East Wake Academy Athletics Handbook



2023-2024



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**East Wake Academy Administration**

Executive Director-Anthony Pirrello High School Principal - Darrell Johnson Middle School Principal – Lisa Davis

A successful program in interscholastic athletics requires a high level of professional leadership, management, and vision. The Athletics Program is administered by an Athletic Director that reports to the Executive Director.

**Staff**

Executive Director -Anthony Pirrello Athletic Director - Bradley Bowman

**Coaches**

**FALL – Updated 7/26/23**

MS Cross Country - Michael McCray MS Boys Soccer - Taylor Roberts MS Volleyball - Kenan Pope

Varsity Cross Country- Matt Knight Varsity Boys Soccer-Andrew Leonard Varsity Volleyball - Marina Roe

JV Volleyball - Jaime Connolly

Var Women's Golf- Jason Hurt

**WINTER – (based on Winter 22-23)**

MS Boys Basketball - Michael McCray MS Girls Basketball - Kendra Lyles Var Cheer Coach - LaTasha Pegues MS Cheer Coach - Ashleigh Longson Varsity Boys Basketball - Nick Tabron JV Boys Basketball - Scott Canipe

Varsity Girls Basketball - Bradley Bowman

**SPRING – (based on spring 23)**

MS Baseball - Greg Mason MS Girls Soccer - Tyler Sparks MS Softball - Winter Todd MS Golf-Jason Hurt

Var Baseball - Scott Canipe

JV Baseball - Shake Knight Varsity Soccer- Taylor Roberts Varsity Softball - Kenan Pope Varsity Golf- Joe RaIii



# ATHLETIC DIRECTOR'S MESSAGE

The purpose of this handbook is to communicate all aspects of the East Wake Academy (EWA) athletic program to coaches, athletes and parents. The information contained in the handbook is beneficial to understanding the philosophy and over-all scope of our athletic program.

The EWA athletic program provides a variety of individual and team sport opportunities for students in grades 6 - 12. These activities are an integral part of the School's philosophy of providing an education that nurtures each child's personal growth and maturation.

The aim of the athletic program is to provide a competitive schedule of interscholastic contests seeking to build positive rivalries, new friendships, improved playing skills, self­ confidence, enjoyment of participation, better community relations, sportsmanship, group interaction, discipline, leadership, and teamwork.

It is our hope that the EWA student body will take advantage of the athletic programs offered by the school and that the experience is both challenging and rewarding.

We encourage parental and family interaction in the athletic program, which results in increased school spirit and provides pleasurable, whole-family experiences.

# MISSION STATEMENT

To provide student-athletes with the privilege and opportunity to positively represent their school and community in a wide range of quality interscholastic athletic programs by developing excellence in academics, citizenship, sportsmanship, and athletic skills in participating student-athletes, and allowing them to demonstrate those skills in athletic competition. We strive to coach kids into outstanding athletes, exemplary scholars, and *even* better people.

# PARTICIPATION PHILOSOPHY

As a student-athlete progresses through the East Wake Academy athletic program, a more selective criterion of choosing participants is required. These criteria will be based on the coaching staff's analysis that the prospective student-athlete possesses skills and attitudes required to compete at higher-level athletic contests, as well as the ability to play within the framework of the team concept.

1. Middle School

Middle School programs are by nature, developmental skills programs for student­ athletes entering the school's athletic programs. The primary focus of the program is to introduce student-athletes to team play and to develop skills for the sport selected. The goal is to encourage full participation by all student-athletes.

Although "cuts" are a part of the program, a strong emphasis on skill development

over a successful record is valued. In addition, establishing a positive learning environment for each student-athlete and the development of mentor-mentee relationships between coach and player requires supplemental support from parents in regards to sportsmanship, team dynamics, academics, and character.

1. Varsity

The varsity level program is the most competitive level of play. Team selection is based on the skills and abilities of each student-athlete to create a successful and competitive experience for the team and improvement for each student-athlete. Athletic ability, sportsmanship, game awareness and knowledge, individual growth, commitment to team and program, and character also factor into team selection.

