

Catawba Ridge High School Handbook – 2025 Edition

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Welcome to Catawba Ridge Athletics

Welcome to the Catawba Ridge High School Athletic Program! Our mission is to cultivate a tradition of excellence and achievement, both on and off the field. We expect our student-athletes to embody integrity, discipline, and sportsmanship, while contributing to the growing reputation of Catawba Ridge Athletics.

We value your role as a coach and leader in shaping not only athletic success but also the character and life skills of our students.

Mission Statement

The mission of the Catawba Ridge High School Athletic Department is to provide student-athletes with a competitive, educationally-based athletic program that complements their academic experience. Through participation, our student-athletes will: - Develop leadership potential. - Exhibit good sportsmanship. - Demonstrate respect for others. - Uphold exemplary character at all times.

Program Expectations

Catawba Ridge athletics will reflect the same standard of excellence as our academic programs. Athletics are a vital part of the school mission and enhance school life by: - Providing top-tier facilities and coaching. - Promoting lifelong wellness and responsible citizenship. - Encouraging teamwork, accountability, and perseverance.

Participation in athletics is a privilege, not a right. Our programs develop leadership skills, sportsmanship, and a sense of responsibility for both individuals and teams.

Athletic Goals

Our goals are to: - Foster teamwork, self-discipline, and strong character. - Model exemplary academic commitment. - Emphasize sportsmanship, respect for all participants, and ethical play.

Winning is not our sole purpose—it is the product of preparation, effort, and character.

Athletic Program Objectives

1. Provide exceptional administration, supervision, and coaching.
2. Offer safe, high-quality facilities and equipment.
3. Ensure safe and reliable transportation for all athletic events.
4. Secure adequate funding to meet program needs.

Roles and Responsibilities

Athletic Director (AD)

The Athletic Director oversees all athletic operations and works in partnership with coaches to: - **Scheduling:** Coordinate region and non-region games. - **Budget:** Prepare and manage the athletic budget. - **Purchasing:** Approve all equipment and uniform purchases. - **Game Rescheduling:** Manage weather-related changes and communicate updates to all stakeholders. - **Officials:** Arrange for qualified officials for all home contests. - **Coach Development:** Support professional growth through clinics and workshops.

Coaching Staff

Coaches are responsible for: - Developing athletes' skills and character. - Monitoring academic progress. - Enforcing SCHSL and school rules. - Maintaining facilities and equipment. - Supporting student-athlete health and well-being.

Key Policies

Physicals & Eligibility

- All athletes must have a current **SCHSL-approved physical** on file in PlanetHS.
- Physicals are valid for one year and must remain current for participation **(April 1st to April 1st is the 365-time frame)**.
- Eligibility requirements must be verified before any athlete participates in practices or games.

Academics

Coaches must monitor student-athletes' academic progress and communicate with the Athletic Director regarding concerns. Athletes are expected to prioritize academics.

Transportation

- The athletic department schedules buses for all away events.
- Athletes must travel with the team unless a signed waiver is approved.

Athletic Training

- A certified athletic trainer is available for injury prevention and care.
- Only athletes receiving treatment are permitted in the training room.

Weather Policies

- The AD and Athletic Trainer will monitor heat and weather conditions.
 - Practices or games will be suspended in cases of lightning or unsafe weather.
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Coaching Standards

- Dress professionally for all practices and games.
- Maintain professionalism in interactions with media, officials, and the public.
- Do not comment publicly on officiating.
- Tobacco, drugs, and profanity are prohibited.
- All schedule changes must be approved by the AD.

Professional Certifications

All coaches must complete: - NFHS courses and certifications. - CPR, First Aid, and AED training.

Awards & Recognition

Varsity Letters

- Varsity letters are awarded to athletes who complete a season in good standing.
- Additional letters, pins, and plaques are awarded based on program criteria.

State Championships

- Booster Club contributes toward the cost of championship rings.
 - Coaches receive school-funded recognition for championship accomplishments.
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Fundraising & Booster Club

- Fundraising activities must be approved by the AD and Booster Club.

- Each sport should have a team representative at monthly Booster Club meetings.

Open Season/Closed Season Practice Schedule – 2025-26

Fall Sports: March 1-31, 2026 AND May 1-31, 2026

Winter Sports: September 1-30, 2025 AND April 1-30, 2026

Spring Sports: October 1-31, 2025 AND January 1-28, 2026

Note: All sports have practice from June 1 through their July closed season, except for the July Dead Week.

- **Fall Sports Closed Season:** July 27-30, 2025

- **Winter & Spring Sports Closed Season:** Begins July 31, 2025

Summer Competition: Ten days of competition are permitted June 1 - July 26, 2025, including participation in team camps and outside organizations. No school may attend or participate in team camps from July 27, 2025, until in-season.

Additional Notes:

- Competitive Cheer can hold tryouts in May.

- Football has 10 days in full pads in May (after 3 days in helmets only).

- Lacrosse goalies may wear full gear during open season.

- Boys Lacrosse:

- **October:** Helmets, gloves, and shoulder pads only (no arm/elbow pads).

- **January:** First 5 days – helmets, gloves, and shoulder pads only; full gear allowed after 5 days.

Penalties for Violating Open/Closed Season Rules

- **1st Occurrence (1 day violation):** \$500 fine, loss of 1 practice day, limited to 1 pre-season scrimmage, and suspension of head and involved assistant coaches for 2 contests.
- **2nd Occurrence (2 days):** \$500/day fine, loss of 2 practice days, limited to 1 scrimmage, cannot host events or be home team in playoffs, and suspension of head and involved assistant coaches for 2 contests.
- **3rd Occurrence (3 days):** \$500/day fine, loss of 3 practice days, limited to 1 scrimmage, cannot host events or participate in playoffs, and suspension of head and involved assistant coaches for 2 contests.

- **Alternate Option:** \$500/day fine, loss of 3 practice days, limited to 1 scrimmage, no event hosting, and suspension of head and involved assistant coaches for **50% of regular season** and all playoffs.

Code of Ethics

Coaches must: - Prioritize sportsmanship and ethical conduct. - Respect officials, opponents, and all participants. - Remember that athletics are an extension of education, not a sole focus. - Avoid recruiting or influencing students outside their attendance zone.

Legal Duties of a Coach

Coaches must adhere to the **14 recognized legal duties**, including: 1. Properly plan activities. 2. Provide appropriate instruction. 3. Ensure a safe environment and equipment. 4. Match athletes appropriately. 5. Warn of inherent risks. 6. Supervise closely. 7. Provide emergency care. 8. Ensure proper conditioning. 9. Develop emergency response plans. 10. Supervise assistant coaches and volunteers.

Final Reminders

- Secure all facilities and equipment after use.
- Update team pages on **catawbaridgeathleticzone.com**.
- Promote a culture of integrity, accountability, and excellence.

Welcome to another year of success at Catawba Ridge High School! Together, we build champions—on the field and in life.