

Welcome
2026-27 High School
Pre-season Parent Meeting



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CCS Athletic Mission

Participation in interscholastic athletics is an important part of the educational experience. The primary goal of such activities is to teach students character and self-discipline skills that will enable student-athletes to develop to their fullest potential.

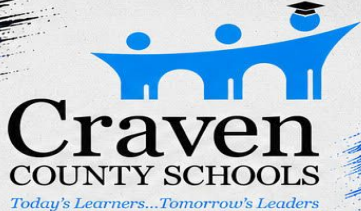
Students who participate in athletics are held accountable for their actions at a higher standard than other students. Because of the public nature of the athletic programs, participating students are expected to conduct themselves in a manner that will reflect the high standards and ideals of their school and community.

CCS Athletic Vision

Craven County Schools (CCS) athletic programs will be recognized as programs of excellence throughout the region and state. We will be guided by education-based decision making that promotes academic and athletic excellence for all student-athletes from all backgrounds and cultures.

Athletes will set the standard in the classroom, in the community, and on the playing field/court, further enhancing our reputation and providing a worthwhile experience for all of our student-athletes.

Positive Benefits of Participating in Athletics



POSITIVE BENEFITS OF PARTICIPATING IN ATHLETICS

	ACADEMICALLY MOTIVATED Success in the classroom comes first and builds future opportunities.		PERSEVERANCE Pushing through adversity, setbacks, and challenges with determination.
	ACCOUNTABILITY Taking responsibility for actions, attitudes, and performance.		RESPECT Showing respect for teammates, coaches, opponents, officials, and the school community.
	TEAMWORK Working together toward a common goal while supporting one another.		SPORTSMANSHIP Competing with integrity, class, and humility in victory or defeat.
	WORK ETHIC Commitment, effort, and preparation lead to improvement and achievement.		LEADERSHIP Leading by example through positive actions, attitude, and influence.
	SELF-DISCIPLINE Doing the right thing consistently, even when no one is watching.		SCHOOL PRIDE Representing the school and community with honor and character.

BUILDING CHAMPIONS IN THE CLASSROOM, COMMUNITY, AND COMPETITION

NCHSAA Handbook

- Within this handbook, you will find essential information on eligibility requirements, practice schedules, game day protocols, travel policies, academic expectations, code of conduct, health & safety and state playoff information.
- NCHSAA Website
<https://nchsaa.org>

CCS Athletic Handbook

- The District Athletic Handbook can be found on the District Website at <https://www.cravenk12.org> under Student Life/Athletics.
- The purpose of this handbook is to communicate to athletes, parents, coaches, and administrators the philosophies, standards, guidelines and expectations applicable to participants in the CCS interscholastic athletic program.

Participation

- **Athletics is privilege for all students who choose to participate.**
It is not a right.
- Athletes are to uphold the standards of conduct established by the district, school, and team.
- Athletes should represent the sport, the school, and the community in the highest manner of sportsmanship and conduct.
- If an athlete quits a sport, he/she will be withheld from trying out/practicing for another sports team until that current season is over.

DragonflyMax Registration

Step #1 - Parents, please visit <http://dragonflymax.com> to set up a parent account.

Step #2 - Create a student-athlete account/profile for each CCS student in your family.

Step #3 - Begin the process of completing requirements, including uploading pages 3 & 4 of the NCHSAA physical form and current insurance card.

CCS Student Insurance Requirement

- Any student who participates in any interscholastic athletic program is required to be covered by student accident insurance and provide a photocopy of their insurance card.
- Student Insurance Coverage can be purchased through The Young Group. You can find this information at www.cravenk12.org under Student Life/Insurance for Students.

Eligibility Requirements

- Student is eligible to participate at the school he/she is assigned to by the local board of education.
- Student must live with parent(s) or guardian.
- Student must be in attendance at least **(85%)** of the total number of instructional days during the previous semester. Excused absences will not be factored into the attendance requirements.
- Student must have passed at least **(70%)** of the courses taken during the previous semester.
- Students must be on track to be promoted to the next grade level by meeting promotional requirements. (This requires passing English I, II, III or IV)
- It is recommended that students be enrolled in at least 3 courses per semester. Minimum load is 2 classes per semester to be considered a full-time student.
- Dual enrolled students should not drop a class before talking with the athletic director and guidance counselor. This may affect your eligibility.