The varsity student-athlete demonstrates strong academic awareness, high level of character, is committed to personal growth and team development. A realistic understanding, by coaches, student-athletes, and parents, of the individual student­ athlete's skills as a contributor to the team and program is essential to successful competition at the varsity level.

1. Cuts

Coaches at both the middle school and varsity levels select teams based on student­ athlete skills, abilities, and team dynamics. The process is selective and may require cuts to select student-athletes that best gel, and fit within the team dynamics. This may mean that the best athlete does not always make a team if they are unable to gel within a team framework. Clear expectations regarding school programs, team goals, and team selection will be shared openly with student-athletes, parents, and the community. However, coaches will not discuss any student-athletes with parents other than their own child.

The selection process will be based on school participation/experience, and not on youth program or recreational league experience. Playing time is based on coaching judgment with a focus on the student-athlete’s skills, ability, teamwork, and character. It may also be unique from game-to-game, be determined by game conditions, match ups, and competitiveness of teams.

# OBJECTIVES

1. The athletic program will be an integral part of the overall educational program.
2. The athletic program will provide equal opportunities for male and female student-athletes to participate in a variety of competitive levels, although they may not always be in the same sports.
3. The athletic program will create positive learning environments and develop leadership qualities and social skills in student-athletes.
4. The athletic program will help emphasize the importance of life-long health, discipline, sportsmanship, and teamwork.
5. The athletic program will develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

# ATHLETIC DIRECTOR DUTIES

The athletic director at East Wake Academy shall:

1. Prepare the master sports schedule. He/she shall receive a conference schedule from the commissioner, schedule conference, non-conference, varsity and middle school contests.
2. Book and arrange for payment of officials for all athletic events.
3. Oversee that athletic physicals, liability waivers, and athletic contribution that are turned in. He/she shall arrange for the recordkeeping of said documents.
4. Supervise athletic eligibility. He/she shall record and maintain a list of athletes who have failed to maintain academic eligibility, did not turn in required paperwork (physical, waiver). He/she will also inform coaches, student-athletes and parents/guardians of ineligibility according to current athletic policy.
5. Direct or assist in all tournaments held at EWA.
6. Be in charge of awards. He/she shall order letters, distribute awards and assist in scheduling and planning the awards banquet, if held, with the assistance of the EWA Booster Club.
7. Maintain equipment inventory and a long-range equipment replacement plan.
8. Act as a resource person for all coaches.
9. Supervise, or designate supervision of, all athletic events hosted by the school.
10. Assist with assigning all game workers according to the master contract, through the EWA Booster Club.
11. Assist in hiring coaches.
12. Recommend coaching changes.
13. Oversee athletic facilities so that playing facilities are prepared for practices and contests.
14. Recommend policy changes.
15. Schedule and chair Athletic Department meetings.
16. At the end of the year, assist the Middle/High School Principal in evaluation of coaching staff and programs.
17. Disseminate all EWA, Greater Triangle Athletic Conference (GTAC), NCHSAA, and Super Six (S6) materials and help enforce all rules and regulations.
18. Maintain and update the athletics web site and/or any social media pertaining to athletics.
19. Serve as a member of the Alpha Team, attend all meetings, and make recommendations of future athletic department projects and improvements.
20. Perform any and all other duties prescribed by the school's Headmaster, Middle/High School Principals or Board.

# HEAD COACHING DUTIES

To be a coach is first to be a teacher; like teaching, coaching requires the talents of a knowledgeable, responsible, fair, compassionate, and understanding individual, one who has both the team and its individual member's interests at heart. The EWA staff is looking forward to the opportunity of working with those student-athletes who choose to sacrifice time, effort, and energy and are willing to pay the price for excellence in the pursuit of individual and team goals.

Coaches employed by EWA understand that the athletic program is educational in its purpose and conduct, and that the program is for the collective benefit of the student athletes, not for the benefit of the coaches. Prior to employment, prospective coaches will be required to provide EWA with personal information to allow the business office to do a thorough background and clearance check. Coaches serve for one season at a time, and their employment agreement is subject to renewal on an annual basis.

Student-athletes placed under the coach's guidance should feel that their experience at EWA is being enhanced through participation in the sports program. With sufficient commitment, the student's physical skills should improve, self-esteem should be high, the student's presence on the team should be valued, and time spent on the activity should be worthwhile.

