

CENTRAL MIDDLE SCHOOL VIKINGS



ATHLETIC HANDBOOK

2024 - 2025

ROSALIND ROSA, PRINCIPAL
KRISTLE WILLIAMS, ASSISTANT PRINCIPAL
MARCUS BARBER, ATHLETIC DIRECTOR



Mission Statement

Through athletics, CMS will prepare STUDENT athletes to become champions on and off the field by placing a high value on academics, character, family, and sportsmanship.

Fall Sports	Winter Sports	Spring Sports
Football Soccer Volleyball Cheerleading Cross Country	Boy's Basketball Girl's Basketball Cheerleading	Baseball Softball Track & Field

Contact Information:

Football	Head Coach: Marcus Barber barbermr@gatescountyschools.net Assistant Coach: Rob Paris parism@gatescountyschools.net	Soccer	Head Coach: L. B. Wolfrey wolfreyls@gatescountyschools.net Assistant Coach: Cindy Barber barbercs@gatescountyschools.net
Volleyball	Head Coach: Erica Bradley bradleyem@gatescountyschools.net Assistant Coach: Abby Bridgers bridgersap@gatescountyschools.net	Cheerleading	Head Coach: Reba Holley holleyrg@gatescountyschools.net Assistant Coach: Regan Robinson mccconnellrd@gatescountyschools.net
Cross Country	Head Coach: Barbara Austin austinbm@gatescountyschools.net	Boy's Basketball	Head Coach: Marcus Barber barbermr@gatescountyschools.net Assistant Coach: Rob Paris parism@gatescountyschools.net
Girl's Basketball	Head Coach: Carlton White whitec@gatescountyschools.net Assistant Coach: Erica Bradley bradleyem@gatescountyschools.net	Baseball	Head Coach: Brandon Young youngba@gatescountyschools.net Assistant Coach: Nathan Brown brownnd@gatescountyschools.net
Softball	Head Coach: Ashley Horne horneac@gatescountyschools.net	Track & Field	Boy's Head Coach: Marcus Barber barbermr@gatescountyschools.net Girl's Head Coach: Barbara Austin austinbm@gatescountyschools.net



Eligibility Requirements

Students participating in the interscholastic athletic program are to be governed by the rights, protection, and responsibilities prescribed by the Gates County School District and the North Carolina High School Athletic Association. Students who participate in the interscholastic program are required to meet the eligibility requirements and to follow the rules of both the North Carolina Middle School Athletic Handbook and Central Middle School.

*****A student-athlete not eligible at the beginning of a sports season will not be eligible at any point during that sport season.*****

Non-Discrimination Statement

Central Middle School does not discriminate among students, parents or employees regarding national origin, race, color, sex, marital status, handicap, religious preference, or age in employment, educational programs, or activities as set forth in Title IX, Title IV, and Section 504 of Federal Law.

Age

Must not participate if he/she becomes 15 years of age on or before August 31, 2024.

Attendance

The LEA is responsible for determining the attendance policy for eligibility purposes. To determine eligibility for sports, CMS will follow the 85% rule (no more than 13.5 days absent) previously used by the Middle School Handbook.

CMS requires the athlete to be present half the day in order to participate in events or practices. Half the day is considered being present until 11:30 (1st-3rd Hour) or being present by 11:30 to attend 3rd-5th Hour). This will not apply to students on school-sponsored trips.

**** Students who are absent from school are *not* allowed to participate in athletic practices or events on the day of the absence ****

Academics

A student, upon first entering grade six (6), is academically eligible for competition on middle school teams. Students entering grade seven (7) or eight (8) must meet promotion requirements from the previous school year to be eligible for the fall semester. All requirements must be met in the first semester (fall) for the student to be eligible for athletic participation in the second semester (spring).

In grades six, seven, and eight, the student must pass at least one less course than the number of required core courses each nine weeks and semester (***four of five classes***



two of which must be math and language arts at the end of each progress report and reporting period. If not they will not be allowed to participate in their sport or travel with the team until grades improve to a passing level.) and meet promotion from the previous school year, standards established by the LEA.

