounding pulse	Call 911 Aggressive whole body cooling (cold water immersion) Fans, Ice, Cold towels if immersion is not available	Only with doctor release and specific return to play instructions Return slowly under supervision of Health Care Professional

INSTRUCTIONS TO ATHLETES:

Athletes will be instructed to remove themselves from any athletic activity if they feel overheated. If an athlete has any symptoms of heat related illness, he/she will be removed from any athletic activity and given reasonable and prudent immediate care by the training and/or coaching staff. The athlete's parent/guardian will be notified and advised to contact their physician or go to the local emergency room if symptoms persist or worsen. Athletes with any heat related illness will be re-evaluated by the Certified Athletic Trainer before being allowed to return to activity. The coach will verify the athlete's practice status with the certified athletic trainer prior to the athlete returning to activity.

PREVENTION OF HEAT-RELATED ILLNESS:

- a. Allow unlimited access to water/fluids at all practices and games.
- b. Watch players who have high body fat; have to work harder for the same results.
- c. Watch players who have smaller bodies; less surface area to get rid of heat.
- d. Watch those with more clothing/equipment; the heat is trapped against their bodies.
- e. Encourage athletes to drink fluids at the same rate that they lost them (work hard, drink a lot).
- f. Talk to athletes and coaches in the preseason about the prevention of heat illness.
- g. Discourage weight loss if it is only fluid loss (wrestlers, etc).
- h. Check urine; concentrated urine means dehydrated, and clear means hydration.
- i. Those who are not acclimatized are at greater risk. Acclimatization is the process where the body learns to function more efficiently in the heat. For example, in the spring 75 degrees feels warm, but when you are acclimatized to the heat in the summer 75 degrees feels cold!
- j. Those athletes who are in poor physical condition are at higher risk. For example, the ones who did not do summer conditioning are at greater risk in the fall.
- k. Athletes who have been ill, have a fever or are recovering from an illness are at greater risk.

FLUID REPLACEMENT:

- a. Athletes must drink past the point where their thirst is quenched.
- b. Fluids should be available freely to all athletes at all times.
- c. Athletes must replenish fluids to the weight they were before practice.
- d. Athletes should check their urine color before practice; if it is dark, they are still dehydrated and should drink before practice.
- e. Cold water is an excellent replacement fluid
- f. Fluids other than water:
 1. Sports drinks are generally only necessary during long-term activities. They help replenish sugar and minerals lost in sweat. However, they are not harmful at any time.
 2. Avoid drinks high in sugar (sodas) due to slow absorption.
 3. Avoid drinks high in caffeine: tea, sodas, and coffee. They cause urination.

Hydration Awareness

The purpose of proper hydration in regard to the overall safety and conditioning of a student-athlete is a key part of a successful high school athletic program and one of the most preventable ways to combat heat illnesses. The responsibility to prevent injury and to successfully hydrate student-athletes is shared among the student-athlete, coaching staff, and athletic trainers.

Many student-athletes are not educated on the need and do not voluntarily drink enough water to prevent significant dehydration during physical activity. National recommendations suggest student-athletes drink regularly throughout all physical activities. An athlete **cannot** always rely on his or her sense of thirst to sufficiently maintain proper hydration.

CCPS Suggested Guidelines Include:

- Readily available and unlimited amounts of water during practice and designated breaks.
- Drink before, during, and after practice and games. For example:
 - o Drink 16 ounces of fluid 2 hours before physical activity.
 - o Drink another 8 to 16 ounces 15 minutes before physical activity.
 - o During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour).
- After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition.
- Student-athletes who do not properly rehydrate their bodies between practices run the risk of cumulative dehydration. Cumulative dehydration develops insidiously over several days and raises the risk of heat illness, especially in the first few days of acclimatization. (See NATA position statement on Fluid Replacement for Athletes).
- Student-athletes can monitor their hydration level by the color and volume of urine. Small amounts of dark urine indicates the need to drink more, while a “regular” amount of light-colored urine is normal and indicates the student-athlete is well hydrated. A urine chart, such as the one used by the University of Maryland, should be posted so that student-athletes can access their individual hydration.