In-School & Out-of-School Suspension

A student that is assigned to ISS or OSS will not be allowed to practice or participate in a game/team activity on the day suspension is assigned. If there is not a game during the suspension period, the student will not be permitted to play in the next game. Schools/Teams may impose stricter penalties, including removal from the team after the first offense.

OSS Penalties -

- First Offense: The student will not be allowed to practice or play during the suspension period.
- Second Offense: The student will be removed from the team for the remainder of that season.
- Repeated Offenses: If a student continues to be suspended from school for consistent disciplinary infractions, the principal may remove that student from athletics for the remainder of that student's school career.

Game Day/Practice Attendance

- Athletes must be in attendance at least $\frac{1}{2}$ the school day to be eligible to practice with their team, take part in any team activity, or participate in an athletic contest.
- An athlete placed in In-School Suspension or Out-of-School Suspension will not be permitted to participate in practice or athletic contest during the days of suspension.
- There shall be no Sunday practice or assembling of athletic teams. Exception: NCHSAA playoffs

Parent Communication

Communication Parents Should Expect from Coaches:

1. Expectations the coach has for your child and other players on the team.
2. Locations and times of all practices and games/contests.
3. Any additional team requirements (fees, special equipment, overnight trips, off-season workouts).
4. Procedure for dealing with injuries should they occur during practice or at away contests.
5. List of team rules and consequences including discipline that results in denial of student participation.
6. Changes in practice or game schedule.

Appropriate Communication Between Parents & Coaches:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

Parent Communication (Cont.)

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues Not Appropriate for Parents to Discuss with Coaches:

1. Playing time, positioning, and event entry
2. Team Strategies, game tactics, play calling
3. Any discussion about other student-athletes

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions. Best practice is to wait 24-hours before contacting the coach.

Team Fundraisers

- Teams are allowed to do fundraising activities to help provide extras for their program.
- All fundraisers must be approved by the school principal and athletic director.
- Coaches must clearly inform all student-athletes and parents what fundraiser the team will be participating in and what the funds will be used for.
- Fundraising money shouldn't be kept overnight. Coaches will collect money and receipt student-athletes for any money that they collected.
- If parent(s) have any questions about the team fundraiser selected please contact your coach for clarification and more information.

Sportsmanship

- Quality athletic programs embody all the characteristics of good sportsmanship. Sportsmanship is defined as “following the rules of the game, respecting the judgment of referees and officials, treating opponents with respect, and graciousness in winning or losing.”
- Parents - Let your good sportsmanship show at all times supporting your son or daughter and team!

Ejection Policy

- If a student-athlete is ejected or disqualified from a contest, the student-athlete will meet with the AD the next school day. They will have to complete the NFHS “Sportsmanship” course available at <https://www.nfhslearn.com> before being eligible to return to competition.
- There are different levels of penalties for an ejection(s) from a contest -
 - First Ejection: reprimanded and suspended for the next game
 - Second Ejection: probation and suspended for the next 2 games
 - Third Ejection: suspended for 365 days

The school reserves the right to enforce a stricter suspension based on severity of the ejection.

Playing Time Expectations

- At the high school level, playing time is not guaranteed. Playing time is determined by a variety of factors including attitude, skill, work ethic, academics, behavior, teamwork, and much more.
- You may not agree with his/her assessment, but the coach's opinion is final. It is not a discussion that coaches will entertain with a parent.
- Athletes that have a concern about playing time should ask the coach for a meeting to discuss what they can improve upon to earn more playing time.

Transportation

- Student-athletes are to ride the bus to and from an away event. After the contest, parents can only sign out their child to take home from away games. Parents must sign out their child with the head coach or designee.
- Golf and swimming requires practice and contest at off-campus facilities. This requires student-athletes to provide their own transportation to and from practice and home contest.

