

# Fall Sports Parent Meeting 2021-2022



@SM\_Sabres



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<https://www.cmsathleticzone.com/southmeck>

"Coming together is a beginning.  
Keeping together is progress.  
Working together is success."

*-Henry Ford*

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# ***Athletics' Core Values***

- 1. Fun** – We will make it fun for our student-athletes. Create experiences that our athletes will talk about for years
  - 2. Determination** – We will not make excuses, we will work hard, we must not sit idle, will continue to move forward
  - 3. Fortitude** - We must have the mental, emotional, and physical strength to pick ourselves up when we fail. We must have the strength and humility to grow
  - 4. Community** - We cannot be champions (in life, classroom, and sport) without help. We must work as one to grow and nurture.
  - 5. Ownership** - Own the work ethic you have to obtain goals. Own the choices you make. Own the journey that you take. Own the facilities
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# ***Athletics' Mission Statement***

We will work tirelessly every day to create a transformational experience for our athletes, coaches, faculty and community.

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# IS THIS YOU AT A GAME???



# Parents – Just Don't Understand!!!



# #SABRENATION Sportsmanship

Represent Yourself

Represent Your Team

Represent Your Community

Make Good Sportsmanship a HABIT

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# **Stadium / Concession Stand Beautification Day**

We will be having our annual stadium /  
concession stand beautification day this  
Saturday **August 14th from 8am-12pm**

Please bring your weed eaters, rakes  
and blowers to lend a helping hand!

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# South Meck Sports Boosters

## 2021-22 Memberships

- Individual and Family membership options
- Directly supports the athletics program
- All-Sports season passes available

## Benefits

- Members can attend meetings, vote on officers
- Students eligible for scholarships
- All-Sports Pass discount (Limited time)

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- Team store discount

# South Meck Sports Boosters



Membership / All-Sports Passes

<https://bit.ly/SMSportsBoostersMembership>

Visit our sideline store to get all of your Sabre Gear

<https://bit.ly/SabreGear>

**Email:** [info@smsportsboosters.com](mailto:info@smsportsboosters.com)



[@southmeckSB](https://twitter.com/southmeckSB)

<https://www.cmsathleticzone.com/southmeck>



# New Gfeller-Waller Concussion Packet

- Parents and Athletes must watch CrashCourse video and sign release form. Click HERE to watch the video
- “Return to Learn” plan now required for students with a suspected head injury.
- Physician clearance needed before Stage 5 can begin
- Parent signature needed after RTP Protocol is completed before full participation can begin
- NCHSAA requires the GW form to be signed by a MD/DO only.
- No athlete with a suspected concussion is allowed to return to practice or play the same day of his/her injury.
- Athletes should never return to play or practice if they still have ANY symptoms.
- Emergency room and Urgent Care physicians do not make clearance decisions at the first visit.

<https://www.cmsathleticzone.com/southmeck>



# Gfeller-Waller Law

- Concussion Component – Required by Law
  - Return To Play
  - Return To Learn


All student-athletes must complete the ImPact Testing.

<https://www.cmsathleticzone.com/southmeck>



# School Insurance

## www.studentinsurance-kk.com



**K-12 Student Accident Insurance**  
**Enroll Online**

[www.studentinsurance-kk.com](http://www.studentinsurance-kk.com)

Worried about paying for your child's medical care if an accident should happen? K&K's student accident insurance can help.

**K-12 Accident Plans available through your school:**

- At-School Accident Only
- 24-Hour Accident Only
- Extended Dental
- Football

**How to Enroll Online**  
Enrolling online is easy and should take only a few minutes. Go to [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com) and click the "Enroll Now" button.

1. Start by telling us the name of the school district and state where your child attends school.
2. We'll request each student's name and grade level.
3. You'll see the available plans and their rates. Select your coverage and continue to the next step.
4. We'll request information about you, like your name and email address.
5. Next, you'll enter information about the child or children to be covered.
6. Enter your credit card or eCheck payment information.
7. Finally, print out a copy of the confirmation for your records.

For further details of the coverage including costs, benefits, exclusions, any reductions or limitations and the terms under which the policy may be continued in force, please refer to [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com). Student is able to purchase the coverage only if his/her school district is a policyholder with the insurance company.

¿Le preocupa tener que pagar la atención médica de su hijo si ocurre un accidente? El seguro contra accidentes para estudiantes de K&K puede ayudarlo.

