



Voyager Academy Athletic Coaching Handbook

~~2023-2024~~

2024-2025

"The strength of the team is each individual member. The strength of each member is the team."

Phil Jackson

"Most people get excited about games, but I've got to be excited about practice, because that's my classroom."

Pat Summitt

Voyager Academy Website: www.voyageracademy.net

Phone Number: 919-433-3301

Facebook: VAHSVikings

Athletics Website: www.voyagervikings.com

Twitter: @VAHS_Vikings

Instagram: vahs_vikings

Both the coaching and student-athlete handbooks should be read in conjunction. There is important information relating to student-athletes that are not repeated here. It is your responsibility to review and understand both the coaching handbook and the NCHSAA student-athlete handbook before you start your season.

It is your responsibility to review and understand the coaching handbook, student-athlete handbook, and the NCHSAA handbook before you start your season.

CONTACT INFORMATION (DO NOT GIVE OUT PHONE NUMBERS TO ATHLETES OR FAMILIES)

Athletic Director: Jordan Gatcomb, CAA jgatcomb@voyageracademy.net cell: 207-332-4398

Athletic Trainer: TBA August Howerton August.Howerton@emergeortho.com cell: 919-667-5062

VOYAGER ACADEMY VISION, MISSION, & VALUES

Vision: Inspire every Viking to learn, innovate, and thrive.

Mission: Voyager Academy empowers every Viking by providing challenging academic instruction and project-based learning in a safe, inclusive, and supportive environment. Families and staff partner together to ensure that every student is prepared for their future opportunities.

The mission of Voyager Academy is to provide students in kindergarten through grade twelve an academically challenging and supportive learning environment. Staff utilizes experiential and traditional learning strategies so that students become responsible, engaged, and innovative members of society. The school's expectation is that all students, working with dedicated faculty and family, will excel academically and socially.



CONFIDENCE

Trust in your own ability and be willing to take academic and leadership risks.



CURIOSITY

Be eager to investigate and learn about the diverse world around us.



EMPATHY

Be aware of and respect another person's feelings, experiences, and differences.



REFLECTION

Use past experiences to guide learning and decision making.



INTEGRITY

Have the courage and discipline to do the right thing.

PURPOSE OF VOYAGER ACADEMY ATHLETICS

Athletics are an integral part of the education of every Voyager Academy student. The Voyager Academy Athletic Department wants to challenge our student-athletes to develop an appreciation for the concepts of preparation, hard work, commitment, teamwork, and sportsmanship. While we want to promote a winning attitude, we must keep in mind that our primary goal is to instill in our student-athletes the importance of embracing our school's values. It is our hope that through athletics we are able to make a positive, valuable, and lasting impression on our athletes. It is a privilege, not a right to be part of our athletic program.

PURPOSE OF MIDDLE SCHOOL ATHLETICS

This is considered the introductory level of interscholastic competition for Voyager Academy students. While student-athletes are expected to have a certain base level of skill and understanding prior to joining any middle school team, there is a strong emphasis on skill development, individual & team improvement, and the building of self-confidence. Please remember that many of these students may have no experience in the sport they are trying out or playing. The focus here is developing young student-athletes with their skill development and learning to work together as a team.

PURPOSE OF HIGH SCHOOL ATHLETICS

High school athletics focus on increasing player skill development, understanding of the sport, individual & team improvement, and confidence building. These goals are only accomplished through learning and applying new definitions of work ethic, perseverance, responsibility, dependability and goal setting in an effort to develop a goal oriented results driven student-athlete, both inside and outside of school and athletic setting.

VOYAGER ACADEMY COACHES

1. Inspire in their players a love for the game and the desire to win.
2. Teach that it is better to lose fairly than to win unfairly.
3. Show restraint and respect when dealing with officials, or any adverse situations or people.
4. Serve as positive role models for their players.
5. Hold their players accountable for unsportsmanlike behavior.

COACHES CODE OF ETHICS

1. Understand that the purpose of interscholastic athletics is to promote the physical, mental, moral, and social well-being of students.
2. Set a good example for their team members, students, and general public.
3. Act in a professional manner at all times.
4. Be current and up to date with the rules and regulations in your sport.
5. **Maintain complete control and supervision of team members at all practices, games, and related activities.**

6. Respect the decision of officials and remain undemonstrative in accepting these decisions. In the event a head coach feels it necessary to challenge an official's rule interpretation, they will do so in a courteous and respectful manner.
7. Coaches are not to have tobacco, alcohol, or firearms present with them while working with student-athletes.
8. Strive for good working relationships with opposing coaches and schools.
9. Never criticize an official, fan, player, or school official in public. This includes social media accounts and in the media.
10. Communicate to your team and parents in a professional manner.
11. Do not detract, interfere, or discourage students from participation in another sport or activity.
12. Use of language that is detrimental in regards to race, gender, ethnicity, and sexuality will not be tolerated and you will be relieved of your coaching duties immediately.

COACHING STAFF

All coaches must be approved by the athletic director prior to them working with any team or student-athlete. This includes paid and volunteer coaches. All coaches must go through a background check and drug screening prior to working with any student-athlete. Anyone not approved by the athletic director found to be working with student-athletes will be terminated immediately as well as the Head Coach and is not eligible for rehire.

RECRUITING POLICY

Voyager expressly prohibits coaches, administrators, or stakeholders from recruiting students for the purposes of athletics. All students will be subject to the same admissions criteria regardless of athletic abilities, and should choose to attend Voyager Academy for its academic programs and offerings rather than a particular athletic program.

COACHING REQUIREMENTS

The following are required from all of our head coaches in order to coach at Voyager Academy.

1. Fundamentals of Coaching - \$35
2. Protecting Students from Abuse - Free
3. Concussion in Sports - Free
4. Sudden Cardiac Arrest - Free
5. Current and Valid CPR/AED Certification

Paid Assistant Coach Course Requirements

1. Fundamentals of Coaching - \$35
2. Concussion in Sports - Free
3. Current and Valid CPR/AED Certification

Volunteer Assistant Coach Course Requirements

1. Fundamentals of Coaching - \$35
2. Concussion in Sports - Free
3. Sudden Cardiac Arrest - Free

CARDS, TECHNICAL FOULS, EJECTIONS, ETC.

