

Athletics

Middle Schools Student – Parent Athletic Handbook 2021-2022

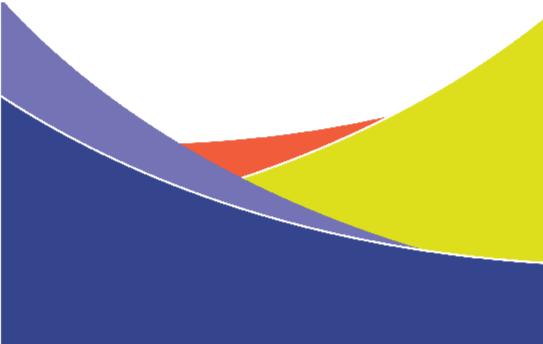


Table of Contents

1
2
3-4
4
4
5
6-8
7
7
7
8
8
8
8
8
9
9
10
11
13-16

FOREWORD

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate. The policies, procedures, and regulations in the handbook are following school board policies and administrative procedures. They are designed to provide successful experiences for students and the efficient operation of the athletic program. Cumberland County Athletes must act with pride and dignity at all times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur ON OR OFF SCHOOL GROUND THROUGHOUT THE ENTIRE CALENDAR YEAR. The handbook is designed to encourage athletes to make choices that ensure their health and safety, and provide appropriate consequences for student who violate the rules. The student athlete is accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.

Cumberland County Schools believes that good sportsmanship is an integral component of interscholastic competition. In order for good sportsmanship to prevail, coaches, student-athletes, and fans must display respect, fairness, civility, honesty and responsibility before, during and after all athletic contests. We encourage fans to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions. Love the game enough to know and follow the rules. Wishing all of you the best as you pursue your athletic dreams and goals.

David Culbreth Director of Student Activities Cumberland County Schools

SPORTS OFFERED -

The following list provides prospective student athletes with a list of sports offered during each season. Students who are interested in participating in middle school athletics should contact the coach of each sport and/or the athletic director in each school for specific tryout and preseason workout dates. The North Carolina State Board of Education establishes the rules and regulations that govern all middle school athletics.For further information, contact your school's athletic director.

Fall Sports

Football Spirit Squad - co⁻ed Soccer - Boys Track & Field - Girls Volleyball – Girls

Winter Sports

Basketball - Boys Basketball - Girls Spirit Squad - co⁻ed Wrestling

Spring Sports

Baseball - Boys Soccer - Girls Softball - Girls Track & Field – Boys

ELIGIBILITY RULES -

A student who wishes to participate in middle school athletics in Cumberland County must meet all eligibility requirements before tryouts/ practice as listed below:

- Only students in grades sixth, seven & eight may participate in middle school athletics. Sixth grade may not participate in football.
- Sixth Graders will be automatically eligible in the fall based on promotion from 5th. In the spring they must meet all eligibility requirements.
- Must be a **properly enrolled student** at the time you participate and must be in regular attendance at that school.
- Must have been in **attendance for at least 85% (13 days)** of the previous semester at an approved school.
- Must not have exceeded six **consecutive semesters beginning with the students' entry into sixth grade**.
- Must **not have graduated** from middle school.
- Must be **less than 15 years** of age on or before August 31 of the current school year.
- Must **live with your parents or legal custodian** within the school administrative unit (exceptions must be approved by your principal and the Local Board of Education).
- Must not falsify any official eligibility information such as residency/address. If residence changes during the school year you must notify the school immediately of this change or risk loss of eligibility for 365 days.
- Must have **passed a minimum academic load** during the previous semester, and meet local promotion standards.
- Must have a 70 average for the previous semester and in addition may not fail more than one core course
- Voluntary transfer students cannot participate in sports for 365 days from the first approved date of the first year of eligibility. (This includes Spirit Squad)
- A student upon first entering grade six is academically eligible for competition on middle school teams for fall semester.

ELIGIBILITY RULES – CONTINUED

- Must have a current medical examination by a duly licensed Physician, nurse practitioner, or physician's assistant; physical must carry student-athlete completely through the sport season in which the student-athlete is participating; & if you miss five or more days of practice due to illness or injury, you must receive a medical Release before practicing or playing.
- Must have a current concussion form on file in the athletic office. (Concussion forms are good for the current school year)
- On the day of an athletic contest students must be in attendance 51% of the school day to participate.
- All athletic forms should be completed on the provided Parent Online Pre-Participation Athletic Registration.
- Must not accept prizes, merchandise, money or anything that can be exchanged for money as result of athletic participation.
- May not receive team instructions from your school's coaching staff during the school day or outside your sport's season
- May not play, practice or assemble as a team with your coach on **Saturdays, Sundays, holidays, and teacher workdays.**
- May not **dress for a contest or practice** if you are not eligible to participate.
- Must not have been convicted of a felony or offense that would be a felony if committed by an adult while in middle school.

For additional eligibility information, please contact your Athletic Director or refer to the State Board of Education handbook.