Coaches should not only be proficient in the sport for which they are responsible, but also should serve as role models for EWA student-athletes in sportsmanship, teamwork, and appearance before the public. They do not curse, "trash talk," or use profane language of any sort at any time. The use of alcohol, illicit drugs, or tobacco is strictly prohibited on campus, on school trips or functions, and any coach not in compliance with this regulation will face disciplinary action. Coaches should require that EWA student-athletes represent the school in exemplary fashion.

All head coaching positions are 10-month appointments and must be reapplied for each school calendar year.

Administrative duties of EWA head coaches include:

* Finalization of roster reports with updated athletic waiver and physical forms.
* Responsible for collecting & reporting student-athlete academic eligibility forms as instructed by the Athletic Director (may vary by season & track out schedule).
* Documentation of all varsity student-athletes' statistics for Athletic Banquet awards.
* Submitting complete injury reports to the Head Athletic Trainer, Athletic Director, and school nurse.
* Reporting ALL ejections and disqualifications to the Athletic Director.
* Providing press bulletins or recaps to the Athletic Director for release on e-mail distribution lists.
* Reporting ALL game results to Athletic Office and. media. Varsity coaches are responsible for submitting results to local newspapers and media.
* Supervision of student-athletes before, during, and after practices and games. Coaches are expected to always be the first to arrive and last to leave.
* Assisting and mentoring of all Middle School programs by Varsity Head Coaches during their respective sport seasons.
* Direct communication with the Athletic Director if/when problems arise.
* Enforcement of all school policies while at home or on the road.

All coaches should be dressed appropriately for the sport they are coaching. NO jeans or T­ shirts will be worn and ALL basketball coaches are expected to wear ties or an EWA coaching polo unless instructed otherwise by the Athletic Director.

## Equipment and facility duties include:

* Issuance of all practice and game uniforms and equipment
* Collection, inventory, and storage of all practice and game uniforms and equipment.

## \*\*\*\*\*\*\*Coaches will have finished their contractual agreements once the above duties have been completed.

* Checking and setting up all practice and game facilities for general readiness and playability.
* Recruitment and supervision of all support personnel. (Videographers, stats, managers, etc.)

# ELIGIBILITY

All students between grades 6-12 are eligible to try-out for athletic teams at EWA. Middle school teams shall consist of 6th-8th graders only, while varsity teams will consist of 9th-12th graders only.

Students are not permitted to try-out for a team without first submitting the EWA Tryout Packet found on the athletic site, which includes but is not limited to a physician-signed physical, waiver, Gfeller-Waller Concussion Statement form, and other NCHSAA required documents.

Student-athletes must maintain a 'C' (70) average or higher in all classes in order to eligible. Any student that as a 'D' in any of their classes at a grade check is ineligible to practice or play in games until the coach receives written confirmation from said teacher that the student-athlete is back in good academic standing. If the student-athlete finishes a quarter ineligible they will remain so until the first day of the next marking period. If a student-athletes falls to a 'D' or lower in a class in between grade checks they will remain eligible and have the opportunity to bring their grade back up until the set grade check date.

Quitting

If a student-athlete decides to quit after try-outs and making the team they will not be eligible to play another sport, or serve as a manager, at EWA for 365 days, or one calendar year.

# RECRUITING

EWA is not in the business of recruiting students for athletics. Coaches, teachers, administrators, and other School employees are expected to adhere to this statement of policy and to State and Conference standards. All students will be subject to the same admissions criteria regardless of their athletic abilities.

# FACILITIES

The K-4 Academy currently houses the offices of the Athletic Director, Department of Athletics, and Department of Physical Education. EWA currently uses the following facilities for its home sporting events:

* A full-sized gymnasium for volleyball & basketball events
* Wendell Parks and Rec Soccer Field (games) – Knightdale Station Soccer (for practice)
* Lighted baseball diamond Pilot Lions Park
* Wendell Park for cross country events
* Practice fields

# ATHLETIC WEB SITE & FAN CLUB

Visit us on the East Wake Academy web site at www.ewaeagles.org. You will find the current season's individual team schedules, driving directions, rosters, dismissal times, and more. You can also sign up to be added to the e-mail alert distribution list to receive recaps and updates on all of the Eagles' teams.

