

Welcome to the Catawba Ridge High School Athletic Program!

Welcome to the Athletic Program at Catawba Ridge High School! Our program, traditions and culture start now and we have the privilege to create a program that produces athletic achievement and excellence. Our student-athletes will be held to a higher standard and are encouraged to assist in developing our Catawba Ridge reputation. We hope your involvement in the program will provide you with many rewarding and worthwhile experiences, and that perhaps you too, can contribute to developing the reputation of Catawba Ridge Athletics.

MISSION STATEMENT

The mission statement of the Catawba Ridge High School Athletic Department is to provide student-athletes an opportunity to participate in a competitive **educational-based athletic program** that is an integral part of the overall educational experience. This experience will allow student-athletes to develop their leadership potential, exhibit good sportsmanship, show respect for others and display exemplary character at all times.

Catawba Ridge Athletic Program Expectations

Expectations: Our expectation for the Catawba Ridge athletics program is that it will match the expectations that Catawba Ridge High School has for its academic program. Athletics will be considered an asset to the academic mission of the school and will enhance all aspects of school life. We envision a program that offers quality facilities that are student and people friendly and quality coaching for its student athletes. Ultimately, we envision an athletic program that all of its participants, students, parents, coaches and administrators, can be proud of and one that promotes lifelong personal and community wellness, with contributing and productive citizens.

Athletic Goals:

The goal of the Catawba Ridge athletic department is to provide opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline, acceptable personal and social behavior, and character. Members of teams and organizations must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment, which is expected of all students.

Participation in high school athletics at Catawba Ridge is “a privilege, not a right”. The athletic program at Catawba Ridge High School is designed to produce well-rounded citizens who can take their place in a community and in society. The program is intended to develop leadership skills, a sense of responsibility, accountability, and sportsmanlike attitudes of the student population.

One of the focuses of the athletic department is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, teammates, officials, coaches, administrators and spectators. Winning is a product of discipline and hard work, but winning at any cost is not the goal.

Emotional balance promotes consistency in the lives of athletes that affects everything they do. Everyone wins, especially the athletes, who move comfortably from one responsibility and relationship to another, benefiting themselves as well as their parents, teachers, and coaches.

All of the athletic goals are centered on our mission statement.

OVERALL ATHLETIC PROGRAM OBJECTIVES:

- To provide our participants with the best possible administration, supervision and instruction available.
- To provide our participants with quality facilities and equipment that is both safe and people and student friendly.
- To provide our participants with safe, quality transportation to and from all competitions and activities.
- To provide our participants with proper funding to meet all of their needs in the extracurricular arena.

ATHLETIC DIRECTOR RESPONSIBILITIES:

SCHEDULING

The Athletic Director will work with the coach to complete non-region athletic events jointly.

The Athletic Director in conjunction with the head coaches, will contact schools and complete non-region and region schedules.

BUDGET

The total budget will be prepared and the Athletic Director will present the final budget to the Coaching Staff.

PURCHASING OF EQUIPMENT/UNIFORMS

The Athletic Director must approve the purchase of all athletic equipment. The school **will not** be responsible for any items purchased without **prior** approval.

The coach will present a request to the Athletic Director for needed equipment and/or items relating to their program.

GAME POSTPONEMENT/RESCHEDULING

The Athletic Director shall handle all games postponed because of inclement weather or things beyond our control. Postponed region games must be played the next available playing date and at the discretion of the home team. Once the opponents have been contacted and the contest has been rescheduled, the following shall be notified immediately:

- The Administration
- Booking Agent
- Announcement to athletes and student body, Media, Police, Ticket Manager, Concessions Manager, Announcer, and Sports Medicine Staff

OFFICIALS

The Athletic Director will contact and arrange for officials for all home contests. Any complaints or problems with officials should be directed to the Athletic Director.

Coaching Staff Development

Coaches expecting financial help with expenses for staff and/or professional development must first have approval from the Athletic Director. Clinics are a legitimate expense and you are encouraged to attend to ensure your professional growth. In addition, our CR Athletic Booster Club will allot funds to support your professional development as a coach.

Physicals/Sports Screenings

All athletes must have a completed Athletic Participation/Parental Consent/Physical on file with the Planet HS website and approved by the athletic trainer before they practice. The physical is valid for one calendar year and must be current until the end of a specific sport season. Athletes must have a current physical to participate in summer workouts.