**Planes de cobertura en caso de accidente para K-12 disponibles a través de su escuela:**

- Sólo accidentes en la escuela
- Sólo accidentes, 24 horas
- Dental extendido
- Fútbol

**Cómo inscribirse en línea**  
Inscribirse en línea es fácil y sólo le tomará unos pocos minutos. Visite [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com) y haga clic en el botón "Enroll Now" ("Inscribirse ahora").

1. Comience por decimos el nombre del distrito escolar y el estado en el que su hijo(a) va a la escuela.
2. Solicitaremos el nombre y el grado de cada uno de los estudiantes.
3. Verá los planes disponibles y sus tarifas. Seleccione su cobertura y continúe con el siguiente paso.
4. Le solicitaremos información sobre usted, como su nombre y dirección de correo electrónico.
5. Después, ingresará la información acerca del niño o niños que recibirán cobertura.
6. Ingrese la información de pago de su tarjeta de crédito o eCheck.
7. Finalmente, imprima una copia de la confirmación para sus registros.

Para obtener más detalles sobre la cobertura, incluidos costos, beneficios, exclusiones y reducciones o limitaciones y los términos en virtud de los cuales esta póliza podría continuar en vigencia, consulte [www.studentinsurance-kk.com](http://www.studentinsurance-kk.com). Los estudiantes pueden comprar la cobertura únicamente si su distrito escolar es titular de una póliza con la compañía de seguros.

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- Coverage provides coverage.
  - Personal – 1<sup>st</sup> McGriff – 2<sup>nd</sup>
- Can purchase Accidental Insurance.
  - visit our athleticzone website

# Tips for Athletes During COVID

- **Reduce physical closeness between players when possible:**
    - Increase space between players, including on the sideline, dugout, & bench.
    - Avoid high fives, handshakes, fist bumps or hugs.
  - **Minimize sharing of equipment or gear:**
    - Don't share towels, water bottles, chapstick or earbuds.
    - Encourage players to bring their own equipment, like bats, gloves & helmets (if possible)
  - **Keep Clean:**
    - Clean and disinfect shared items between use
    - Wash hands with soap & water frequently or hand sanitizer when not able to wash hands
    - Use disinfectant wipes (skin safe) to wipe off hands/arms after contact with others
    - Don't re-wear clothes - wash clothes/gear in hot water before next practice/competition
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# South Meck Athletic Trainers

Eric Rogers

[eric.rogers@atriumhealth.org](mailto:eric.rogers@atriumhealth.org)

(704) 315-8570

Elena St. Onge

[Elena.st.onge@orthocarolina](mailto:Elena.st.onge@orthocarolina)

Email is the best way to contact

# Guidelines for CMS Athletics

1. All athletic coaches, student-athletes and spectators must comply with CMS face covering requirements indoors for all activities, practices, and games. NCHSAA requires that the policies of the home school must be followed as the minimum requirements during competitions. Therefore, all away teams and visitors must also wear face coverings indoors at CMS venues. For away games, CMS athletes, coaches and spectators will comply with the home team's regulations. CMS participants should always have the option to wear a face covering at away games even if the venue does not require them.
2. Anyone who is unvaccinated should wear a face covering in crowded outdoor settings or during sustained close contact with others outdoors.
3. All fans should be respectful and maintain distance from others while sitting in an outdoor CMS facility.
4. Weight rooms should minimize the number of students waiting for use of equipment, and students should maintain at least three feet of physical distancing from others while waiting. Outdoor spaces should be utilized to the fullest extent possible.
5. Use of activity bus transportation will return as the normal transportation mode for all athletic events. All passengers and staff are required to wear a face covering on buses, vans, and other group school transportation. Parental Consent and Release for Athletic Travel will return to minimum use option.
6. All venues will have signs at the entrances advising that face coverings are required indoors for all those entering the facility.
7. Capacity rates for all facilities and ticketing will allow for 100% capacity of gymnasium and stadiums, based on Home and Away sizes. All tickets will go on sale on Monday prior to game day at 6:00 a.m. for the week. All ticketing will be on-line through Varsity tickets and scanned at the door. Blue ticket is Home side, Red ticket is Visitor side.
8. All concession stands will continue to sell pre-packaged foods and drinks at all CMS venues.

Contacting the Athletic Director  
Jose Garcia

[josea.garcia@cms.k12.nc.us](mailto:josea.garcia@cms.k12.nc.us)

Email is the best way to contact

Will NOT entertain playing time concerns

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