# STATE AFFILIATIONS

East Wake Academy is a 1-A member of the North Carolina High School Athletic Association (NCHSAA) and abides by all rules and regulations provided by the Association.

# CONFERENCE AFFILIATION

EWA competes regionally in the Super Six Conference (SS6) at the varsity level. The conference includes the following schools: East Wake Academy, Falls Lake Academy, North Carolina School of Science and Math, Franklin Academy, Research Triangle High School and Raleigh Charter.

EWA competes regionally in the Greater Triangle Athletic Conference (GTAC) at the middle school level. The conference includes the following schools: East Wake Academy, Triangle Math and Science Academy, Carolina Charter, Cardinal Charter (Wendell), Pine Springs Prep, RISE Academy.

Athletic Directors from the member schools jointly determine conference procedures concerning scheduling, conference championship and tournament sites, participation guidelines, and a variety of other issues relevant to daily athletic program administration.

# SPORTSMANSHIP CODE

Athletes and coaches at EWA are to be exemplary in their display of sportsmanship during games and practices. Team members should congratulate opponents after a game with a customary handshake and kind word. Physical and/or verbal abuse aimed at an opponent,

official, coach, or teammate will result in immediate discipline by the coach, and possibly, the administration.

Taunting, trash talking, and/or inappropriate language directed toward an opponent or teammate is not "part of the game", and is inconsistent with the mission of East Wake Academy.

An athlete ejected from a contest is automatically suspended for the next game and may not attend the next game. *A* coach that is ejected from a game may not attend the next scheduled contest. All ejections are to be reported to the athletic director no later than the day after the ejection takes place.

Athletes are to demonstrate sportsmanship and an attitude of cooperation with coaches and teammates. An athlete who has a grievance with the coach or another player should attempt to resolve the problem with that individual first, in private. Coaches, players, and parents should refrain from confrontation immediately following a contest, and rather schedule a meeting no less than 24-hours afterwards. Matters of disagreement and dispute should be kept confidential between the individuals involved. If the situation remains unresolved the athletic director should be informed.

# INJURED ATHLETE TRY-OUT POLICY

**Middle School Teams:** Injured athletes unable to try-out for a team with limited roster spaces will have thirty (30) days following the conclusion of the team's tryout period in which to make the team, unless determined otherwise by the coach, athletic director, and/or principal. Should the athlete be selected for the team, the roster will be expanded to accommodate the addition of that player. This does not include individuals who failed to have a physical turned in on time.

**Varsity Teams:** The Athletic Director, Coach, and Athletics Supervisor will determine the eligibility of the injured player.

# OFF-SEASON & SUMMER PRACTICE

The sports season for a school is defined as that period of time that begins with the opening date of practice (as called for by each individual school) and goes through the last regular season or playoff game in a particular sport By defining the length of each sport's season, an attempt has been made to provide balance to the athletic calendar so that students have an opportunity to compete in a variety of sports throughout the school year.

East Wake Academy follows NCHSAA guidelines for off-season skill development practices in all sports.

Any full team practice or game environment created in an off-season skill development session is prohibited during the 180-day school calendar.

Skill development sessions are allowed, but shall not be held during any try-out period of an in-season sport.

Sessions are not allowed during the following: from the start of fall sports practice to Sept. 15; from the start of winter sports practice (Oct. 31) to Dec. 1; from the start of spring sports practice (Feb. 13) to March 27.

Sessions are also not allowed during the last five student days of each semester. The weight room must also be closed during the last five student days of each semester.

All skill development sessions must be voluntary and open to all eligible students. At no time may a coach require of any student off-season skill development sessions as a measure of continued participation on a team. Any coach who promotes the idea that taking part in off-season practice is required is blatantly out of compliance with the intent and purpose of this rule.

A student must be eligible under NCHSAA guidelines to take part in out-of-season sessions, and those involved in out-of-season sessions are not covered by the NCHSAA catastrophic insurance policy. Student insurance is strongly recommended for all those involved in athletics, in- season or out-of-season.

There is no restriction on the number of coaches who may work with athletes.