Our student-athletes and coaches should not be receiving technical fouls, red cards, or ejections during athletic contests. If one of our student-athletes or coaches receives a technical foul, a red card, or is ejected from the contest the coach must notify the athletic director immediately after the game in an email explaining what happened. Your student-athletes and coaching staff should not be arguing and questioning official's calls. Failure to notify the athletic department of red cards, technical fouls, and ejections could result in consequences for the coach and or team. The coach shall discipline athletes who display unacceptable behavior regardless if it is a practice or an athletic competition.

ATHLETIC CODE

The following rules and policies apply to any student-athlete who are on school property, taking school-sponsored transportation or who is in attendance at school or any school-sponsored activity, or whose conduct at any time or place directly interferes with the operations, discipline, or general welfare of the school:

PHYSICALS & TRYOUT/CUT POLICY

The Athletic Department will confirm each player has an updated physical form and completed participation packet. NO student-athlete may participate in any activity without an updated/current physical exam and completed participation packet.

All teams have a limited number of roster positions. DO NOT take more athletes than you have uniforms. You cannot rotate uniforms with your players. This is why it is so important to have uniforms returned after the completion of each season.

I strongly encourage that you create a form or rubric for your try-outs, especially on teams where cuts will happen. This is a good way to specifically discuss areas student-athletes may improve on in the future. I would provide a copy to the student-athlete and keep another copy for yourself.

Your completed roster is due no later than two (2) days after the completion of tryouts, unless you are awaiting the end of another sport. In that case, your complete roster is due one week from the time of the last arriving player from another sport.

Please note that official rosters are submitted to the NCHSAA just a couple weeks after tryouts. If you submit a roster and someone is no longer part of the team you must let me know. Make sure you double check rosters because once they are submitted to the NCHSAA we cannot make any additions to it.

PHYSICALS AND PARTICIPATION FORMS

The Athletic Department will confirm each student-athlete has an updated physical form and completed participation packet. No student-athlete may participate in any activity without an updated/current physical exam and completed participation packet. All physicals must be submitted on the NCHSAA approved forms for middle and high school participation.

If any of the four (4) required NCHSAA physical forms submitted are found to have been completed under false pretenses (i.e. forged licensed medical provider signature, required medical sections completed by someone other than a licensed medical provider) the student-athlete will be suspended for a period of one (1) calendar year from Voyager athletics from when forms were submitted to the department.

TRY-OUTS

1. Student-athletes must attend the first day of tryouts to be eligible for day 2 and beyond.
2. Students who participate in a Voyager sport held during a previous season - by nature of the end of one season and the beginning of the next season overlapping - will be evaluated when their season is over **or** their previous season coach releases them.
 - **Example:** Cross Country runner who wants to try out for basketball.
 - Students who do not attend the regularly-scheduled tryout(s) for any reason (other than an injury, medical condition, or involvement in a prior season's sport) may request a special individual tryout from the head coach and athletic director, but they are under no obligation to grant such a request.

Note: Tryouts are closed to the public, and may not be attended or viewed by parents or spectators unless approved by the head coach.

CUT POLICY

Teams may have a limited number of roster positions, as such; students will need to try out for teams. Each coach will determine his or her team, player position, rotation and minutes played. Neither Voyager Academy coaches nor any member of the Athletic Department will ever discuss other student-athletes with anyone other than families of that athlete. Coaches are encouraged to create try-out rubrics, in order to specifically discuss areas student-athletes can improve in the future. Your coaches are trained and knowledgeable and have been instructed to keep only players that they feel have the ability to earn playing time and help the team either this season or in future.

NOTE

Making a team one year does not guarantee that a student-athlete will make a team the following season.

~~Student-athletes must know that practice and game attendance are mandatory unless there is an academic conflict. Individuals who miss practice will not be allowed to participate in the next competition if there is not another practice prior to the game. Student-athletes are required to attend practices or games that might be scheduled on weekends, holidays, or breaks. Outside club teams, AAU, leagues, etc. are secondary to Voyager Academy sports athletic teams. The athletic department will do their best to avoid scheduling games and matches during school breaks, particularly at the middle school level. However, please understand that varsity athletes may be required to attend games and or practices over school breaks.~~

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PARENT MEETINGS & ADDITIONAL TEAM RULES

Each team must hold a parent team meeting before they have their first scrimmage or game. Please email me with your date, time, and location of your meeting once it has been determined. This is an opportunity to review with families how practices will be run, your coaching style, answer any questions, encourage families to get involved with the program (concessions, gate, etc.) and to provide them with your expectations for your team and athletes. If you will be having additional team rules please have your athlete sign a copy of your rules and keep on file. After your team meeting please send a follow up email to the families giving a review of what was discussed and any rules/handouts they may need. Please copy the athletic director on this email. I am also more than happy to attend any parent meeting if you would like.

COMMUNICATING WITH YOUR PLAYERS

I understand how easy it is to text your athletes from your phone, but I would strongly encourage using a third party system such as TeamSnap or Activity Scheduler and including your team parents on it. Voyager Athletics will create Band accounts for all middle and high school teams and coaches will be added as Co-Admins. You are to use this app to communicate with your teams and it is strongly encouraged you to add parents as well to keep everyone on the same page. This takes away the need to text your students and adds an additional level of protection to you as the coach. Remember, that all correspondence between a coach and a player must be non-personal in nature.

COMMUNICATING WITH YOUR ATHLETIC DIRECTOR

Practices:

Please email the Athletic Director your practice schedules before you start your season. It can be something as simple as

"Monday - Friday on non-game days, 4:30-6pm". However, **the Athletic Director needs to know when there are changes to your practice schedule.** Practice schedules will be posted on the athletic website calendar this year as there were many parents who complained about not knowing when practices were or that practices ran over stated times. If you cancel your practice or change the time of your practice please send the Athletic Director an email or text so an update may be posted on our social media and Band accounts. For the winter and spring seasons the Athletic Director will meet with the coaches so an equitable practice schedule may be created and agreed upon for the gym and turf.