August 2026 –Calendar for Heat Acclimatization

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
			Heat Acclimatization Day1 Single Practice Day Equipment Restrictions FB - Helmets Only FH – Goalie Helmet and Kickers Only (No leg guards)	Heat Acclimatization Day2 Single Practice Day Equipment Restrictions FB - Helmets Only FH – Goalie Helmet and Kickers Only (No leg guards)	Heat Acclimatization Day3 Single Practice Day Equipment Restrictions FB- Helmets and Shoulder Pads FH - Goalie Helmet, Chest Protector and Kickers On/y (No leg guards)	Heat Acclimatization Day4 Single Practice Day Equipment Restrictions FB- Helmets and Shoulder Pads FH - Goalie Helmet, Chest Protector and Kickers Only (No leg guards)
16	17	18	19	20	21	22
Rest Day Sunday Practice is prohibited per MPSSAA Regulations	Heat Acclimatization Day5 Single Practice Day Equipment Restrictions FB - Helmets and Shoulder Pads FH- Goalie Hel- met, Chest Protec- tor and Kickers Only (No leg guards)	Heat Acclimatization Day6 No Equipment Restrictions First Allowable Double Practice and Full Contact Practice	Heat Acclimatization Day7 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day 8 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day 9 First Scrimmages (FB) Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day10 Single/Double Practice Day (Double practice days must be followed by a single practice day)
23	24	25	26	27	28	29
Rest Day Sunday Practice is prohibited per MPSSAA Regulations	Heat Acclimatization Day11 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day12 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day13 Single/Double Practice Day (Double practice days must be followed by a single practice day)	Heat Acclimatization Day14 Single/Double Practice Day (Double practice days must be followed by a single practice day)		

Note: The above suggested calendar is based off the National Athletic Trainers Association (NATA) *Pre- season Heat -Acclimatization Guidelines for Secondary School Athletics* and the Maryland State Department of Education's *Model Policy for Preseason Practice Heat Acclimatization Guidelines for Student Athletes* (the entire model policy can be found on the "Health and Safety" page of www.mpssaa.org). The suggested guidelines for local consideration are intended to provide direction to school teams for the acclimatization of student-athletes during preseason practice period required prior to the first play date.

Each local school system is required to have their own policy for heat acclimatization and schools should check with their respective local school system regarding the specifics of their local policy.

COLD WEATHER GUIDELINES

In the event of cold weather, it is important to protect the student-athlete from Cold Injury.

Aside from wearing the appropriate clothing and layering, it is recommended that practices be limited due to cold weather. The recommendation is to follow the NCAA guidelines regarding cold weather. These recommendations are based on a combination of wind and temperature (wind chill).

- 32-25 degrees- Limit practice to 60 minutes. The team should go inside and re-warm for 15 minutes, then return to outside practice for another 60 minutes.
- 25-15 degrees- Limit practice to 45 minutes. The team should go inside and re-warm for 15 minutes, then return to the outside for an additional 45 minutes.
- 15-0 degrees- Limit practice to 30 minutes. The team should go inside to re-warm for 15 minutes, then return outside for up to an additional 30 minutes.

There should be no practice outside if there is precipitation, along with wind chill/temperatures of 32 and below.

Emergency Plan

Practicing a comprehensive hydration and acclimatization plan constitutes the best possible emergency action plan. Nevertheless, it is critical that each school have in place specific preparedness measures should they encounter a heat emergency. Knowing what to do and reviewing specific protocols could minimize potentially catastrophic injuries.

As local conditions render each school setting unique any emergency plan needs to be tailored to suit individual school needs. There are however common factors that should comprise every school emergency plan. In light of the fact that a qualified medical person might not be on hand at every game or practice, it is recommended that a simple plan be prescribed. An uncomplicated plan provides the best opportunity to be remembered and then employed in time of crisis. Any single heat emergency plan should incorporate three basic components; recognition of heat illness, immediate cooling and transport via ambulance to a hospital.

A simple plan with assigned specific delegated duties could prove to be most helpful in:

- Remembering what to do
- Covering important task
- Offering the best chance for success

Each school plan should offer as a minimum three important factors and be posted for all coaches and student-athletes to see.