If a student is retained in the same grade level from the previous school year or transferred (The student did not meet promotional standards.) to the next grade level, the student is ineligible to participate in sports for the entire school year.

If an athlete is "academically eligible" or "academically ineligible" at the beginning of any sports season, that status is retained throughout the full sports season. If an athlete becomes "academically ineligible" during the middle of a season because of a nine-week grade, the athlete remains "academically ineligible" until the next reporting period is over.

Enrollment

Must participate at the school to which he or she is assigned by the local board of education based on the residence of the parent or legal custodian within the administrative unit. The athlete must live with the parents or legal custodian.

A student transferred from one administrative unit to another by mutual agreement, as provided in G.S.115C-366.1 (F), is immediately eligible for athletic participation in the receiving unit as long as the student is following all academic and attendance policies.

Medical Examination

Must receive a medical examination once every 365 days by a duly licensed physician, nurse practitioner, or physician's assistant. Proper physical forms can be received at Central Middle School or online at the district website.

Must be released by a licensed physician if absent from athletic practice for five or more days due to illness or injury.

Student-athletes are provided with the Gfeller Waller NCHSAA Student-Athlete & Parent/Legal Guardian Concussion Information Sheet through RankOne.

Students & Parent/Legal Guardians need to have all RankOne Forms filled out before beginning participation in practice or participating in interscholastic athletic contests.

Six Semester Rule

No student may participate at the middle school level for a period lasting longer than six(6) consecutive semesters, beginning with the student's first entry into grade six.



Participation in Multiple Sports in the same season

An athlete may compete in more than one sport during the same season:

1. The athlete has to earn a spot on both rosters in accordance with the Head Coaches' criteria
2. Both Head Coaches will communicate before the season and during the season to avoid practice, game, and/or transportation issues.
 - a. Those Head Coaches will discuss excusing the athlete from practice in one sport for the purpose of allowing the athlete to compete in his/her other sport.
3. Should both sports have contests on the same day, the athlete should notify his/her coach well in advance as to which event they will be competing in. If possible, the athlete is allowed to compete in both events should the start times allow.

General School Regulations

Transportation

Central Middle School will provide transportation to and from athletic contests. All student-athletes are required to use school transportation to away games. Student-athletes may not participate in any away contests if they use alternate transportation without prior permission from the coach and school administrator departing games.

Before games begin in the season, student-athletes will be given a transportation and emergency contact form to be taken home and filled out by their parents or legal guardians. Student-athletes must have the forms filled out and signed on file to be eligible to travel with the team.

Student-athletes who choose to ride home with their parents, legal guardian, or anyone else who is previously approved on the transportation form MUST sign out with the coach before leaving the away game site. Failure to do so may result in not being able to travel with the team. If someone who isn't on the pre-approved transportation sheet is signing out an athlete, a signed document from the parent/guardian must be provided before the designated athletic event to the coach or athletic director for approval. Failure to do so will result in riding the bus back to Central Middle School for parent/guardian pick-up.

Attendance/Absences

All student-athletes are expected to be prepared, ready to work, and on time to all practices and games.



The student-athletes shall be expected to attend all required practices, meetings, and contests. The head coach should be notified in advance of any planned absences. Excessive absences adversely affect the cohesiveness of the team and will limit the student-athlete's participation in scheduled contests.

If a student-athlete is absent during a school day, he/she may not practice or play in a game on that day unless having prior approval from the Administration.

A student-athlete who wishes to participate in any extracurricular activity (i.e. band trips, competitions, clubs, etc.) that will conflict with practices or athletic competitions must let his/her head coach know in advance.

Student-athletes who continuously miss practice and/or games for unexcused reasons could face dismissal from the team.