Open facility and skill development sessions may not be held on the same day. An organizational meeting for the purpose of discussing policies, academics, distributing physical forms and the like, or equipment issue prior to the opening date of practice is allowed, but no sports instruction would be permitted in that setting.

Facilities may be used for out-of-season athletic play on a strictly voluntary basis, open to all students and required of none. For safety purposes, school administrators or other school personnel should be present as supervisors of this free play. While facilities are being used for out-of-season play, they may not be used for individual skill development sessions.

Any individual who coaches at an NCHSAA member high school, head or assistant, paid or non-paid, faculty or non-faculty, parent volunteer, etc., must abide by the skill development, out-of-season workout rules. If a high school coach, regardless of the sport

he or she coaches at the high school, also coaches an "outside" or "club" team, whether head or assistant, and has any athletes from the high school on that outside team, he cannot work with any of them during a dead period, and is limited to no more than the sport­ specified limit of them per day in an out-of-season workout.

During the summer, coaches are free to work with individual or multiple players, from their school or their feeder schools, conduct practices, etc. On August 1st, the fall sports season begins and those restrictions are in place.

Note that the sports in season should always take precedence for facility use, etc., over those not in season, in keeping with the philosophy of the sports season concept.

Coaches coaching a team outside the sports season but during the school year (basketball, soccer, etc) must still abide by the numbers restrictions above (one less than a team).

Exception: baseball/softball (Legion baseball etc), which extends into the summer.

PRINCIPALS, SUPERINTENDENTS AND J\THLETIC DIRECTORS ARE RESPONSIBLE FOR SEEING THAT THIS ENTIRE CONCEPT OF THE SPORTS SEASON IS FOLLOWED WITHOUT EXCEPTION. SEE PENALTY CODE FOR VIOLATIONS.

**ATHLETIC AWARDS**

Following the conclusion of the spring season, an athletic awards ceremony will be held at an appropriate location. The purpose of the program is to recognize all Middle School, and Varsity student-athletes and their accomplishments during the past season. At this program, Varsity coaches introduce their teams; recap their seasons, and present awards, and recognitions, including Most Valuable Player, Most Improved Player, and Coach's awards, et al. Athlete of the Year awards are voted upon anonymously by the entire athletic department.

**Lettering Criteria**

Varsity athletes have the opportunity to earn a Varsity Letter. Emblematic recognition of athletic achievement is traditional. Awards should be considered as mementos or recognition for participation in athletics, not something to which an athlete is entitled because of services rendered. The criteria for earning a letter have been established by the Athletic Department, and it is the coach's responsibility to communicate these requirements to the athletes. Team managers are not eligible for letters.

**General Requirements:**

1. The student-athlete must complete the season. In the event of an injury, season ending or otherwise, the athlete is required to remain a part of the team for the duration of the season by assisting the coach in whatever manner the Coach and/or Head Athletic Trainer sees fit.
2. The student-athlete must attend all practices & games as outlined by the coach. This

shall include practices and games over Track Out.

1. The student-athlete must conform to all training rules established by the coach of that sport.
2. The student-athlete must display sportsmanship and conduct which exemplify the

school to his/her opponent, spectators, teammates, and officials and must conform to practice and game rules/regulations as established by the coach of that sport, the school, and the NCHSAA.

1. The student-athlete must be in good standing with the school at the time of the presentation.
2. All equipment must be returned and/or paid for by the conclusion of the season.
3. Participation in conference and state competition will not count against a student­ athlete's eligibility for lettering unless specifically addressed under Sport Specific Requirements.
4. Lettering in the previous year does not guarantee the recipient of a letter in the

following year.

1. Any senior who has not met the competition requirements, but meets all other requirements, shall be awarded a letter.
2. Exceptions may be granted due to extenuating/special circumstances after review by the respective Coach and Athletic Director.
3. Must have participated/ dressed in a minimum of seventy-five percent of the team's practices and fifty percent of the team's games.

# EXPECTATIONS OF STUDENT-ATHLETES

In order for students to participate in interscholastic athletic programs, there are certain rules and regulations that must be followed. It is the responsibility of every coach & student-athlete to know and understand these rules and regulations. While expectations may vary from coach to coach, EWA has general expectations for all levels. Continued disregard for team policy and responsibility could mean suspension or dismissal from that team.