Games/Athletic Contests:

At the conclusion of your away game please send the Athletic Director a quick text with the final score of your game/match so our webpage and social media accounts can be updated. This is important as we have sports media and the NCHSAA that follow our accounts. Feel free to add additional information if you wish. For example: win, 4-0. Athlete A scored a hat trick and goalie, Athlete B, stopped 6 shots.

ADDITIONAL PRACTICE & GAME NOTES

Under no circumstances should exterior doors be propped open for your athletes. This is to ensure the safety of our students and staff in the buildings. This is a serious violation and only one warning will be

given.

Students cannot be left alone in the building after school. If your team has practice or a game that is not directly after school they should be going home. If this is not possible, one of your coaches should be on campus and holding a study hall for your student-athletes. Any student-athlete found in the building after school operating hours will be asked to leave unless they have a scheduled tutor session with one of their teachers. Please make sure your student-athletes are aware of this.

After each practice please make sure everything is put away in an appropriate manner and stored in its appropriate place. Please do not leave courts and fields a mess. There should be no trash, bottles, towels, tape, being left behind after practices and games.

TRANSPORTATION

Bus transportation will be provided for teams when there is a bus and driver available. The transportation manager Athletic Director will be responsible for coordinating arrangements assigning drivers for each away game that involves buses. A coach must accompany the team whenever they are using the bus. Teams are responsible for picking up their trash and any of their belongings on the bus. Athletes are expected to ride the bus back to campus. However, Coaches may make an exception at times and allow an athlete to go home with a family member if there is an email from the parent. A few other important notes in regards to transportation.

- Athletes cannot drive themselves to or from athletic games unless there is a valid reason and you and I discuss this ahead of time (this means not the day of the game).
- Teams are expected to ride the bus to and from their games. If there is a situation where a parent is taking home their child after a game, they must **email YOU** ahead of time. You must keep these emails and have the ability to send them to me ASAP at my request.
- I highly recommend printing out emails from parents who have emailed you ahead of time asking about taking their child home. This way you know who should and should not be on the bus. DO NOT assume that whoever is on the bus is who is going back with you, always check!
- There should not be athletes going home after every game with parents. I understand it may be convenient at times, but our parents really pushed for the buses and I need to make sure they're being utilized.

Steps to take if a bus breaks down or is not working properly

- Immediately call the athletic director and inform them of the situation.
 - The Athletic Director will work with the coach to address the situation and make a recommendation on next steps. Examples could include:
 - Waiting for a bus mechanic service, waiting for a backup bus, or soliciting family pick up of students.
 - Coaches should contact families of athletes and inform them of the situation and the recommended plan of action.

- Coaches must speak with a family member and have written permission from parent or guardian for any changes made to the transportation plan in the event of a breakdown or emergency situation.
- There are no exceptions to this rule. Permission must be provided in an email before the student athlete is permitted to leave with anyone.
- All emails granting permission should be forward to the Athletic Director for filing purposes.

TEAM ACCOUNTS

Please make sure you are staying current with your MaxPreps, MileSplit, and NCPrepSwimming accounts. The NCHSAA uses these accounts for official information, so it is important that your schedules, wins & losses, and player stats are current.

OFF-SEASON WORKOUTS

All student-athletes participating in off-season workouts need to be registered and have a valid physical on file. This includes summer workouts.

If you wish to use the gymnasium or the turf field during the off-season you must notify me by the below dates. It is not a first come, first serve process. I will review requests and work with coaches to make sure space is shared in a fair and equitable way. As a reminder, in season sports will always have priority of athletic facilities.

If you are conducting off-season workouts off campus please email me a list of dates, times, and locations of where your team will be practicing. These schedules will also be on our athletic website calendar for families, so please keep me updated with any changes.

DEAD PERIODS

The following dates are marked as Dead Periods from the NCHSAA. No organized team activities, film sessions, weight room sessions, workouts, etc. can be held during these dates.

July 1 - July 7, 2024

July 15 - July 21, 2024

July 31 - August 20, 2024

October 30 - November 19, 2024

Last 5 Student Days of the 1st Semester (December 12 - December 18, 2024)

February 12 - March 4, 2025

Last 10 Student Days of the 2nd Semester (May 8 - May 21, 2025)

July 3 - August 20, 2023

October 30 - November 19, 2023

December 15 - December 21, 2023 (Exam Period)

February 12 - March 3, 2024

May 9 - May 22, 2023 (Exam Period)

ATHLETE RESIDENTIAL REQUIREMENTS - MIDDLE & HIGH SCHOOL

If the student's member school does not have a boundary established by a local board of education (e.g., charter school, regional statewide public school, school operated by the University of North Carolina, non-boarding parochial school, etc.), the student must meet all enrollment criteria for that member school and attend that member school, and shall not participate in interscholastic athletics on behalf of the member school unless the student's primary residence is within either:

- (i) The entire county in which the member school is located; or
- (ii) A 25-mile radius of the member school as measured by an NCHSAA designated computer program

ATTENDANCE POLICY - MIDDLE & HIGH SCHOOL

A student-athlete must have been in attendance for at least 85 percent of the previous semester at an approved high school. Any student must be in membership to be able to make up days missed while in membership (days missed while not in membership may not be made up for athletic eligibility). For a regular 90-day semester, a student may not miss more than 13 days and be in compliance with the 85 percent rule.

At the end of each semester, any participant who has failed to attend school 85 percent of that semester is immediately ineligible.

NCHSAA TRANSFER POLICY:

After initial entry into the ninth grade, and absent a bona fide move as provided in the Residence section of the NCHSAA Handbook:

- (a) A student transferring from one member school to another member school within the same LEA must sit out 365 days for athletic participation. The LEA may create criteria for immediate athletic eligibility for transfers within the LEA.
- (b) A student transferring from one member school in one LEA to another member school in a different LEA must sit out 365 days for athletic participation. Exceptions for immediate athletic eligibility for transfers from one LEA to a different LEA will be heard by a special NCHSAA transfer committee.

