**Athletics FAQ’s**

**1 – What is the difference in the Tryout Packet and the Sports Physical.**

The tryout packet is good for the entire school year the sports physical is good for 390 days. The sports physical is included in the tryout packet for those that do not have a valid sports physical on file.

**2 – How long does a sports physical last?**

390 days from the date the exam was administered.

**3 – Can I use my Physical from last year?**

Yes, but you will need a new tryout packet. A tryout packet is only valid for that school year.

**4 – What happens if my physical expires during a season.**

You will become ineligible after 390 days of the administer date. As soon as the physical is complete, you will be eligible again pending a passing physical and submission of the form.

**5 – Where can I go if I need a sports physical quickly?**

We send our student athletes to OrthoNC in Knightdale, they have walk-in’s for $10.

**6 – When are tryout dates?**

Tryout dates will vary from year to year but fall sport tryouts typically fall around the last week of July, Winter sports tryout dates fall mid-October and Spring tryout dates fall mid-February. If you need a specific date reach out to the coach or athletic director.

**7 – What sports does EWA offer?** *JV is only offered pending numbers at tryouts*

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| Fall SportsMiddle School Boys SoccerJV/Varsity Boys SoccerMiddle School VolleyballJV/Varsity VolleyballMiddle School Cross CountryVarsity Cross CountryVarsity Girls Golf | Winter SportsMiddle School CheerVarsity CheerVarsity Girls BasketballMiddle School Girls BasketballJV/Varsity Boys BasketballMiddle School Boys Basketball | Spring SportsMiddle School BaseballJV/Varsity BaseballMiddle School SoftballVarsity SoftballMiddle School Girls SoccerVarsity Girls SoccerVarsity Boys GolfCoed Middle School Golf |

**8 – How does EWA grade monitoring work?**

Grade monitoring can be done at random or scheduled and student athletes must have a 70 or higher in each of their classes. When the report is run, it takes into account your grade for that quarter. If the quarter ends with the athlete still ineligible, it will use your F1 grade. If the athlete is still ineligible, they will remain ineligible until the next marking period when we return to school from break. At the start of that new quarter all athletes are eligible from the EWA grade monitor check however, it is a NCHSAA requirement that student athletes pass 75% of their classes from the previous semester.

Students are declared eligible when their grade is above a 70. They may show their live PowerSchool screen to the Coach and have the coach verify with the athletic director. These checks should be performed during the school day. Any student that asks for a check to take place outside of school hours may not be eligible to play if their grade cannot be confirmed.

**9 – What are the transportation requirements for athletics?**

Parents are responsible to transport their students to and from practices and athletic events. Their coaches will communicate with them appropriate arrival times but athletes may not stay after school for practice that is later in the evening as there will be no adults to monitor them. There are some instances where travel may be tough for parents to work out, in those situations, we encourage parents to carpool when they are able.

**10 – What is the game day dress code?**

*The following is written in our EWA Athletics Handbook*

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| Game Day attire must conform to all the specifications as noted in the EWA *Student Handbook, or:***Athletes and Managers "Dress Up" Dress Code-** Grades 5-12 athletes and managers may be required to dress up on game days. See the dress up requirements for athletes and managers below.**Male Athletes** - Pressed and tucked in, button-down dress shirt (long or short sleeve) with a tie or bowtie. Khakis, dress pants or slacks with a belt. No denim, jeans or cargo pants. Dress shoes, loafers or top-sider shoes (like Sperry's) are allowed but NO tennis shoes, crocs or boots. Dress coat, blazer or nice sweater is optional.**Female Athletes** - Dresses with sleeves, length no shorter than three inches (3") above the center of the knee, front and back of the leg and no inappropriately long slits above the knee OR dress pants/slacks and a dress blouse with sleeves. Students may not wear inappropriately tight clothing and undergarments should not be visible or shown through clothing. No denim, jeans orleggings-only can be worn as dress pants. Modesty shorts, tights or leggings must be worn under dress. Enclosed dress shoes are allowed but NO opened toed shoes, open back shoes, sandals, flip flops, high heels or platform shoes.The Athletic Director may allow teams to dress in athletic team uniforms / team gear on game days. Coaches should ask before allowing this to take place. |