**Sportsmanship and Conduct Codes for Student-Athletes**

* + EWA student-athletes are expected to exhibit the highest level of sportsmanship at all athletic events, home and away, accepting wins and losses with pride and humility.
  + Student-athletes will display dedication and hard work to both their teammates and their sport
  + Student-athletes will exhibit a positive attitude, self-discipline, and a desire to improve skills and knowledge of their sport.
  + Inappropriate and unsportsmanlike conduct by student-athletes (i.e. baiting the opponents, ridiculing them, and displaying tasteless signs, throwing objects on the playing area, *etc.)* is entirely unacceptable, including such acts through online, social media. Any conduct determined to be detrimental to an individual, the team, or the school may be deemed means for immediate suspension and/or removal from a team.
  + EWA student-athletes do not curse, "trash talk," or use profane language of any sort. A player who is guilty of breaking this rule will likely be benched for a period of time, the length of which is at the coach's discretion. A player's removal from the team will result from frequent disregard of this policy.

**Hazing**

Hazing is: "Any activity expected of someone that humiliates, degrades, abuses, or endangers regardless of that person's willingness to participate." (Alfred University study, 2000) Hazing includes:

* + A pattern of tormenting, taunting (e.g. hiding equipment; yelling, cursing) physical humiliation (e.g. requiring haircuts/tattoos, etc., forcing public embarrassment or personal service). Physical endangerment (e.g. locking in locker, forcing illegal substance use, beating younger teammates, or forcing them to engage in physical activity not related to the sport).

**Participating in Hazing:**

* + Is in violation of North Carolina State Law (section 14.35)
  + Will jeopardize you're athletic eligibility and continued enrollment at EWA.

## General Training Rules

Each EWA student-athlete is expected to adhere to high training and conditioning standards. EWA strictly prohibits the use of tobacco products, alcohol, or illegal substances on campus, on school trips or functions, or prior to the school day of sponsored trips or functions. The consequence of violating this rule is serious and may result in suspension or dismissal from the School.

The EWA Athletic Department believes that the use if ANY alcohol, illicit drug, or tobacco is contrary to the health and fitness of the team and its individuals. Student-athlete's use of alcohol, illicit drugs, or tobacco is strictly prohibited, and any member not in compliance with this regulation will face disciplinary action, including the possibility of suspension or dismissal from the team. ***All EWA student-athletes and their parents are expected to read and sign these general training rules as they are written in the Parental Permission Form.***

## Pre-season, Practice and Game Attendance

Fall sport seasons typically begin the first week in August. At the varsity level, teams may conduct two-a-day sessions. These practices are essential for individual conditioning and team selection. Attendance is mandatory and the only exceptions allowed are late enrollees to EWA or athletes rehabilitating injuries.

Practice and game attendance are mandatory, and it should be noted that optional and required practices or games maybe scheduled on weekends, holidays, or Track Outs. Illness and extra academic assistance are acceptable reasons for missing practices and games. Any participant who tries out and is selected for an EWA team at any level is required to fully commit to that team. EWA teams take precedent over all outside & other

extracurricular programs; therefore team members are required to attend all practices, and games. Student-athletes are responsible for punctuality and preparedness for all practice and games. Tardiness or unexcused absences will not be tolerated. Practices are also closed to spectators.

## Game Day Dress

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 or

leggings-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.

## Missed classes

Student-athletes and support personnel are responsible for pre-arranging with their teachers to make up work including homework, tests, quizzes, and papers due in classes missed for athletics. It is the student-athlete's responsibility to inform the teacher that he/she will miss class at least one full day before the absence so that adequate arrangements for completing all assignments can be made.

# SCHOOL ATTENDANCE & ATHLETIC PARTICIPATION

Students must be in school and in class for no less than half of the academic day, or in any co-curricular school activity (i.e. field trip), in order to participate in the activity. Excuses involving illnesses, doctor appointments, and family emergencies will be considered on an individual basis.

All athletes who are registered in Physical Education class must dress out & participate in that class on the day of the game. If the student-athlete fails to dress, he/she is ineligible for game participation that day. Exceptions & emergencies will be considered on an individual basis.