NOTE: If a member school is not part of a defined LEA (e.g., charter school, non-boarding parochial school, etc.), then the member school itself will be considered its own LEA for purposes of this policy (i.e., exceptions involving these member schools will fall under subsection (b) above).

ATHLETIC ELIGIBILITY REQUIREMENTS

In order to be eligible for any athletic activity the student-athlete must meet all eligibility requirements prior to the first tryout/practice date.

1. Per DPI, middle school athletic teams are made up of student-athletes from grades 6th-8th. A student-athlete cannot participate if they become 15 years of age on or before August 31 for middle school athletics.
2. For high school student-athletes, no student may be approved for any athletic contest if his or her 19th birthday comes on or before August 31.
3. All student-athletes must complete the online Athletic Participation Forms prior to attending the first workout and or practice each academic year.
4. All student-athletes must receive and submit a medical examination once every 394 days by a licensed medical physician, physician's assistant or family practitioner in the United States.

PHYSICALS AND PARTICIPATION FORMS

The Athletic Department will confirm each ~~player~~ student-athlete has an updated physical form and completed participation packet. No student-athlete may participate in any activity without an updated/current physical exam and completed participation packet. All physicals must be submitted on the NCHSAA approved forms for middle and high school participation.

If any of the four (4) required NCHSAA physical forms submitted are found to have been completed under false pretenses (i.e. forged licensed medical provider signature, required medical sections completed by someone other than a licensed medical provider) the student-athlete will be suspended for a period of one (1) calendar year from Voyager athletics from when forms were submitted to the department.

ATHLETE ACADEMIC REQUIREMENTS - MIDDLE SCHOOL

- ~~1. Student-athletes must pass four (4) out of their five (5) classes each quarter and be passing four (4) out of five (5) classes at the time of mid-quarter progress reports.~~
- ~~2. Student-Athletes cannot have more than 13 total absences (85% attendance requirement) in the semester prior to athletic participation. (This is a State Board of Education requirement according to Board Policy 6860, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.)~~
- ~~3. Cannot participate (practice or play) if ineligible.~~

Student-Athletes first entering grade six are academically eligible for competition on middle school teams. All requirements must be met the first semester (fall) in order for this student to be eligible for athletic participation the second semester (winter and spring).

1. Six (6) Semester Rule: No student may be eligible to participate at the Middle School level for a period lasting longer than 6 consecutive semesters beginning with the students' first entry into 6th grade. The principal shall have evidence of the date of each player's entry into the 6th grade.
2. Students must be on track to advance to the next grade level by meeting promotion requirements at their school to be eligible for the Fall semester.
3. Students must earn passing grades in 70% of the number of courses taken in the previous quarter.
4. Student-athletes must pass four (4) out of their five (5) classes each quarter and be passing four (4) out of five (5) classes at the time of mid-quarter progress reports.
5. Student Athletes cannot have more than 13 total absences (85% attendance requirement) in the semester prior to athletic participation. (This is a State Board of Education requirement according to Board Policy 6860, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.)
6. Cannot participate (practice or play) if ineligible. Student-Athletes and managers cannot participate (practice or play) if ineligible or if suspended from school. This includes being with the team on the bench/sideline.
7. Middle school student-athletes must be present for over half of the day to be eligible for athletic practices or contests.
8. Student-Athletes absent from athletic practices five or more days due to illness or injury shall receive a medical release by a licensed physician before re-admittance to practice or play.

ATHLETE ACADEMIC REQUIREMENTS - HIGH SCHOOL

1. Student Athletes must earn passing grades (60 or better) in three (3) out of four (4) courses per semester and maintain a 2.0 cumulative GPA to be eligible for athletic opportunities. The student must take at least three courses to be eligible. If the student only takes three courses, all three must be passed. The student must be promoted to the next grade to be eligible for the fall semester, unless the student is a first time 9th grader.
2. Student Athletes cannot have more than 13 total absences (85% attendance requirement) in the semester prior to athletic participation. (This is a State Board of Education requirement according to Board Policy 6860, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.)
3. Student Athletes cannot participate (practice or play) if ineligible or if suspended from school.
4. Eight (8) Semester Rule: No student-athlete may be eligible to participate at the high school level for a period lasting longer than eight consecutive semesters, beginning with the student-athlete's first entry into grade nine, or participation on a high school team as an over age seventh or eighth grade student, whichever comes first. For students who skip the ninth grade and advance directly to the 10th from the eighth, the year prior to entering the 10th grade is considered the year of first entry into ninth grade for athletics.

- 5.— A student, upon entering grade nine (9), is academically eligible for competition during the first semester of high school teams. All requirements must be met the first semester (Fall) in order for this student to be eligible for athletic participation in the second semester (Spring)
- 6.— Student Athletes must earn passing grades (60 or better) in three (3) out of four (4) courses per semester and maintain a 2.0 cumulative GPA to be eligible for athletic opportunities. The student must take at least three courses to be eligible. If the student only takes three courses, all three must be passed. The student must be promoted to the next grade to be eligible for the fall semester, unless the student is a first time 9th grader. Students must be on track to advance to the next grade level by meeting promotion requirements at their school to be eligible for the Fall semester.
- 7.— Student Athletes cannot have more than 13 total absences (85% attendance requirement) in the semester prior to athletic participation. *(This is a State Board of Education requirement according to Board Policy 6860, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.)* Students must earn passing grades in 70% of the number of courses taken in the previous semester. Seniors must meet this requirement in order to participate in athletics during the Spring sports season of their senior year.
8. Voyager Academy requires a cumulative overall grade point average of 2.0 or above in order to try out and participate in athletics. This includes off-season workouts and team manager positions.
9. Student-Athletes and managers cannot participate (practice or play) if ineligible or if suspended from school. This includes being with the team on the bench/sideline.
10. Student-athletes must be present in three of their four courses to be eligible to practice or play in an athletic contest.
11. Student-Athletes absent from athletic practices five or more days due to illness or injury shall receive a medical release by a licensed physician before re-admittance to practice or play.

