

C H A T T A H O O C H E E

R I S I N G 9 T H G R A D E A T H L E T E P A R E N T N I G H T

A L L G H S A S P O R T S W E L C O M E

Tuesday April 30th, 2024 @ 6:30pm
Chattahoochee HS Auditorium

GHSA Sports Only - Rising 9th Grade Only ('24-'25)

Parents & Student Athletes Welcome!!

****All Head Coaches will be present****



#GOHOCH

Athletic Department Staff

Principal – Dr. Michael Todd

Athletic Director – Chris Short

Assistant Athletic Directors – JJ Hicks, Taylor Brooks, & Michael Depa

Athletic Business Manager – Kim Hagan

School Bookkeeper – Kim Stalcup

Athletic Trainers – Tangela McCorkle & April Williams

Dr. Olufade – Emory Sports Medicine



Athletic Department Vision/Mission

Vision Statement

To develop and maintain a competitive and consistent High School Athletic Department through sportsmanship, relationships, and student-athlete physical/mental development.

Mission Statement

The mission of Hooch Athletics is to establish successful sports programs by preparing our coaches, school community, and players to become leaders and champions on and off the playing surface.

Hooch Athletics places the highest value on PRIDE, RESPECT, and INTEGRITY.



Sports We Offer



Fall GHSA Sports

- 🐾 Competition Cheer
- 🐾 Cross Country (Boys & Girls)
- 🐾 Esports
- 🐾 Fastpitch Softball (Girls)
- 🐾 Football
- 🐾 Football Sideline Cheer
- 🐾 Flag Football (Girls)
- 🐾 Volleyball (Girls)

Winter GHSA Sports

- 🐾 Basketball (Boys & Girls)
- 🐾 Basketball Cheer
- 🐾 Esports
- 🐾 Swim & Dive (Boys & Girls)
- 🐾 Wrestling (Boys & Girls)

Spring GHSA Sports

- 🐾 Baseball
- 🐾 Esports
- 🐾 Golf (Boys & Girls)
- 🐾 Gymnastics
- 🐾 Lacrosse (Boys & Girls)
- 🐾 Soccer (Boys & Girls)
- 🐾 Tennis (Boys & Girls)
- 🐾 Track & Field (Boys & Girls)

CHATTahoochee HIGH SCHOOL
VARSITY LACROSSE 2021-2022

19 Total Sports – 30 different teams



GHSA Class & Region



GHSA Class 5A

Region 7-5A

- **Chattahoochee**
- **Johns Creek**
- **Milton**
- **Roswell**
- **Gainesville**
- **Seckinger**
- **Lanier**

Important Websites

www.hoochatletics.com

<https://www.rankone.com/Parent/Parent>



Hooch Athletics on Social Media



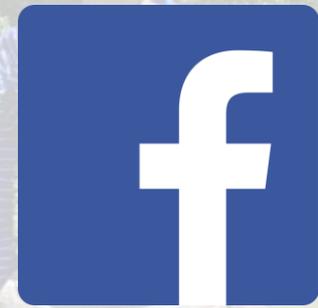
Twitter

@hooch_athletics
@hoochhappenings
@cshort1522



Instagram

@hooch_happenings



Facebook

Chattahoochee High School
<https://www.facebook.com/ChattahoocheeHighSchool/>



Athlete Eligibility

Academic Eligibility

- All freshman are academically eligible at the beginning of the school year (August).
- Students must be enrolled in at least 2.5 credits and pass 2.5 credits every semester.
- Sophomores need 5 total credits to remain eligible
- Juniors need 11 total credits to remain eligible
- Seniors need 17 total credits to remain eligible (be careful with senior reduction/dual enrollment)
- There are many more scenarios that could affect eligibility if they're new to Hooch

Medical Eligibility

- All student athletes must have medical insurance (Fulton County Board Policy)
- All student athletes must have a current sports physical on file in Dragonfly/Rank One (online software)
- All students must have all other documents in Dragonfly/Rank One completed at all times in order to participate in any way. This includes practice, games, weight rooms, yoga, off season, in season, summer, etc.



Rank One

How to Complete Online Forms With a Parent Account



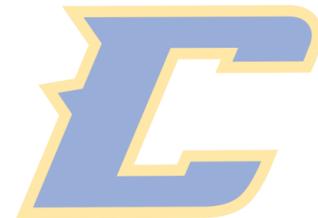
- Step 1. Visit www.rankone.com
- Step 2. Select "PARENTS CLICK HERE!"



- Step 3. Select "GO TO FORMS"



- Step 4. Select your State
- Step 5. Select your student's school district



Rank One

All Rank One requirements must be complete to participate in anything sport related.

A sports physical (2024-2025) must be current & approved as well as health insurance.

Below is a list of all required documents needed to participate

- GHSA Sports Physical
- Athletic Participation Application
 - Insurance Verification
- Emergency Contact Information
 - Transportation Release
- GHSA / FCS Signature Page
 - FCS Medical Release
 - FCS Consent to Treat
- GHSA Eligibility (to be completed by me, you do not need to do anything)
 - NIL Rules



RANK ONE

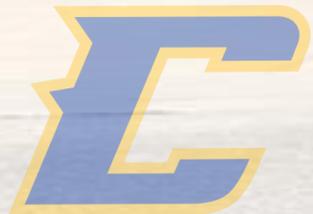


Athletic Booster Club

Hooch Athletics has an umbrella booster club (All Sports)

The “ABA” has a memberships available with many perks...