Team Rules

All head coaches have the discretion to discipline an athlete for violation of team rules. Team rules are to be provided to athletes within the first week of scheduled practice. Team rules will also be submitted to the administration for approval. Coaches may choose to discipline an athlete for a violation of team rules by withholding from play, suspension, or dismissal from the team.

Discipline Policy

In order to ensure that student-athletes conduct themselves as responsible representatives of the school, student-athletes are required to uphold the guidelines specified in the student handbook approved by Central Middle School and Gates County Board of Education.

In-School Suspension (ISS)

****Athlete will not attend a game if assigned ISS that day ****

1st Offense – No practice/game the day of the consequence

2nd Offense – Suspended for one game and no practice the day of the consequence

3rd Offense – Suspended from athletics for the remainder of the sport season

Any student given In School Suspension (ISS) for a full day will **not** be able to participate in any extracurricular activities for that day.

Out-of-School Suspension (OSS)

Misbehavior of a student-athlete that results in out-of-school suspension will result in that student's suspension from the team for the remainder of that sports season

**Equipment and Uniforms**

Athletes are responsible for the equipment issued to them. The athlete must pay for any lost items. Personal equipment that is brought to the school, practices, or games is the responsibility of the athlete. The school or the athletic department will not be held responsible for any lost, broken, or stolen items.

School uniforms are not to be used or worn at home or away from school unless on a team trip.

General Rules

If a student-athlete quits a sport after being placed on that sport's North Carolina Middle School Eligibility List then they are ineligible to join another team for the remainder of the season of the sport in which they quit.

After completing a full season, student-athletes are eligible for team and individual awards. Awards will be presented at a school-sponsored awards banquet.

Awards and Certificates will be given out at the discretion of the coaches. Any student-athlete who contributed to the success of the team shall be considered for an award. Students must complete the season to be eligible for sports awards and recognition.

Facilities Rules

To keep the facilities safe and in top working condition Central Middle School has adopted the following rules Volleyball, Boy's and Girl's Basketball will be played at Central Middle School.

Only participants in activities or athletics will be allowed on the Central Middle School gymnasium floor or athletic fields. For safety reasons, we ask that no spectators rush or surge the court or field after contests.

Locker Room Rules:

Locker rooms are a privilege, and everyone must keep them clean and safe. Horseplay or any physical activities that could cause someone to get hurt are not allowed. If the locker rooms aren't maintained or if these rules are broken, the privilege to use them can be taken away.

The guidelines are as follows:

1st Offense - Warning and Clean

2nd Offense - Everything removed and placed in lost and found

3rd offense - Lose use of Locker Rooms

**Grievance process**

If at any point in a sports season you have a concern to discuss with a coach, please follow these procedures:

1. Make an appointment with the coach. Please never approach the coach after a game unless requested by the coach. This can be an emotional time for both parties and may not be conducive to a successful solution for the concern.
2. If you do not believe the concern has been addressed properly after you met with the coach, contact the Athletic Director.
3. If you still have concerns after meeting with the Athletic Director then you can make an appointment with the Principal.
4. At this point if you are not satisfied with the outcome of your previous conversations you may call the Student Services Director at the Central Office.

Insurance

School Athletic Insurance covers any student who plays a sport at Central Middle School. This insurance is a supplement and is not meant to provide full coverage in most situations.

For the 2024-2025 School Year, the Gates County School District will provide supplemental athletic insurance to all athletes at no cost to the student-athlete.

Required Documents

Central Middle School requires the following documents to be completed and on file during each season for participation.

1. Completed Physical Examination Form within the past 365 days
2. Rank One Documents (Emergency Card, Concussion Info, Parental Permission, Student-Athlete Pledge, and Participate and Release)



Central Middle School Athletic Handbook

I have read the Central Middle School Athletic Handbook. I am acknowledging that I fully understand what is expected of me as a student-athlete. By signing this form I agree to comply with all rules and regulations presented in the Athletic Handbook.

Student's Printed Name

Grade

Student's Signature

Date

Parent/Guardian Printed Name

Parent's Signature

Date