SCHOOL ATTENDANCE

Athletes must be in attendance for **over half (3 of 4 block classes or 4 of 6 traditional)** of the school day in order to participate in a sporting event (practice or game) that afternoon.

ATTENDANCE POLICY - MIDDLE & HIGH SCHOOL

A student-athlete must have been in attendance for at least 85 percent of the previous semester at an approved high school. Any student must be in membership to be able to make up days missed while in membership (days missed while not in membership may not be made up for athletic eligibility). For a regular 90-day semester, a student may not miss more than 13 days and be in compliance with the 85 percent rule.

At the end of each semester, any participant who has failed to attend school 85 percent of that semester is immediately ineligible.

CARDS, TECHNICAL FOULS, EJECTIONS, ETC.

Our student-athletes and coaches should not be receiving technical fouls, red cards, or ejections during athletic contests. If one of our student-athletes or coaches receives a technical foul, a red card, or is ejected from the contest the coach must notify the athletic director immediately after the game in an email explaining what happened. Your student-athletes and coaching staff should not be arguing and questioning official's calls. Failure to notify the athletic department of red cards, technical fouls, and ejections could result in consequences for the coach and or team. The coach shall discipline athletes who display unacceptable behavior regardless if it is a practice or an athletic competition.

SPORTSMANSHIP & CITIZENSHIP

All participants in athletic programs should understand that it is a privilege to participate in Voyager Academy athletic programs and that the student-athlete is representing Voyager Academy, parents, friends, community, coaches, and themselves. Athletes' actions, both on and off the athletic field and court, should reflect the Voyager Academy school and Athletic Department values at all times.

SPORTSMANSHIP EJECTION POLICY

This policy applies to all persons involved in athletic contests, including student-athletes, coaches, managers, and game administrators. The examples below include behavior or conduct which will result in ejection from a contest.

Fighting includes, but is not limited to, combative acts such as an attempt to:

1. Strike an opponent with fist, hands, arms, legs, or feet.
2. An attempt to punch or kick an opponent, regardless of whether or not contact is made.
3. An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate.
4. Leaving the bench area to participate in a fight (contact or no contact).
5. Taunting or baiting.
6. Profanity directed toward an official or opponent.
7. Obscene gestures, including gesturing in such a manner as to intimidate.
8. Disrespect when addressing or contacting an official.

VOYAGER ACADEMY EJECTION POLICY

Below are the minimum suspension lengths for student-athletes, managers, and team personnel who are ejected. Suspensions can be longer than what is listed if the offense is deemed severe. In addition, any team personnel ejected from a contest must complete the required NFHS Sportsmanship course before they are able to return to competition.

1st ejection: Suspended from the next game.

2nd ejection: Suspended for the next two games.

3rd ejection: Suspended for one calendar year; and a coach who is suspended shall not coach any team for any grade level during the period of suspension.

VOYAGER ACADEMY SPECTATOR POLICY

During athletic contests, Voyager Academy will not tolerate any spectator, either adult or student, whose behavior is disrespectful toward players, officials, or other spectators. Voyager Academy will also not permit any type of spectator behavior that detracts from the proper conduct of the game or puts a player or team at a disadvantage. Spectator ejections will go as follows:

1. **First Offense:** If a spectator violates the sportsmanship policy they will be asked to leave and will not be issued a refund.
2. **Second Offense:** Any spectator asked to leave an athletic event for a second time during the academic year will be banned from all home Voyager athletic events for 365 days starting the day after the second ejection.

NCHSAA SPECTATOR POLICY

Any inappropriate spectator behavior that is unbecoming of the NCHSAA's values and sportsmanship policy may:

1. be placed on spectator probation; or
2. be banned from attending school contests for a period of time not to exceed one calendar year from the date of the offense; or
3. cause the school to be penalized. In incidents involving criminal misconduct such as assaults, school officials in conjunction with the victims assaulted are instructed to press charges in a court of law. If charges are not filed, the school is still responsible for handling the misconduct.

Under no circumstance is a spectator to approach or contact game officials in any way to question the judgment or decision of an official's call. Any spectator that approaches a game official to question a call will be banned from Voyager home athletic events for 365 days.

NOTE: Schools are responsible and may be disciplined for the conduct of their spectators. Any assault upon, or intimidation of, a game official by a spectator is per se unsportsmanlike conduct by the school and may be dealt with as such.

HAZING

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing constitutes a criminal act. At a minimum, hazing may lead to immediate dismissal from a team and ineligibility in athletics the following semester.

SUBSTANCE ABUSE/USE

Students will not use, possess, be in the presence of, sell, transport and/or distribute any alcoholic beverage, electronic cigarette (vape devices) or any scheduled drugs or tobacco at any time throughout the entire duration at Voyager Academy.

1. For the following circumstances, a member of an athletic team will be suspended from that sport for the remainder of that season or a period of eight (8) weeks from all athletic activities, whichever is greater:
 - a. Student-athlete has consumed, possessed, transported or was in the presence of illegal use of alcoholic beverages during that athletic season.
 - b. Student-athlete used, possessed or transported non-prescribed drugs during that sport season.
 - c. Student-athlete smoked or possessed marijuana during that athletic season.

If any student-athlete receives a second seasonal or eight (8) week suspension, the student-athlete will lose the right to participate in interscholastic athletics for a period of one (1) calendar year from the date of the last violation. Student-Athletes who are in violation of this code will also be subject to administrative penalty. The above rules will be enforced when it is determined by the athletic administrator or the school administration that an athlete has violated training regulations.

- ~~2. For the circumstance of smoking tobacco, possession of an electronic cigarette (vaping device), or use of any tobacco product, a member of an athletic team a student-athlete will be suspended from athletics until they have met with the school nurse and have taken a cessation course.~~

UNIFORMS & EQUIPMENT

Uniforms are on an approximate 4-year rotation. There will be no replacement ordering for uniforms not turned in or lost by athletes. The only exception to this rule is if the athlete has paid for the cost of a replacement uniform.