- Memberships are purchased on www.GoFan.co
- Flyer and Information will be shared with you at local sport booster club meetings and communication sent home.
- The two memberships are...
 - **Super Cougar - \$525 (all seasons)**
 - \$375 back to the sport(s) of your choice
 - Family of four (4) home game tickets to all events (excluding GHSA playoffs)
 - Free parking at football games
 - \$100 of it is tax deductible
 - **Top Cat – \$295 (fall, winter, spring sold separately)**
 - \$200 back to the sport(s) of your choice
 - Family of four (4) tickets to fall, winter, or spring sport only home games (excluding GHSA playoffs)
 - \$75 of this is tax deductible



*Flyer will be sent to booster club presidents to distribute mid-summer
Be on the lookout!*



Multi-Sport Athletes

Hooch Athletics

- We highly encourage our student athletes to get involved in as many sports as possible.
- All head coaches are fully supportive of this mindset.
- Keep communication lines open for athletes, parents, and all coaches to coordinate their schedules
- We require student athletes to complete their current season before they start with the new one – out of season is the exemption to this.

Benefits of playing multiple sports!

- Better grades!
- More disciplined and self-confidence!
- Social, emotional, and mental health benefits!
- Training benefits – **Reduced risk of overuse injuries due to the differentiation in type of movements, lifting/training regimens, and learn from multiple coaches.**
- Rumors of sport specificity is untrue and doesn't not increase your ability to play at the next level!
- 2021 NFL draft numbers – **32 first round picks, 27 of the 32 played multiple sports in HS (84%) and 10 of the 32 played 3 or more sports (31%).**
- College recruiters typically will ask if the student athlete plays multiple sports.
- High Profile athletes that played multiple sports: **Patrick Mahomes, Tom Brady, Aaron Rogers, Joe Mauer, Bo Jackson, Alex Rodriguez, John Elway, and Jaelan Phillips (5 sports – football, basketball, baseball, volleyball, and Track & Field)**



FCS – Clear Bag Policy



Approved

CLEAR BAG
Plastic or Vinyl
Does NOT exceed 12" x 6" x 12"

DIAPER BAG

PLASTIC BAG
1-Gallon, Clear, Re-sealable

CAMERA BAG

SMALL CLUTCH
With or without strap
Approximately the size of a hand
Does NOT exceed 4.5" x 6.5"

Not Permitted

PURSE

BRIEFCASE

LAPTOP BAG

BACKPACK

CINCH BAG

COOLER

FANNY PACK

TINTED PLASTIC BAG

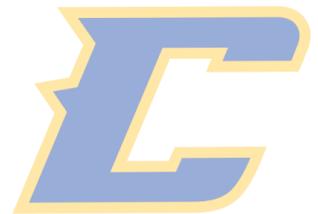
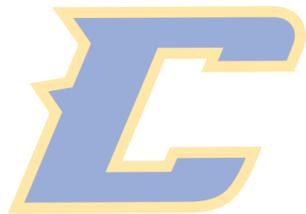
CLEAR BAG w/PATTERN

CUSHION w/POCKET

OVERSIZE TOTE

*All bags are subject to search.

ENHANCED PUBLIC SAFETY POLICY



Hooch Athletics Involvement

We need parents involved!!!

- Use this as an opportunity to **improve the experience** your child has!
- Have a **growth/supportive** mindset!
- Have **solutions** and not just problems/issues!
- Do not use booster club involvement as a means to get your son/daughter more playing time! **Keep the politics out of booster clubs!**
- **Join** your local sport booster club, work concessions, fundraise, **offer to help** clean up a facility!
- Join the different Super Cougar Memberships!
- Attend games – watch your child play, their HS time will be fast!
- Offer to help your head coach in other capacities! Take something off their plate instead of adding to it! Coordinate this through them or the booster club!

Something to consider...

Car Rides and Dinner Tables – have **productive and encouraging conversations** with your athlete in these locations. Tell them how much fun it is to watch them play, you like it when they do, you're a great teammate, etc....



Hooch Athletics Suggestions

Keep in mind...

- ***Each sport will have its own set of expectations – student athletes and their parents must match those expectations! Player and Parent contracts will be required.***
 - ***This is not rec league*** – we want our teams to do well and be competitive while enjoying the process to become great ***people, athletes, citizens, peers, students, etc.!***
 - ***Enjoying the High School Athlete experience is our main goal! Get involved and play as many sports as you can!***
- ***Playing time is earned in practice – not games!***
- ***Attendance at school and athletic events as an athlete is important! (practice, games, team bonding, film sessions, 4 on 1's, etc.)***
- ***Teach your student athlete to advocate for themselves!***
 - ***Please familiarize yourself with the Athlete Parent Handbook located under “Athletics” on the Fulton County Schools website***
 - ***Grievances and Complaints – FCBOE Athlete Handbook page 7.***
- ***Help them to enjoy the game! What does that look like, how are we modeling that behavior?***
- ***Listen to your athlete! You’d be surprised what they tell you when you’re not leading a conversation or have your own agenda. Want what they want!!!***





THANKS FOR COMING!

We're excited to welcome you to the Hooch Athletics family!

GO HOOCH!