# EXPECTATIONS OF PARENTS & SPECTATORS

Sportsmanship starts with adults & it is an expectation of all who attend events at EWA. Where does a child learn to be a "good sport"? At home? On the athletic field? By the time a child joins a team, a sense of sportsmanship (or lack of) is already well established.

Fans don't play fair when they mistake children at play for professional entertainers. Remember: they are not miniature pro athletes. They play organized sports for their own fun.

Parents can help by:

* Not forcing an unwilling child to participate in sports.
* Modeling "sportsmanship-like" behavior. Children learn, and then modify their behavior from you. There is no place for use of profane language or harassment of players, coaches, or officials in any interscholastic activity.
* Teaching your child that honest effort is as important as victory, so that the result of each game is accepted without undue disappointment. Let your child know that win or lose, you love them. Be the person in their life that they can always turn to for support.
* Showing respect for your team's opponents. Without them there would be no games. Applaud good plays by both teams.
* Respecting the official's decisions. Do not publicly question the official's judgment, and never their honesty.
* Respecting your child's coach in front of your child, even when in disagreement. There is a time & place to air concerns with the coach without undermining their ability to coach your child.
* Turning defeat to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.
* Encouraging players to always play by the rules.
* Recognizing the value and importance of coaches. They give their time and resources to provide activities - and more importantly, life lessons - for your child.
* Talking to your child about the importance of learning how to handle problems as they arise, and how to react to criticism. Try to help them understand the necessity for discipline, rules, and regulations.
* Perhaps most importantly, not comparing your child to other players on the team.

# GENERAL INFORMATION

1. Physicals: All prospective student-athletes must have a current, physician-signed physical on file with the Athletic Department PRIOR to trying out for a team. They may not come out for a team without one.
2. Waiver Form: All prospective student-athletes must submit a parent/guardian signed waiver form prior to trying out for a team. They may not come out for a team without first turning this in to the Athletic Department.
3. Other Forms: Prospective student-athletes must also turn in a copy of the NCHSAA Statement of Authorization, Gfeller-Waller Concussion Statement Form, and the Parent/Student-Athlete Sportsmanship Pledge, Coaches, Parents, and Student­ Athletes must read, and sign off on all forms prior to try-outs. Coaches are responsible to filling out the NCHSAA Master Eligibility forms and submitting these to the Athletic Director.
4. Athletic Payment: All student-athletes are asked to pay a $100 Booster Fee for first sport played and $50 per following sports played. This fee is used solely to help pay a portion of the costs involved with renting fields/facilities, purchasing equipment, and paying for officials. Contribution can be paid by cash or check. Checks can be made payable to 'EWA Athletics' and can be turned in to the Athletic Department or dropped in the lockbox that hangs in the Athletics' Office. All Booster Fees are tax deductible.
5. Transportation: Parents/guardians and/or student-athletes are responsible for their own transportation to and from all practices and games. Coaches are not permitted to provide transportation to student-athletes under any circumstances. If transportation issues become a regular problem - either to or from practices and games - the student-athlete's place on the team may be jeopardized. Student-

athletes should be dropped off & picked up punctually at all practices and games.

1. Inclement Weather: The Athletic Department will notify parents and student­ athletes of any cancellations or changes made to practices and games in a timely manner. It is incumbent upon the parents and student-athletes to provide current contact information and regularly check e-mails for updates.
2. Meet the Coach Night: All coaches should hold an informative "Meet the Coaches Night'' at the beginning of their respective seasons. It is important that all parents attend this meeting. Not only will important information such as practice & game schedules be handed out, but also contact information can be shared for carpooling. This may also be the only time parents are given insight into the coach's coaching philosophy & team rules. It is better to hear it directly from the coach than through your child's second hand account.
3. Athletic Apparel: Uniforms are the property of EWA. The school and the booster club provide the funds for purchasing uniforms. An inquiry regarding a donation or the purchase of uniforms by anyone other than the school or booster club should be referred to the athletic director. Coaches should not solicit funds for uniforms or equipment.