Concussions

- Participation in any sport exposes the participant to the risk of concussion. A concussion is an injury to the brain caused by a direct or indirect blow to the head. All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.
- Any student removed from practice or competition due to a suspected concussion will be unable to return to participation that day. After that day, written authorization by a licensed health care provider will be required before a student can return to practice or contest. NCHSAA Return to Play Form must be completed for return to competition.
- NCHSAA Crashcourse Concussion Video Link - https://stanfordmedicine.qualtrics.com/jfe/form/SV_dpAUyuwVrzIARkq

Athletic Trainer/First Responder

- CCS has contracted with Amergis to provide Athletic Trainers or First Responders for our three high schools.
- They are healthcare professionals who play a critical role in protecting our student-athletes.
- Their contract allows them to work up to 40 hours per week.
- According to the NCHSAA, football and home wrestling matches take priority; however, athletic trainers and first responders must be available to work with all of our student-athletes and teams.
- Athletic Trainers and First Responders are not to work with student-athletes during the school day.
- If you have an injury at practice or during a game please see the athletic trainer or first responder for an assessment, treatment, rehabilitation, referral if needed, and concussion management. They are responsible for all concussion, injury, and illness return-to-forms protocols and management.

NCHSAA First Practice Information

Fall Sports - July 29, 2026

- (First Contest - August 10, 2026)

Winter Sports - November 2, 2026

- (First Contest - November 11, 2026)

Spring Sports - February 15, 2027

- (First Contest - March 1, 2027)

NCHSAA Dead Periods

School Year Dead Periods -

- Fall Dead Period: July 29 - August 18, 2026
- Winter Dead Period: November 2 - November 22, 2026
- Exam Break - (End of 1st semester - last 5 days of semester)
- Spring Dead Period: February 15 - March 7, 2027
- Exam Break - (End of 2nd semester - last 10 days of semester)

Summer Dead Periods -

- July 5 - July 11, 2027
- July 19 - July 25, 2027

NFHS Network

- Our high schools broadcast their home games through the NFHS network. Cameras are located in the stadiums and gyms (check with your school as to what venues have NFHS Network cameras).
- You may buy a subscription to the network to view home games if you are unable to attend. Please know there is monthly subscription fee. (\$11.99 per month or \$79.99 per year)
<https://www.nfhsnetwork.com>
- Sports involved: Football, Soccer, Volleyball, Basketball, Wrestling, Lacrosse, Track & Field.

Game Tickets

- Ticket prices are set by the conference for regular season and conference tournament games. Ticket prices range from \$8.00 to \$10.00 depending on the sport. Age 6 & under are admitted free to CCS athletic home events.
- The NCHSAA sets the ticket price for State Playoff games. Those prices will be advertised in advance for those contest.
- There are two payment options to purchase tickets at CCS home games.
 1. Cash is accepted at all CCS gates
 2. Go Fan (mobile ticket) - <https://gofan.co/my-tickets>



NCHSAA - NIL Guidelines

- Student-athletes can now profit from their name, image and likeness. (NIL)

To comply with this policy, the athlete must follow the following guidelines:

- A copy of each proposed agreement must be submitted to the school Principal, Athletic Director, Superintendent, Board Chair BEFORE signing the agreement.
- For each NIL agreement, a verification form is required. See your school Athletic Director for this form.
- The NFHS-NIL Course must be completed by the athlete and parent, submitted to the school, prior to signing each agreement. Course is a one-time requirement.
- Once NIL Agreement is signed, the school must submit each agreement and the certificate of NFHS NIL course completion to the NCHSAA.
- You must work through your AD/school to complete process.

NCAA Eligibility

- NCAA Division I and II athletes, need to be certified by the NCHSAA Eligibility Center.
- Eligibility requirements can be found at <https://www.eligibilitycenter.org>
- Minimum GPA 2.3 GPA, 16 core courses. 10 core courses must be completed before senior year.

Athletic Policies to Know

Craven County School Board Policies:

3105 - Home School Dual Enrollment for Athletics

3420 - Student Promotion and Accountability

3420R - Promotion Requirements

3460 - Graduation Requirements

3620 - Extracurricular Activities & Student Organizations

3620R - Extracurricular Activities & Student Organizations

4001 - Equal Education Opportunities

4130 - Discretionary Admission

4220 - Student Insurance Program

4270/6145 - Concussion & Head Injury

4400 - Attendance

5020 - Visitors to Schools

5030 - Community Use of Facilities

Concerns

If you have a problem or concern, please follow the procedure below. This will you get an answer quickly. Always start at the top and work down by emailing the next person on the chain if you are not satisfied with the answer. There should be a 24 hour cooling off period before the parent should contact the coach.

- (1) Student-Coach (Open door policy)
- (2) Parent-Coach (By Appointment)
- (3) Parent-Athletic Director
- (4) Parent-Principal
- (5) Parent-District Coordinator