Academics

Coaches/Athletic Director are expected to **monitor** student-athlete academic progress

Transportation

The athletic department will provide transportation to and from athletic events. The Athletic Office will schedule all transportation for all off campus contests. Parents can transport an athlete home from away games with a signed waiver and permission of the head coach.

Athletic Training

The Athletic Department/Athletic Director will provide a certified Athletic Trainer to provide the best possible care for our athletes. Athletes are offered a wide variety of services (prevention and treatment) to help meet the demands of athletic competition.

The following are guidelines for athletes to follow when using the athletic training room:

1. Do not enter without an athletic trainer, coach, or athletic training student aid
2. Only athletes being treated are allowed in the athletic training room.
3. Do not attempt to treat yourself
4. Wear appropriate clothing to and from the athletic training room
5. Do not use or remove any supplies without permission

Hot Weather

The CR Athletic training staff will monitor excessive heat during all sporting events with the appropriate heat monitoring devices. Mandatory water breaks and or venue change or cancellation of outdoor practices will be to the discretion of the Athletic Training staff and the Athletic Director.

Inclement Weather

On days schools are closed due to inclement weather conditions, all school activities shall be suspended. This rule applies to all games, practices, rehearsals, etc. **Thunder and Lightning are not subject to discussion or interpretation. Lightning is lightning and thunder is thunder.** The Athletic Director/Game Administrator with consultation of the Game Officials, Athletic Trainer and Head Coaches will determine if it is unsafe to play prior to the beginning of the contest.

COACHES

Head Coaches and Coaching Staff responsibilities:

- Each coach will have his/her own policy on how he/she selects the team.
- Coaches will explain their policy to candidates before the season/practice begins.
- Skill Development sessions and open facilities (open to all, required for none) are allowed, but shall not be held during any tryout period of an in-season sport or during any closed season/dead period.
- All skill development sessions must be voluntary and open to all athletically eligible students.
- A current Physical is required for all those involved in skill development and off-season sessions.

2024-25 SPORT SEASON

FALL
WINTER
SPRING

FIRST PRACTICE DATE

Aug 2
Nov 4
Feb 3

OPEN SEASON

May 1-31, 2024, March 1-31 2025
Sept 1-30 2024, April 1-30 2025
Oct 1-31, 2024, Jan 25, 2025

Dead Period: (No activities) June 29-July 5 2025. Closed season: (weight room only)- July 20-26 2025

Team Selection

Athletes at Catawba Ridge High School are encouraged to participate in as many sports as he/she can. Student athletes may participate in more than one sport during a season with the approval of the coaches and athletic director. Once an athlete begins the in-season-training period of a sport, he/she should not quit while that sport is in season.

If an athlete quits a sport, they will be withheld from participation in other sports until that season is over (including playoffs).

If a student-athlete is suspended from school or a team, such suspensions could impact participation in the current and/or following season.

Discipline

The coach may immediately suspend a player for inappropriate behavior detrimental to the team and school. Any suspension period of more than one week shall be determined by a meeting of the athlete's coach or coaches, and the Athletic Director.

SCHSL Eligibility Regulations

All members of the coaching staff shall follow the rules and regulations of the South Carolina State High School League. SCHSL handbooks are available for all coaches online. **Ignorance of state regulations is no excuse. The athletic department will not condone deliberate violations of state rules. We will attempt to work within the spirit and intent of these regulations.**

Note: Any fine received by Catawba Ridge High School for failure to adhere to and/or follow these regulations **will be charged to the head coach** of that sport.

- **Ejection Policy for coaches and players: see SCHSL online**

BEFORE PRACTICING/PARTICIPATING WITH ANY TEAM, THE FOLLOWING MUST BE COMPLETE:

- **MEET ALL SCHSL REQUIREMENTS**
- **ALL PARTICIPATING ATHLETES MUST HAVE A CURRENT MEDICAL EXAM**
- **ALL PARTICIPATING ATHLETES MUST HAVE COMPLETED ALL FORMS ON PLANET HS**

Dressing/Locker Rooms

Coaches will supervise their dressing facilities. Custodians are expected to clean dressing rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. **DO NOT**, under any circumstances wear cleats inside the buildings or walk across the gym floor. Athletes are encouraged to secure all valuables. The athletic department **will not** be responsible for lost or stolen personal belongings.