- Preparedness
 - o Coach training to recognize symptoms (NFHS Course at nfhslearn.com)
 - o Materials on hand, i.e. 100 gallon Rubbermaid stock tank, plastic children's pool
 - o Water source, and bottled water
 - o Ice for water cooling or application to victim
 - o Cell phone
- Emergency Treatment
 - o Recognition of symptoms
 - o Rapid submersion in tub or pool or application of ice under arms and to groin area
 - o Transport via ambulance to the hospital
 - o Water consumption
- Pre-assignment of Responsibilities
 - o Person to call 911 first and then parent
 - o Person(s) to prepare soaking tub or pool or ice bags for topical application
 - o Person(s) to assist with moving and attending injured player
 - o Person to meet and escort emergency vehicle to victim
 - o Person to supervise rest of the team



Medical Clearance for

Student-Athlete Suspected Head Injury

Name of Athlete _____
Sport/season _____
Date Received _____

Section 1: Initial Observation to be completed by Coach, Athletic Trainer and/or First Responder

Athlete's Name _____ DOB _____ School _____ Sport _____

Following the injury, did the athlete experience:	Circle One	Symptoms	Comments
Loss of consciousness or unresponsiveness	Yes / No		
Seizure or convulsive activity	Yes / No		
Balance problems/unsteadiness	Yes / No		
Dizziness	Yes / No		
Headache	Yes / No		
Nausea/Vomiting	Yes / No		
Emotional lability (abnormal laughing, crying, anger)	Yes / No		
Confusion/Easily distracted	Yes / No		
Sensitivity to Light/noise	Yes / No		
Vision problems?	Yes / No		
Neck Pain	Yes / No		

Describe the injury, or give additional details: _____

Injury History: Name of Person Completing Form: _____ Relationship: _____

Date of Injury: _____ Time of Injury: _____ Phone Number: _____

Section 2: To Be Filled Out By a Licensed Health Care Provider (LHCP)

Medical Provider Recommendations According to COMAR 13A.06.08.01, only licensed health care providers (LHCP) trained in the evaluation and management of concussions are permitted to authorize a student athlete to return to play.

**This return to play (RTP) plan is based on today's evaluation*

LHCP Diagnosis:

- ☐ No Concussion - May Return to Full Academic and Physical Activity
☐ Concussion

* PLEASE NOTE THESE REQUIREMENTS TO RETURN TO SPORTS PLEASE COMPLETE*

1. Athletes are not allowed to return to practice or play the same day that their head injury occurred
2. Athletes should never return to play or practice if they still have **ANY SYMPTOMS**
3. Athletes, be sure that your coach and/or athletic trainer are aware of your injury, symptoms, and has the contact information for the treating physician

SCHOOL (ACADEMICS) COMPLETED BY LHCP

- ☐ May return to school now
☐ May return to school on _____
☐ Out of school until follow up (F/u is scheduled for _____)
☐ Limitations or Accommodations (please see below or attached)

SPORTS/PHYSICAL ACTIVITIES

- ☐ May start return to play progression under the supervision of the health care provider for your school/team
☐ Must return to medical provider for final clearance to return to competition and physical activities

Additional Comments/Instructions: _____

LHCP Name: _____

Signature: _____

Date: _____ Phone Number: _____

I certify that I am aware of the current medical guidance on concussion evaluation and management.

- All Maryland public school athletes must have a Licensed Health Care Providers signature to return to play
- More than one evaluation is typically necessary for medical clearance for concussion, as symptoms may not fully present for days.

Office Stamp:

RETURN COMPLETED FORM TO SCHOOL NURSE, ATHLETIC DIRECTOR, AND ATHLETIC TRAINER



For official use only:

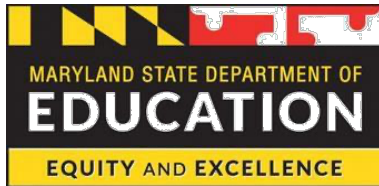
Name of Athlete _____

Sport/season _____

Date Received _____

Graduated Return to Play Protocol

Description of Stage	Date Completed	Supervised by
STAGE 1: LIGHT AEROBIC ACTIVITY <u>Begin stage 1 when:</u> Student is cleared by health care provider and has no symptoms <u>Sample activities for stage 1:</u> 20-30 minutes jogging, stationary bike or treadmill		
STAGE 2: HEAVY AEROBIC AND STRENGTH ACTIVITY <u>Begin stage 2 when:</u> 24 hours have passed since student began stage 1 AND student has not experienced any return of symptoms in the previous 24 hours <u>Sample activities for stage 2:</u> Progressive resistance training workout consisting of all of the following: • 4 laps around field or 10 minutes on stationary bike, and • Ten 60 yard sprints, and • 5 sets of 5 reps: Front squats/push-ups/shoulder press, and • 3-5 laps or walking lunges		
STAGE 3: FUNCTIONAL, INDIVIDUAL SPORT-SPECIFIC DRILLS WITHOUT RISK OF CONTACT <u>Begin stage 3 when:</u> 24 hours have passed since student began stage 2 AND student has not experienced any return of symptoms in the previous 24 hours <u>Sample activities for stage 3:</u> 30-45 minutes of functional/sport specific drills coordinated by coach or athletic trainer. NOTE: no heading of soccer ball or drills involving blocking sled.		
STAGE 4: NON-CONTACT PRACTICE <u>Begin stage 4 when:</u> 24 hours have passed since student began stage 3 AND student has not experienced any return of symptoms in the previous 24 hours <u>Sample activities for stage 4:</u> Full participation in team's regular strength and conditioning program. NOTE: no heading of soccer ball or drills involving blocking sled permitted.		
STAGE 5: FULL-CONTACT PRACTICE AND FULL PARTICIPATION IN PHYSICAL EDUCATION <u>Begin stage 5 when:</u> 24 hours have passed since student began stage 4 AND student has not experienced any return of symptoms in the previous 24 hours <u>Sample activities for stage 5:</u> Unrestricted participation in practices and physical education		
STAGE 6: RETURN TO GAME <u>Begin stage 6 when:</u> 24 hours have passed since student began stage 5 AND student has not experienced any return of symptoms in the previous 24 hours		



For official use only:

Name of Athlete _____

Sport/season _____

Date Received _____

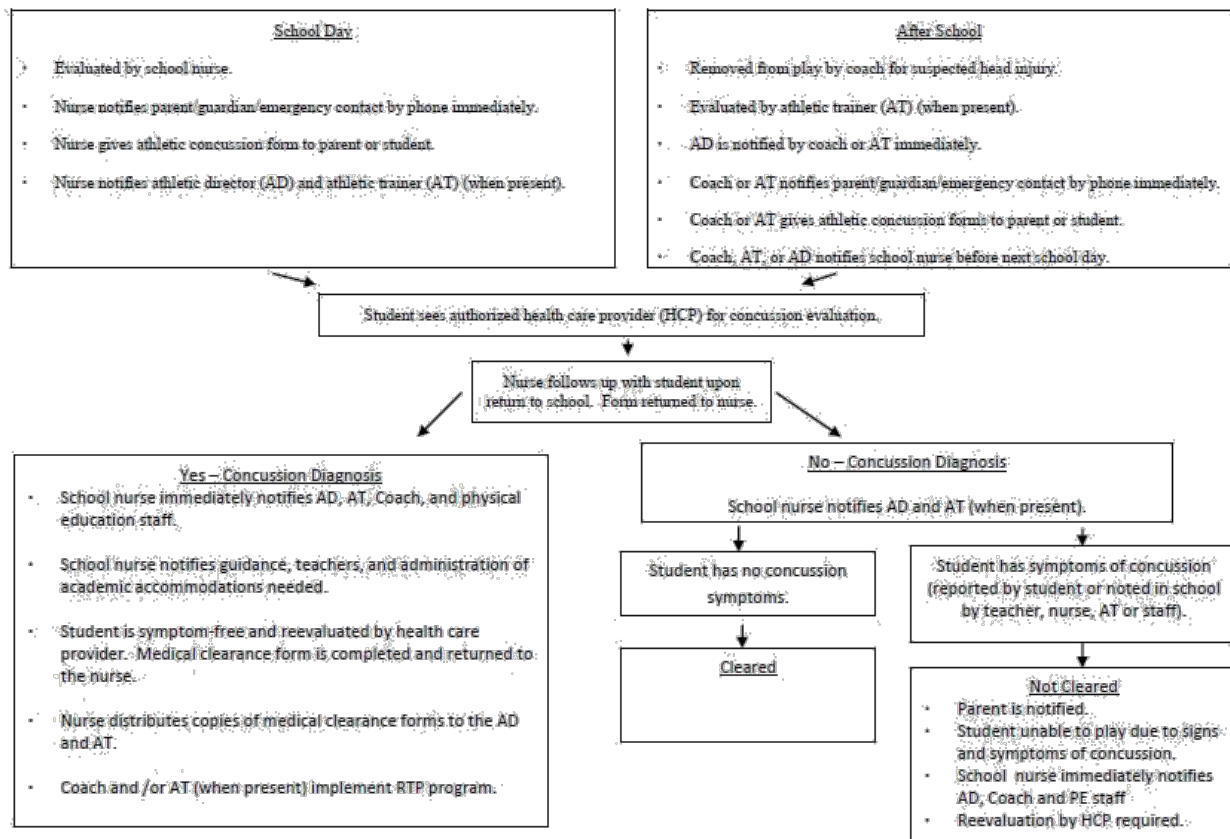
Appropriate Educational Accommodations

Post-Concussion Effect	Functional School Problem	Accommodation/ Management Strategy
Attention/ Concentration	Short focus on lecture, class work, homework	Shorter assignments, break down tasks, lighter work load
"Working" Memory	Holding instructions in mind, reading comprehension, math calculation, writing	Repetition, written instructions, use of calculator, short reading passages
Memory Consolidation/ Retrieval	Retaining new information, accessing learned info when needed	Smaller chunks to learn, recognition cues
Processing Speed	Keep pace with work demand, process verbal information effectively	Extended time, slow down verbal info, comprehension-checking
Fatigue	Decreased arousal/ activation to engage basic attention, working memory	Rest breaks during classes, homework, and exams
Headaches	Interferes with concentration	Rest breaks
Light/Noise Sensitivity	Symptoms worsen in bright or loud environments	Wear sunglasses, seating away from bright sunlight or other light. Avoid noisy/ crowded environments such as lunchroom, assemblies, hallways.
Dizziness/Balance Problems	Unsteadiness when walking	Elevator pass, class transition prior to bell
Sleep Disturbance	Decreased arousal, shifted sleep schedule	Later start time, shortened day
Anxiety	Can interfere with concentration; Student may push through symptoms to prevent falling behind	Reassurance from teachers and team about accommodations; Workload reduction, alternate forms of testing
Depression/Withdrawal	Withdrawal from school or friends due to stigma or activity restrictions	Time built in for socialization
Cognitive Symptoms	Concentrating, learning	See specific cognitive accommodations above
Symptom Sensitivity	Symptoms worsen with over-activity, resulting in any of the above problems	Reduce cognitive or physical demands below symptom threshold; provide rest breaks; complete work in small increments until symptom threshold increases

Source: Sady, M.D., Vaughan, C.G. & Gioia, G.A. (2011) School and the Concussed Youth: Recommendations for Concussion

Education and Management. *Physical Medicine and Rehabilitation Clinics of North America*. 22, 701-719. (pp.714)

High School Student-Athlete Probable Head Injury Flow Chart





CARROLL COUNTY PUBLIC SCHOOLS

Dual-Sport Participation Procedures



Rationale

Carroll County Public Schools seeks to provide quality extra-curricular opportunities for its students. Some students have talents and abilities in which they have a desire to contribute to more than one team in a particular athletic season and both of these teams can benefit. The parties involved in the contract agree that dual sport participation is in the best educational and athletic interest of the student-athlete.