The coach has the responsibility for distributing and collecting uniforms. At the beginning of the season, the coach will check out uniforms with the Athletic Director. Each coach will receive a Uniform Inventory form on which to record the student-athlete's name and the uniform he/she is given. The coach and the Athletic Director will keep a copy of the form. Student-athletes on those teams where

players are responsible for the care of the uniform (i.e. soccer) and should follow the manufacturer's instructions for cleaning after each use. A student-athlete who loses a uniform must pay the replacement cost for that uniform. Uniforms which show more than normal wear may also have to be replaced and must be paid for by the student-athlete. Uniforms are not to be altered or tailored by the student-athlete.

Student-athletes are to wear the complete uniform provided by the school at games and games only. They should not be worn to school, practice, or used for other recreational activities. (Student-athletes are to be in complete uniform for team pictures, which are made each season. The dates for team pictures are on the school calendar.)

When possible, coaches should hand out and collect uniforms on each game day. The coach will be responsible for cleaning the uniforms in between games and may utilize the laundry appliances in the Athletic Department office. Teams that fall under these guidelines include all volleyball & basketball teams.

All uniforms are to be returned to the coach at the last contest. The coach will clean the uniforms and then check them in with the Athletic Director.

1. EWA Booster Club: The purpose of the Athletic Booster Club is to provide support and encouragement to our coaches and student-athletes at EWA. In addition, Boosters' seek to promote school spirit, athletic excellence, and quality sportsmanship while representing EWA at home and away games.

The goal of the Booster Club is to financially support and cover the expenses of the student-athletes and the athletic department at EWA. Membership dues and monies earned from fundraisers will be used to cover the expenses of referees/officials for games, team uniforms, supplies for concessions, athletic banquets, and enhance the needs of the athletic department at EWA. Membership is open to all persons willing to volunteer and support the athletes and athletic department at EWA.

# TOPICS NOT COVERED

The Athletic Director shall have authority to address and make decisions on issues pertaining to the EWA Department of Athletics that are not directly addressed in this manual.

Head coaches shall have the authority to develop policies that pertain to their respective sports, provided that those policies do not conflict with EWA, Department of Athletics, or NCHSAA rules and regulations.

# INTERSCHOLASTIC TEAM OFFERINGS

**Fall Sports:**

MS Cross Country MS Boys' Soccer MS Volleyball

Varsity Men's & Women's Cross Country Varsity Boys' Soccer

JV Volleyball Varsity Volleyball

Varsity Women's Golf

**Winter Sports:**

MS Boys' Basketball MS Girls' Basketball MS Cheerleading

JV Boys' Basketball (when possible) JV Girls' Basketball (when possible) Varsity Boys' Basketball

Varsity Girls' Basketball Varsity Cheerleading

**Spring Sports:**

MS Baseball

MS Girls' Soccer MS Softball

MS Golf

Varsity Baseball Varsity Girls' Soccer Varsity Softball Varsity Men's Golf

**NCAA Eligibility Center**

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility Center (Center). It is each athlete's responsibility to see that the Center has the documents it needs for certification. The Center, located in Iowa City, Iowa, is the organization that handles ALL inquiries regarding an individual's initial eligibility status. The Center operates a separate Web site at [www.ncaaclearinghouse.net,](http://www.ncaaclearinghouse.net/) which maintains and processes all of the initial­ eligibility certifications.

**To register with the NCAA Eligibility Center**

Fill out the online form at the Center web site or call the NCAA publications hotline at 800/638-3732 and ask for a free copy of the "Guide for the College-Bound Student-Athlete" which contains the registration forms and a Center brochure. This guide can also be viewed online at [www.ncaa.org](http://www.ncaa.org/) in the Student-Athlete Eligibility and Recruiting Section.

**Contacting the NCAA Eligibility Center Customer Service:**

**877 /262-1492 (toll free in the USA) or 319/337-1492 24-hour Voice Response:**

**877 /861-3003 (toll free in the USA)**

**Fax:**

**319/968-5102**

**Mail: NCAA Eligibility Center, Certification Processing, P.O. Box 7136, Indianapolis, IN 46207-7136**

**Office Hours: 8 a.m. to 5 p.m. Central Standard Time Monday through Friday**

(updated July 26, 2023)