Meals

The athletic department **does not** provide funds to purchase pre-game meals, post-game meals, or overnight accommodations **unless** prior approval from AD and principal. Coaches in conjunction with Team Parents can be organized to help with pre-game meals for the season. Team funds raised from the athletic booster club may be used to fund meals with the head coach and athletic administration's approval.

NCAA College Recruitment

The coaching staff will work to qualify as many student-athletes as possible. Information about SAT scores and clearinghouse registration is available upon request. In the event that a college recruiter contacts an athlete personally he/she has an obligation to notify his/her coach, guidance counselor, and the athletic department. Catawba Ridge High School will abide by the rules of the NCAA. Information about college recruiting and the Internet scouting service is available at www.corecoursegpa.com.

Responsibilities charged to the Head Coach by the Athletic Director

ADMINISTRATIVE FORMS

Present the following information to the Athletic Director in a timely manner.

- **One sport season prior to first practice:**
 - Practice information on the team website (date, time, place, etc.).
- **One week prior to the first game:**
 - Completed team/player information on Planet HS including managers, trainers, scorekeepers, statisticians, etc.
 - Check: final schedule and transportation requests
- **Prior to first game or participation:**
 - Check eligibility forms on Planet HS from your team roster and notify the Athletic Director of omissions or changes.
- **Recognition/Banquet awards list to AD**
 - Fall season by November 15th
 - Winter season by February 15th
 - Spring season by May 15th
- **End of season:**
 - Attend All-Region and All State selection meetings to nominate players
- **Two Weeks following the last game:**
 - All equipment put away and inventoried
 - Lost/stolen equipment reported
 - Equipment needs for next season

EQUIPMENT ACCOUNTABILITY

Each coach shall be held accountable for the equipment and uniforms issued to his/her players. You must be able to identify each item assigned and that player shall be held accountable for it. The athlete will be charged for any item, which is not returned at the end of that season.

FACILITY/FIELD MAINTENANCE

Maintenance and care of athletic facilities is a never-ending task. Coaches must be willing to accept and assist in this task. It is your responsibility to see that your game and practice areas are safe, properly maintained, painted and ready for play (BEFORE / AFTER PRACTICES AND GAMES). The Athletic Director will assist you in any way possible.

CARE OF EQUIPMENT

Please return all equipment to its proper place and report problems to the Athletic Department ASAP.

BUDGET RESPONSIBILITIES

Head coaches will submit the budget requests for the next year at the end of season evaluation conference with the athletic director. Budget requests will be accompanied by the end-of-season inventories for their sport. The following criteria/steps should be used for developing their budgets:

- Present inventory of uniforms and equipment
- Condition and age of existing equipment
- Uniform rotation plan (submitted and/or agreed upon with staff)
- Number of teams and athletes in the program
- Equipment rule changes (that impact requests/equipment)
- Projected long-range needs of the program
- Projected assistance from the booster club or fundraisers

CLASS TIME

Athletes WILL NOT be dismissed early from school without approval from the athletic office and principal. The Athletic Director and Principal (Designee) shall approve the time athletes may be excused from class for SCHSL contests. Class time is valuable instructional time and every effort should be made to ensure that the loss of class time is minimal. All coaches shall submit a list of squad members, managers, etc. to be excused, at least one day in advance. Please remind athletes that they are responsible for any work they miss during their absence.

TRANSPORTATION

All student-athletes, managers, trainers, scorekeepers, statisticians, and other personnel are required to travel with the team on the activity bus to and from athletic events. The head coach should supervise the trip.

ATHLETIC TRAINER/COACH

The Athletic Trainer should be notified if an athlete is injured during practice or competition.

- Notify the Parent(s) in the event of an injury that evening. Complete Injury/ Insurance form.
- Refer an athlete to the Athletic Trainer if there is an injury or ailment.
- If the Athletic Trainer is not present, coaches are expected to be able to administer approved, prioritized, standard first aid procedures in response to a range of injuries.