STUDENTS PARTICIPATING IN TWO ACTIVITIES DURING THE SAME SEASON

1. Student-athletes may be allowed to participate in two extra-curricular sports activities during the same season. Student-athletes wishing to participate will need to obtain a request form from the athletic director and follow guidelines set down by the athletic department involving dual sport participation.
2. A student-athlete who wishes to participate in two sports during the same season must designate both a primary sport and a secondary sport before the beginning of the first allowed practice as determined by the MPSSAA.
3. A primary sport is defined as the sport taking precedence over another sport in the event there is a conflict of schedule or other matter that could lead to a conflict. The student must adhere to the primary sport in the event of any conflicts of schedule. If one sport has a contest and the other has practice, the contest will take precedence.
4. The secondary sport must be at the varsity level. Varsity contests will take precedence over sub-varsity contests.
5. The student-athlete must practice in both sports but the amount of practice time must meet the agreed requirements of the head coaches of those sports involved. Practice time restrictions will be adhered to during heat acclimatization days per MPSSAA guidelines.
6. The student-athlete and parents or legal guardians must sign an application of dual-sport participation before the first practice session the athlete attends. Then, prior to the first scheduled contest for either sport, the student-athlete, parents or legal guardians, head coaches of both sports, athletic director and principal must sign the contract of dual-sport participation.
7. The high school athletic director and the high school principal will serve in the capacity of advisors and final judgments on matters concerning dual-sport participation
8. The athletic fee for a dual participant shall be \$150.00.



CARROLL COUNTY PUBLIC SCHOOLS
Dual-Sport Participation Application form and Contract



It is the intention of the athlete named below to participate in two sports during the same season. In order for this to occur, the stipulations noted on the front page must be met in accordance with CCPS Policy, including the payment of the \$150.00 athletic fee.

APPLICATION PORTION – Date _____ Primary Sport _____

Secondary Sport _____

Name of Athlete: _____

Name of Parent/Legal Guardian: _____

CONTRACT (Signatures below indicate that the dual sport participation requirements on the front of this page have been read and will be followed)
Practice and Game/Meet Requirements (attach calendar):

Additional Stipulations:

Signature of Athlete Date

Signature of Parent/Guardian Date

Signature of Head Coach-Primary Date

Signature of Head Coach- Secondary Date

Signature of Athletic Director Date

Signature of Principal Date

2026-2027 CCPS Athletics Off-Campus Transportation Permission Form

Dear Parents and Guardians of the _____ Team,

The purpose of this letter is to inform you regarding The Carroll County Public School System's position regarding athletic transportation for the 2026-2027 school year.

CCPS will provide buses for teams for away athletic events, as we do every year. Parents may choose to forgo CCPS-provided transportation and assume responsibility for transportation of their student to and from events taking place in Carroll County. By completing this form, it is the responsibility of the parents of each student to either provide or arrange for transportation for their student by the time designated by the coach.

If you wish to arrange for your child's transportation, please complete and return the lower portion of this page. A separate copy must be presented at least 24 hours before each event. Questions regarding these procedures may be addressed to your athletic director or principal. Thank you for your understanding and best wishes to your child for a successful season.

Sincerely,

(Date & Location of Event)

Michael Duffy
Supervisor of Athletics
Carroll County Public Schools

Drop-off Time

Scheduled Pick-up Time

I assume responsibility for providing or arranging for transportation for my child

_____ for: _____
(Student name) (Sport)

Location of event: _____

Arrival Time: _____ *Scheduled Pick-up Time*:* _____

Parent/Guardian Signature

Date

* If transportation for the student-athlete does not arrive by the scheduled pick-up time or the time the bus is prepared to leave, the student will be transported back to the home school.

** If arrival or dismissal become problematic this transportation option may be revoked.



Out of Season Guidelines In a Glance

Conditioning Programs

- Must be all-school, not restricted to a single sport
- Must be non-sport-specific
 - Sport-specific equipment (balls, pads, and protective equipment) may not be used
 - Cones, agility ladders, weight room equipment, etc. may be used
- Students must be registered and approved through FamilyID (or other approved platform)
- 8th graders may begin after the final MPSSAA winter state championship
- Participation must be voluntary

School Summer Sponsored Camps

- Each school may hold school system-sponsored summer camps run by the school's coaches for the school's students
 - Beginning after the final spring state championship and concluding by the final Friday in July
 - 12 total days, no more than 3 hours in a day
 - No contact permitted for collision sports
- They are for instruction and skill development
- Students must be registered and approved through FamilyID (or other approved platform)
 - Only current students and incoming 9th graders may participate
- Participation must be voluntary

Non-School Camps

- School teams may not attend a non-school camp as a team
 - If it is coordinated by a member of the school coaching staff or connected party, it would be an illegal team camp
- A group of players may attend a non-school camp
- School money may not be used to pay for camp fees or expenses
- Coaches may attend and observe, but not coach nor instruct their (returning) players
 - If players are a part of a larger group, coaches may provide instruction to the entire group
- Participation must be voluntary