Equipment must be returned within three (3) days following the conclusion of the season or the termination of participation. Coaches need to sign off on the uniform return sheet before their stipend is processed. Each student-athlete must pay for unreturned or damaged uniforms and equipment issued to them. Students who fail to pay for the unreturned or damaged equipment will be ineligible to participate in the next sport season or off-season workouts. **Additionally, students who fail to return uniforms/equipment or to pay the replacement cost will be subject to withheld academic diplomas, removal of parking privileges, senior privileges, and any other privilege designated by the school.**

ATHLETIC BRANDING

We will be making the change from Nike to Under Armor for our uniforms and official athletic apparel. We use Under Armour uniforms for our varsity teams and BSN's Victory Line for JV and Middle School uniforms. When ordering team apparel, coaching gear, etc. please try to get either UA or an off-brand (like Badger). I would like to avoid seeing a team with UA uniforms, Nike warm-up shirts, Adidas team warmups, etc.

We have a new Joe Nagle is our BSN rep that I will be meeting with and having an honest discussion with. I will be placing an order for equipment with them, but I am unsure at this time if we will continue to use them. I would highly recommend using and he has been great with communicating delays, backorders on items, and what he is able to get in a timely manner. The Athletic Shop is also a great option for team stores as they are fairly priced and have a very quick turnaround.

Voyager Athletics uses Under Armour uniforms for our varsity teams and BSN's Victory Line for JV and Middle School uniforms. When ordering team apparel, coaching gear, etc. please try to get either UA or an off-brand (like Badger). Please avoid cross-branding a team with UA uniforms, Nike warm-up shirts, Adidas team warmups, etc.

Joe Nagle is our BSN rep and he has been great with communicating delays, backorders on items, and what he is able to get in a timely manner. The Athletic Shop is also a great option for team stores as they are fairly priced and have a very quick turnaround.

FUNDRAISING

Teams can fundraise on behalf of their team once the Athletic Director has approved of the fundraiser.

- All funds must be directly deposited into the Voyager Athletics School account through checks, direct deposit, or other electronic means
- Cash is not to be used as a main form of payment
- If cash is received, there must be a receipt book with tracking, completion of the school cash deposit form, and all cash handled or exchanged by the sponsor/fundraising organization should be given directly to the Athletic Director
- There will be shared revenue under the new process
 - Teams will be able to keep 50 % of their funds raised while 50 % is donated to the department as a whole.

Expenses covered by Voyager Academy for Middle & High School Athletics

- Officiating fees and booking agents (\$50,000)
- Game balls (\$3,000.00)
- Facility rentals (\$15,000)
- Coaching stipends (\$60k)
- Coaching apparel (\$5,000)
- Cost associated with buses and transportation vans (drivers, fuel, maintenance)
- Uniforms (once every 4 years unless damage to uniforms during game play)

Expenses covered by Voyager Academy Athletic Teams through Fundraising

- Practice apparel
- Practice equipment
- Team centric apparel
- Team snacks/dinners
- Tournament and entry fees
- Other approved items by Athletic Director

Additional Fundraising Notes

- Funds do not carry over to teams at the end of the year
- Any remaining funds goes to the Athletic Department and will be utilized to support needs identified by the Athletic Director.

The following statement in regards to fundraising is taken directly from the Voyager Academy Employee Handbook and must be followed by all departments of Voyager Academy:

Fundraising Policy

In order to foster an environment that is focused on learning and student growth, School will only allow fundraisers that are directly related to school improvement, school community development or learning enhancement.

Approval: *All fundraisers must be approved by the school administration prior to implementation.*

Frequency: *There may be no more than one school-wide fundraiser conducted each semester of the school year.*

Purposes of Fundraising: *The following are acceptable fundraising purposes:*

- *Fundraisers where proceeds go directly towards enhancing school facilities or other budget needs.*
- *Fundraisers where proceeds reduce field trip costs or other student costs as they pertain to school-related opportunities.*
- *Fundraisers for charities or causes will only be conducted if there is a direct tie to a school service project in which school students are involved.*

Donors Choose Policy

All fundraising, grants and monies intended to be raised for Voyager, or any classroom, activity, athletics or club or project, through organizations such as Donors Choose or any like organizations or other internet/social media/crowdsourcing must be pre-approved by Voyager. Please contact the Principal or Managing Director for such approval. Only the Managing Director or his/her designee has the authority to approve such requests. All items purchased through these grants become property of the school.

Teams are not permitted to fundraise and bank their own funds. All funds raised must be submitted to the Athletic Director. This includes school festivals, concession sales, FanCloth, etc.

DUKE CONCESSIONS

Voyager athletics will be working at Duke concession booths during athletic events for the 2023-2024 year. Each high school team will be responsible for covering a certain number of games throughout the year. If you or the team is unable to make the date you are scheduled it is your responsibility to switch with another team or to find coverage to replace you. Every high school team is expected to participate

in this fundraiser. Middle school teams will also be responsible for raising funds once an appropriate method has been decided.

INJURIES

An injury form has been created and will be in the "For Coaches" folder that I will share with you. If there is an injury during a practice or a game where a trainer is not present please download the form, complete, and email to me both myself and our Athletic Trainer, August Howerton. In rare cases of severe injury please call me as soon as the student-athlete has been taken care of and it is safe to do so. Emergency Action Plans (EAP) can also be found in this folder.

If there is an injury during a practice or a game where a trainer is not present please email the athletic director and athletic trainer and give specific details on the injury. In rare cases of severe injury please call me as soon as the student-athlete has been taken care of and it is safe to do so.

TEAM RULES

With prior approval of the Athletics Director, additional rules may be established by the coach of the individual sport. If this is the case, each athlete in that sport will receive a written copy of these rules at the first practice session and return an acknowledgment form signed by the athlete and parent/guardian.