PRE GAME PROCEDURE

Teams must email or have copies available of your roster and schedule, as well as, update Maxpreps and the catawbaridgeathleticzone.com website weekly.

Proper media coverage can be an asset to our athletic program. Head coaches should reply to all media requests in a timely manner.

POST GAME/POST PRACTICE DUTIES

- **Supervise all** athletes **until** transportation arrives.
- Check the restroom and locker rooms to see if toilets are flushed, equipment is picked up, floor swept, doors locked, and etc.
- Turn off lights.

GAME ADMINISTRATION

- **DRESS:** Coaches will be in uniform or appropriately dressed for all contests before contests begin or pregame warm-ups begin. (Be Professional)
- **EVENT STAFF:** Coaches are asked to assist the Athletic Director in securing clock and scoreboard operators, public address announcers, chain crews and volunteers to assist with game management. Out of season coaches are **encouraged** to attend as many games as possible to assist with supervision and administration.

DO NOT UNDER ANY CIRCUMSTANCE MAKE A COMMENT TO THE MEDIA ABOUT OFFICIATING!

After reviewing the game film, a written grievance shall be sent to the booking agent and/or SCHSL if deemed appropriate.

LAUNDRY

Coaches and Managers **ONLY!** The laundry equipment is to be used for school issued equipment only. Laundry detergent is available in the laundry room.

FUNDRAISING AND PROMOTIONS

Teams may participate in fund raising projects and earmark that money for a certain purchase. The Athletic Director and the Booster Club must first approve the fundraising project. Head coaches should also discuss with the Athletic Director any special promotional arrangements before making a commitment.

BOOSTER CLUB

The booster club can be a tremendous asset to our athletic program. This is a hands-on organization that works hard to improve Catawba Ridge Athletics. Coaches are encouraged to assist with fundraising and attend the monthly meetings. (2nd Tuesday of each month @ 6:00pm) Each sport should have a team representative at each booster meeting. Any requests for funds must be presented to the Athletic Director for approval ***prior*** to being discussed with the booster club. Agenda items must be presented to the Athletic Director 1 week prior to the ABC meeting.

COACHES GUIDELINES AND RESPONSIBILITIES

- The use of profanity is not acceptable by coaches and/or athletes.
- The use of tobacco products is not allowed and will not be tolerated.
- Coaches are to dress professionally in proper attire at practice and all athletic events. Items will be provided by the athletic department as the budget allows. Blue jeans are not professional attire.
- Coaches are encouraged to obtain a class B SC CDL in order to transport their teams to contests.
- Any and all game schedule changes are to be approved by the AD. Head Coaches will have input on schedules.
- If a coach violates a SCHSL rule which results in a fine, it will be deducted from the team budget.
- A team roster is to be turned into the Athletic department at the end of the tryouts.
- Coaches should monitor the academic progress of their athletes. No coach will approach a teacher about a grade change. No grade changes will be made after the grade change period. This is the responsibility of the athlete/parent, not the coach.
- Head Coaches are required to attend a pre and post season meeting with the AD.
- All assistant coaches must be an approved FMSD volunteer or paid coach.
- All volunteer, head and assistant coaches must complete the required NFHS courses and First Aid/AED Training. This is mandated by the SCHSL/NFHS.
- Coaches are expected to maintain their playing surfaces. The AD will help when available. **No student is allowed to drive utility vehicles.**
- All purchases are to go through the AD. The school will not be responsible for any merchandise ordered before a PO is issued. It will be the responsibility of the coach to pay for said items.
- Catawba Ridge will not pay for pre-game meals unless it has been previously approved by the AD and principal.
- All travel will be with an activity bus unless otherwise approved by principal and AD.
- The AD will fully support the decisions of the coaching staff when the coaching staff is following the rules and guidelines set forth by the SCHSL, FMSD and Catawba Ridge High School.
- Any use of our facilities must be approved by the AD and principal.
- Coaches will work to maintain their page on the catawbaridgeathleticzone.com website.
- If you unlock it, lock it. If you drop it, pick it up, if you get it dirty, clean it. If you break it, fix it. If it runs out of gas, fill it up.

Catawba Ridge High School Awards Policy

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and the observance of athletic policies. If a Varsity athlete completes the season in good standing, he/she will be eligible to receive a Varsity letter/pin or bar. The head coach sets the letter requirements for each sport. Awards shall be withheld if the student-athlete is not in good standing.