Out of Season Guidelines In a Glance

OTAs

- Coaches may provide opportunities for students to hone their skills in free play
- Coaches provide supervision but may not instruct
- Students must be registered and approved through FamilyID (or other approved platform)
- Rising 9th graders may participate when they complete 8th grade
- Participation must be voluntary

Coaching Returning Players on an Individual Basis

- Opportunity to provide instruction for up to two students each day
- Rule is two students, per program, per day

Non-School Teams

- Eighty Percent Rule Period
 - From the start of fall sports tryouts until the conclusion of spring state championships
 - Teams may include no more than 80% of what would constitute an starting lineup for that sport (see MPSSAA Handbook page 36)
- Open Period
 - From the conclusion of the spring state championships until the start of fall sports tryouts
 - Definition
 - Must be affiliated with a league
 - Team may not use a name connected with the school
 - Team may not use school uniforms or equipment
 - Participation must be both open to all students and voluntary
 - School funds may not be used

Practice and Game Limitations (Out of Season)

- Permitted up to three practice sessions in preparation for the first contest
- One practice permitted per game or event

Total number of events and practices per week may not exceed six

CARROLL COUNTY CHAMPIONS 2025-2026

SPORT	SCHOOL	COACH
Baseball	Liberty	Travis Inch
Basketball - Boys	Century	George Wunder
Basketball - Girls	Manchester Valley	Heather DeWees
Cross Country - Boys	Century	Doug Fleming
Cross Country - Girls	Liberty	Trent Rose
Field Hockey	Manchester Valley	Jen Etzel
Football	Westminster	Chris Bassler
Golf	Manchester Valley	Kyle Walker
Lacrosse - Boys	Century	Jeremy Benson
Lacrosse - Girls	Manchester Valley	Shelly Brezicki
Soccer - Boys	Century	Scott Smith
Soccer - Girls	Century	Chris Little
Softball	South Carroll	Lyndzie Hoff
Tennis - Boys	Liberty	Tim Brecker, Hannah Shinsky
Tennis - Girls	Liberty	Tim Brecker, Hannah Shinsky
Track (Outdoor) - Boys	Century	Doug Fleming, Alexis Daniel
Track (Outdoor) - Girls	Westminster	Desmond Wars/Colleen Kernan
Track (Indoor) - Boys	No Meet	N/A
Track (Indoor) - Girls	No Meet	N/A
Volleyball	South Carroll	Kristine Keck
Coed Wrestling	South Carroll	Bryan Hamper
Girls' Wrestling	Winters Mill	John Fisher
<u>TOURNAMENTS</u>		
Fall Cheerleading	Manchester Valley HS	Niki Sanders
Winter Cheerleading	Manchester Valley HS	Niki Sanders

NOTICE OF NON-DISCRIMINATION

The Board of Education of Carroll County does not engage in discrimination that is unlawful or contrary to Maryland State Department of Education guidance on the basis of age, color, genetic information, marital status, mental or physical disability, ancestry or national origin, race, religion, sex, sexual orientation, gender identity, or gender expression.

The Board of Education of Carroll County is firmly committed to creating equal employment and educational opportunities for all persons by providing an environment that supports optimal academic achievement and productive work and is free from any form of unlawful discrimination, including access to school facilities, educational programs, and extracurricular activities.

The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of Human Resources, 125 North Court Street, Westminster, Maryland 21157, (410) 751-3070.

ADA ACCESSIBILITY STATEMENT

Carroll County Public Schools (CCPS) does not discriminate on the basis of disability in employment or the provision of services, programs or activities. Persons needing auxiliary aids and services for communication should contact the Communications Office at 410-751-3020 or publicinfo@carrollk12.org, or write to Carroll County Public Schools, 125 North Court Street, Westminster, Maryland 21157. Persons who are deaf, hard of hearing, or have a speech disability, may use Relay or 7-11. Please contact the school system at least one (1) week in advance of the date the special accommodation is needed.

Information concerning the Americans with Disabilities Act is available from the Director of Facilities Management, (410) 751-3177, or the Communications Officer, (410) 751-3020, 125 North Court Street, Westminster, Maryland 21157.