Social Media Policy

Student-athletes, coaches, and team personnel are expected to be exemplary representatives of themselves, their teams, and Voyager Academy both at school and in the community. With that in mind, student-athletes shall refrain from posting any content on social media sites that reflects negatively on themselves, the team, the athletic department, and Voyager Academy. Unacceptable content includes, but is not limited to:

- Open criticism of teammates, coaches, Voyager administrators, or opposing players or schools
- References to drugs, alcohol, or illicit substances
- Content of a sexual or adult nature

The first time a student-athlete is discovered to have violated this policy, the student-athlete will meet with their sport's head coach and/or the Athletic Director to discuss the offending content, and the student-athlete will be asked to delete any content deemed inappropriate (if applicable). The discipline that is carried out afterward will be discussed among the coach, Athletic Director, and the Principal of the school

If subsequent violations of this policy occur, further action may be taken, up to and including dismissal from the team.

TERMINATION OF PARTICIPATION

Student-athletes who discontinue participation on a sports team are to inform their coach of this action. All uniforms and equipment must be returned within one school day. Coaches need to inform the athletic director of any roster changes so the master athletic roster may be updated.

REQUIREMENTS FOR VARSITY LETTER AWARDS - HIGH SCHOOL ONLY

The student-athlete or team manager must be a team member for the entirety of the season. Any student-athlete or manager who is dismissed or removed from a team is not eligible for a letter or pin. Guidelines for letters and pins are below and will be given out by the team coach. If you wish to purchase a jacket or sweater for your letter they can be ordered through [NEFF's website](#).

- **Year 1 on Varsity:** Varsity letter is awarded. Only one letter will be awarded per student-athlete during their time at Voyager Academy. For example, if you are a first year student-athlete and play three varsity sports, one in each season, you will earn your varsity letter during the fall season.
- **Year 2 and forward on Varsity:** Sport specific pins will be awarded to student-athletes each season after a letter is earned.

MIDDLE SCHOOL AWARDS

- All student-athletes will receive a certificate of participation from their team coach.
- Each team can have up to five (5) additional plaques awarded at the discretion of the coach and athletic director.
- Teams that go undefeated during the regular season **and** during the conference tournament will have a banner made with their team record and all athlete, coaches, and manager names listed. These banners will be hung in the middle school gym.
- Any team that wins the regular season trophy and or the conference championship will have their year added to their team championship banner in the gym.

HIGH SCHOOL AWARDS

- Certificates awarded to student-athletes who were named to the all-conference team in their respective sport.
- Plaques awarded for those student-athletes named to all-region and or all-state teams.
- NCHSAA Individual Scholar-Athlete certificates and pins for those who earn an unweighted GPA of 3.5+ for the fall and or spring semester. The Fall/Winter Scholar-Athletes will be recognized at the spring banquet of that same year, while the spring Scholar-Athletes from the previous spring will be recognized in the fall/winter banquet that follows that spring season.
- Each team can have up to five (5) additional plaques awarded at the discretion of the coach and athletic director.

HIGH SCHOOL BANNERS & CHAMPIONSHIPS

Banners will be ordered and displayed in the high school gymnasium for the following achievements:

- Regular season conference champions.
- Conference tournament champions.
- Regional champions / Regional Runner-up
- State Runner-up
- State Champions (provided by the NCHSAA)

NCAA ELIGIBILITY STANDARDS

The NCAA has established a central clearinghouse to certify athletics eligibility for Division I and II. Please visit the NCAA Eligibility Center at: <https://web3.ncaa.org/ecwr3/> for more information.

MEMBERSHIPS

Voyager Academy High School is a 1A member of the North Carolina High School Athletic Association (NCHSAA) in the Triangle North Athletic Conference (TNAC). Voyager Academy Middle School follows the guidelines under the North Carolina Department of Public Instruction and also competes in the TNAC.

ATHLETIC HANDBOOK

Coaches will discuss and review with their teams at the beginning of each season.

PARENT/COACH COMMUNICATION

Both coaches and parents are to abide by the "24 Hour Rule." This means 24 hours will pass from the athletic contest before any discussions occur. It is our desire that positive relations can be maintained between parents and coaches. In the event that hostile feelings or arguments ensue, the meeting should be immediately terminated by both parties and another meeting should be scheduled with the athletic director present. Never approach a coach after or during a contest/practice.

Appropriate concerns to discuss with coaches include

1. What the expectations are for your son/daughter student-athlete during practices and games.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athlete.
4. Academic support and college opportunities for your student-athlete.
5. Injury procedure/protocol should your student-athlete be injured during participation.

Issues not appropriate to discuss with the coach are:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

Parents are to adhere to the following protocol **in this order** when a conflict arises:

- 1: The student-athlete speaks to the coach directly.
- 2: **The student-athlete's parent or guardian** speaks to the coach directly. Please set up an appointment the following day or time convenient for both parties.
- 3: If the issue has not been resolved, the parent schedules a time to meet with the athletic director.
- 4: If the parent seeks further assistance after having spoken to the coach and the athletic director, seek advice from the building principal.

EMERGENCY ACTION PLAN

Copies of the EAP will be in convenient and accessible locations at all athletic venues on the Voyager Academy campus as well as our off-site athletic facilities. I will also place it in the coaching folder on the drive.

INCLEMENT WEATHER

In the event Voyager Academy is closed or released early due to inclement weather conditions, all after-school activities are automatically canceled. These after-school activities include practices, contests, meetings, or other events.

Lightning/Thunder Policy:

- When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

HOT WEATHER INFORMATION

This information comes from the following sources: National Federation Sports Medicine Handbook, NATA Fluid Replacement Guidelines, NCHSAA Handbook, and the American Red Cross Sport Safety Training Handbook, NC Middle School Athletic Manual. Athletes should be informed of the information contained in this document.

Temperature (Fahrenheit)	Humidity	Procedure	Hydration Schedule
80 - 90	under 70%	No precautions necessary except close observation of those athletes with a medical history of heat illness or have reported symptoms of heat illness.	5 min. water break every 30 min
80 - 90	over 70%	Unlimited amounts of water are made available on the field. Ice water is preferable. Athletes may obtain water at any time. Coaches should monitor all athletes, especially those with a medical history	5 min. water break every 20 min

		of heat illness or have reported symptoms of heat illness to the athletic trainer during the season.	
90 and above	over 70%	A shortened practice conducted in shorts and T-shirts. Additional fluid replacement breaks are necessary. May need to suspend practice. Unlimited amounts of water are made available on the field. Ice water is preferable. Athletes may obtain water at any time. Lighten the practice routine. Coaches should monitor all athletes.	5 min. water break every 15 min.