The Awards available are the following:

- **Junior Varsity Program**
- No letters will be awarded at the JV level.
- **Varsity Program**
 - The block “CR” letter will be awarded when a student-athlete letters in a varsity sport for the first time
 - After qualifying for a letter in a sport, each additional sport will be designated by a sport emblem to be placed on the letter previously received
 - When a student-athlete letters a second time in a particular sport, he/she will receive a brass service bar pin.
 - When a student-athlete letters for a third time in a particular sport, he/she will receive a brass service bar pin.
- Captain’s Patch/Manager’s Pin: A coach may award a team captain’s pin to team captain(s) or manager’s pin to any team manager.

SCHSL State Championships

- **Team State Champions**
 - Each student-athlete will be given an opportunity to purchase a State Championship ring. The Athletic Booster Club will pay a selected amount towards the ring with the student-athlete paying the difference. The Catawba Ridge Booster Club will pay for the coach’s ring.
- **Individual State Champions**
 - The student-athlete will be given an opportunity to purchase a ring in honor of his/her individual state championship. The CR Booster Club will pay a selected amount towards the ring.

Coach of the Year

Any Catawba Ridge coach named Region Coach of the Year will be presented with a plaque to indicate the honor.

Plaques

The coaching staff for each sport determines the decision to award plaques and the titles on the plaques. Catawba Ridge gives awards in the form of plaques. The recommended award/plaques allotment for each sport is listed below (JV and Varsity). The Catawba Ridge Athletic Booster Club will provide \$150 towards these plaques each year:

Football	7	Basketball(M-W)	5
Cheerleading	4	Swimming (M-W)	4
Cross Country (M-W)	4	Wrestling	4
Golf (M-W)	2	Baseball	5
Soccer (M-W)	5	Softball	5
Tennis (M-W)	4	Track & Field (M-W)	4
Volleyball	5	Lacrosse (M-W)	4

National Federation Code of Ethics for Athletic Coaches

It is the DUTY of all concerned with high school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game or sport fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy, respectful relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game, standards of eligibility, regulations and rules as set forth by the National Federation, the SCHSL, and Fort Mill School District.
- To encourage leadership, use of initiative and good judgment by players on the team.
- To recognize the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that the role of interscholastic athletics is educational, that athletics are only a part of the total school program and that an athletic contest is only a game--not a matter of life or death for a player, coach, school, official, fan, community, state or nation.
- To understand that a coach is assigned to a specific school to coach and that the recruitment of student athletes at any grade level not in their school/team's attendance zone to attend his/her school in order to participate on that school's teams is strictly forbidden and in violation of the rules.
- To support and strive to fulfill the professionally recognized nine legal duties of a coach.

NOTE: This "Code of Ethics" is incorporated in each coach's job description by specifying it as a responsibility to abide by the Code of Ethics for Coaches

The 14 Legal Duties of a Coach and Athletic Administrator

Over the past 25 years, through thousands of lawsuits, the courts have defined and continue to define the legal duties as a coach. These duties may vary from state to state and may change as sport litigation continues unabated over the years. The NIAAA, the National Federation of High School Associations, The Coalition of Americans to Protect Sports and the National Association for Sport and Physical Education all recognized these fourteen legal duties.

Your fourteen legal duties as a coach are:

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|-----------------|---|
| Duty 1: | Properly plan the activity. |
| Duty 2: | Provide proper instruction. |
| Duty 3: | Provide a safe physical environment. |
| Duty 4: | Provide adequate and proper equipment. |
| Duty 5: | Match your athletes. |
| Duty 6: | Evaluate athletes for injury or incapacity. |
| Duty 7: | Supervise the activity closely. |
| Duty 8: | Warn of inherent risks. |
| Duty 9: | Provide appropriate emergency assistance. |
| Duty 10: | Condition athletes properly. |
| Duty 11: | Ensure athletes are covered by injury insurance. |
| Duty 12: | Develop an emergency response plan. |
| Duty 13: | Provide proper transportation. |
| Duty 14: | Select, train and supervise coaches. |

<https://schsl.org/schsl-directory#schsl-directory/school-details5/60ca021935d8b1001faea54c/>