TEAM SELECTION & ADMINISTRATIVE RULES

- Teams will be determined by tryouts open to all eligible students.
- The decision on the selection of team members by the coach is final.
- Coaches reserve the right to close tryouts and/or practices to parents and the general public.
- Student Athletes must ride the team activity bus to and from all contests unless excused in writing by a school administrator only.
- A student-athlete that quits a sport may not join another team during the same season.
- A student-athlete must try out for a sport during the initial tryout period unless the student-athlete has a medical issue or student transfers in the school out of the tryout period.

HARDSHIPS

- There is no appealing NCDPI rules for eligibility.
- The NCDPI does allow for claims of hardships.
- 50% of the absences must be due to the hardship for an Attendance Hardship to be filed.
- Student-athletes with disciplinary suspensions aren't able to file for a hardship based on an attendance hardship.
- All hardships must be initiated by the school.

REQUIREMENTS FOR PARTICIPATION

Remember that as an athlete you are not eligible to participate in or try-out for any sport until the following items have been completed:

- (1) Physical examination downloaded and concussion forms completed on the provided Parent Online Pre-Participation Athletic Registration.
- (2) Proof of all eligibility requirements relative to residence, age, attendance and academics.

PHOTOGRAPHIC/VIDEOTAPING PERMISSION

Cumberland County Schools Uses Photographs, Slides, Videos, Or Illustrations Of Students For Many Purposes. Such Photographs, Videos, Or Other Illustrating Material Which May Be Used In Newsletters Or Publications Produced By The School System, In Slide Presentations And/or Videos About The Schools, By The News Media In School-Related News Coverage, In Video Productions Aired On Television Produced By The School System Or In Other Similar Forms Of Communication. Parents and legal guardians have the option of granting permission for their child's picture to be used in this manner. See the Cumberland County High Schools Student-Athlete Eligibility and Permission Form for details.

ATHLETIC CODE OF CONDUCT

Participation in any athletic activity is an important part of the educational experience in the Cumberland County Schools. A primary goal of such activities is to teach students character and self-discipline skills that will enable them to develop to their highest potential. As role models for their peers and younger students, students who participate in athletic activities ("participating students") are held accountable for their actions at a higher standard than other students. Because of the public nature of the athletic programs sponsored by the Cumberland County Schools, participating students are expected to conduct themselves in a manner that will reflect the high standards and ideals of their school and community. The participating student's signature and date on his/her Cumberland County Middle Schools Student-Athlete Eligibility and Permission Form and continues until graduation from high school.

Participating student athletes are subject to this code at all times during the calendar year, including summer months, whether on or off campus. For summer month violations, any discipline or punishment imposed would go into effect at the next scheduled athletic activity by the student athlete. This Code of Conduct is, in addition to, any specific team/activity rules or regulations established by the individual programs.

*1. DRUGS AND ALCOHOL

The possession, use, distribution and/or sale of illegal or counterfeit drugs/alcohol, including possession of paraphernalia for ingestion of such substances by participating students is not acceptable and prohibited. If school officials receive credible evidence, such as a police report or criminal charges related to a drug or alcohol offense, or have a reasonable suspicion that a violation under this section has occurred, the school officials will investigate. If after investigation of the charges, school officials determine that the participating student committed the violation, he/she shall be subject to disciplinary action.

Every effort will be made by the school and individual activity programs to make participating students aware of the detrimental effects of drugs and alcohol. Students and/or parents of students suspended under this section will receive information regarding counseling. Any participating student found in violation of this offense at any time while on any school premises, including activity buses, other school-approved transportation or off campus, will be suspended from athletic participation until further review by the school athletic director, principal and director of Student Activities.

*2. <u>TOBACCO USE</u> (Principal's decision is final) Participating students found to have used tobacco while subject to this Code will be suspended from participation as outlined: <u>First Offense</u>: The student athlete will be suspended for a minimum of 10% of the next consecutive athletic contests, not including scrimmages. The suspension may require being served over two seasons if the incident occurs near the end of the first season. At the discretion of the head coach, the student athlete may practice with the team during this suspended time frame and be allowed to travel with the team. Also, at the head coach's discretion, the student athlete may be on the sideline or bench with the team in appropriate attire.

<u>Second Offense</u>: The student athlete will be suspended for a minimum of 20 % of the next consecutive sports season games/contests, not including scrimmages. The suspension may require being served over two seasons if the incident occurs near the end of the first season. At the discretion of the head coach, the student athlete may practice with the team during the suspended time frame and be allowed to travel with the team. Also, at the head coach's discretion, the student athlete may be on the sideline or bench with the team in appropriate attire.

<u>**Third Offense:**</u> The principal will suspend the student athlete from all interscholastic activities for 45 days or the remainder of the season whichever comes first.

*NOTE: These rules are meant as minimum consequences. The principal, athletic director or coach has the discretion to increase the consequences as he/she feels is most beneficial to his/her athletic program or team.