Recommendations for Fluid Replacement

Athletes should be educated in the process of hydrating themselves as a 24 hour a day process.

<p>Before exercise:</p> <ul style="list-style-type: none"> ● Drink 17-20 ounces of water 2-3 hours before exercise ● Drink an additional 7-10 ounces of water 10-20 minutes before exercise 	<p>During exercise:</p> <ul style="list-style-type: none"> ● Refer to Hot Weather Guidelines for Athletic Practice 	<p>After exercise:</p> <ul style="list-style-type: none"> ● Drink enough fluids to replace any weight loss within two hours of completion of activity ● Fluid replacement should be at a rate of 24 ounces for every pound of body
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Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well-hydrated athlete.

Signs and Symptoms of Heat Problems

<p>Early Stages (sometimes called heat exhaustion)</p> <ul style="list-style-type: none"> ● Cool, moist, pale, ashen, or flushed skin ● Headache, nausea, dizziness ● Weakness, exhaustion ● Heavy sweating 	<p>Late Stages (sometimes called heat stroke)</p> <ul style="list-style-type: none"> ● Red, hot, dry skin ● Changes in level of consciousness ● Vomiting 	<p><u>If at any time the athlete exhibits the following signs and symptoms:</u></p> <ul style="list-style-type: none"> ● refuses water ● vomits ● skin is unusually red, hot, and dry for the weather conditions (dry clothes also) ● starts to lose consciousness <ol style="list-style-type: none"> 1. Send someone to call EMS personnel (Emergency Action Plan). 2. Place the athlete on his or her side. 3. Continue to cool the athlete by using ice or cold packs on the wrists, ankles, groin, and neck and in the armpits. Continue to check breathing and pulse
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COLD WEATHER INFORMATION

A safety threat exists when the physically active cannot maintain heat. Cold exposure can be uncomfortable, impair performance, increase injury risk and may be life threatening. Cold Weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to

be freezing temperatures.

Factors that may contribute to cold injuries include: dehydration; poor conditioning; wearing wet or tight clothing; malnutrition; altitude; or medical conditions associated with poor circulation, such as diabetes, heart disease, anemia, or sickle cell disease. The following guidelines have been established for practice and event participation.

Cold Weather Practice Recommendations:

Wind Chill Temperature ABOVE 36	Normal Practice
33 - 35 with Precipitation	No more than 40 minutes outside per session May return outside after 20 minutes indoors
32 or Below with Precipitation	No Outside Practice
33 - 35 without Precipitation	No more than 1 hour outside per session May return outside after 30 minutes indoors
26 - 31 without Precipitation	No more than 30 minutes outside per session May return outside after 15 minutes indoors
25 or Below without Precipitation	No Outside Practice

The wind chill temperature is how cold people and animals feel when outside. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder and poses a more severe threat to our bodies.

Cold Exposure Can Be Life Threatening - Know the Signs:

Early recognition of cold stress is important. Shivering, a means for the body to generate heat, serves as an early warning sign. Excessive shivering contributes to fatigue and makes performance of motor skills more difficult. Other signs include numbness, pain, swelling and redness in fingers and toes or a burning sensation of the ears, nose or any exposed flesh. Eyes may be red and watery, and athletes may complain of headache or dizziness.

As cold exposure continues, the core temperature drops. When the cold reaches the brain, a victim may exhibit sluggishness, poor judgment and may appear disoriented. Speech becomes slow and slurred, and movements become clumsy. If the participant wants to lie down and rest, the situation is a medical emergency and the emergency action plan should be activated.

Prevention of Cold Exposure Injury:

1. In cold weather temperatures proper layered clothing should be worn and encouraged. These include:
 1. Several layers around the core of the body to insulate, especially for those individuals who are least active.
 2. Long pants designed to insulate. A nylon shell or windpants on top serves well as a windbreaker.
 3. Long sleeve shirt/sweatshirt/coat designed to block wind and insulate. These may be layered.
 4. Gloves
 5. Ear Protection/Hat
 6. Wicking socks that do not hold moisture inside. Cotton absorbs and holds moisture; wool is a better alternative.
2. Cold exposure requires more energy from the body. Additional caloric intake may be required to support energy needs.
3. Cold weather activity has similar hydration needs to warm weather activity. Athletes lose more water through respiration and sweat as the air is much drier than in warmer less windy months. Though the thirst reflex is not activated as quickly in cold, a conscious effort to hydrate before, during and after activity should be made.
4. Never allow athletes to train alone in cold weather.

CONCUSSIONS

INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly Taking longer to figure things out Difficulty concentrating Difficulty remembering new information	Headache Fuzzy or blurry vision Feeling sick to your stomach/queasy Vomiting/throwing up Dizziness Balance problems Sensitivity to noise or light	Irritability-things bother you more easily Sadness Being more moody Feeling nervous or worried Crying more	Sleeping more than usual Sleeping less than usual Trouble falling asleep Feeling tired

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion; a doctor visit is required if a concussion is suspected. A medical treatment plan and clearance by the medical doctor is needed before you can return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You will not be permitted to return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

COACHING RESOURCES

Please look into joining either the NC Coaches Association or the coaches association of your specific sport. I have listed just a few below. These are important associations to be part of as it makes your athletes eligible for all-region and all-state recognition. For example, NCCA members vote on soccer and basketball participants for the state all-star game held in Greensboro in July.

North Carolina High School Athletic Association: <https://www.nchsaa.org/>

Professional Development for Coaches: <https://nfhslearn.com/>

North Carolina Coaches Association: <https://www.nccoach.org/>

North Carolina Basketball Coaches Association: <https://nc.nhsbca.org/>

North Carolina Soccer Coaches Association: <https://www.ncsca.org/>

North Carolina Baseball Coaches Association: <https://www.ncbca.org/>