3. CRIMINAL CHARGES: A participating student athlete charged with a criminal offense, misdemeanor or felony will be suspended from athletic participation until further review by the principal and director of student activities. A student convicted of a felony offense will be immediately suspended from all athletic participation according to the State Board of Education Policy. The participating student athlete must inform his or her coach or appropriate staff of any criminal charges against them as soon as practicable, but no later than the student's next participation in any athletic event, to include practices, rehearsals, etc.

3b. DIVERSION PROGRAM

Students charged with a criminal offense and referred to the Diversion Program & do not successfully complete the program shall be suspended in accordance with the Athletic Code of Conduct.

4. <u>REVIEW PROCEDURE</u>

- i. A participating student may request a review of the disciplinary action involving items 1, 2, & 3 by providing written notice to the Superintendent or his designee within two (2) school days of the date of the Principal's notification to the student and/or parent. The notice shall state the reason for the review.
- ii. The Superintendent, or his designee, will review the record of the disciplinary action and issue a decision within five (5) school days of receipt of the request for review. The Superintendent or his designee will inform the student and parent of the decision of whether to uphold, modify, or overturn the disciplinary action. The decision of the Superintendent shall be final.
- iii. Any disciplinary action, including suspension from participation, will remain in effect during the review process.
- iv. Failure by the participating student to adhere to appeal content requirements and timelines as set forth will result in immediate dismissal of the appeal.

5. SCHOOL SUSPENSIONS

- A. In-School (full day or days) or (out of school)short-term (10 days or less)

 ineligible to participate in any athletic activity to include practice on the day(s) the student is serving suspension.
- B. **Out of School Long-Term (11 days or greater)** ineligible to participate in any athletic activity for the remainder of semester or suspension period (whichever is greater).
- C. **Disciplinary assignment to alternative school or character academy** ineligible to participate in any athletic activity for the remainder of semester or completion of assignment (whichever is greater).

6. INAPPROPRIATE BEHAVIOR

A participating student athlete who engages in any conduct or behavior, which is inconsistent with the student's position as a role model or representative of the Cumberland County Schools, is subject to disciplinary action, including suspension as determined by the Principal. Coaches or school officials may also establish additional training regulations and rules of conduct.

7. <u>APPEALS</u>

The decision of the school principal is final for items 5 & 6 as it relates to athletic participation.

SPORTSMANSHIP

As students and spectators, you represent your school and have an obligation to encourage the practice of good sportsmanship. Remember that the primary purpose of Middle School Athletics is to promote physical, mental, moral, social and emotional well-being of the players through the medium of contest. Be modest in victory and gracious in defeat.

SPORTSMANSHIP/EJECTION POLICY

Any athlete who is ejected from any athletic contest due to poor sportsmanship shall be penalized as follows:

- 1. <u>First offense</u> the athlete shall be suspended for the next game (baseball, basketball, softball & wrestling 2 games).
- 2. <u>Second offense</u> the athlete shall be placed on probation and suspended for the remainder of that season.
- 3. <u>Third offense</u> the athlete is suspended for one calendar year.
- 4. Penalties are cumulative from sport to sport and from sport season to sport season.

Any parent(s) or spectator removed from the site of a contest due to poor sportsmanship or disruptive behavior can:

- Receive a letter of warning & must take and complete the Positive Sports Parenting course on the National Federation of High Schools website. The certificate received from the Positive Sports Parenting course should be submitted prior to returning to an athletic event to the Athletic Director of the school.
- Not be allowed to attend any additional school contests.
- Be banned from attending any Cumberland County Schools Athletic Events.

CONCUSSION

INFORMATION FOR COACHES/SCHOOL NURSES/SCHOOL VOLUNTEERS

What is a concussion? A concussion is a traumatic brain injury caused by a direct or indirect impact to the head that results in disruption of normal brain function, which may or may not result in loss of consciousness. It can occur from a fall, a blow to the head, or a blow to the body that causes the head and the brain to move quickly back and forth.

How do I recognize a concussion? There are many signs and symptoms a person may experience following concussion that can affect their thinking, emotions or mood, physical abilities, or sleep.

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability	Sleeping more than
Feeling slowed down	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Nausea/Vomiting	More emotional than normal	Trouble falling asleep
Difficulty remembering new	nuusou, romining		
information	Dizziness	Feeling nervous or anxious	
	Balance problems		
		Crying more	
	Sensitivity to noise or light		

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

What should I do if I think a student-athlete has sustained a concussion? If you suspect a student-athlete is experiencing any of the signs and symptoms listed above, you immediately remove them from participation, let their parents know, and/or refer them to the appropriate medical personnel.

What are the warning signs that a more significant head injury may have occurred? If they have a headache that gets worse over time, experience loss of coordination or abnormal body movements, have repeated nausea, vomiting, slurred speech, or you witness what you believe to be a severe head impact, you should refer them to appropriate medical personnel immediately.

What are some of the long-term or cumulative issues that may result from a concussion? Individuals may have trouble in some of their classes at school or even with activities at home. Down the road, especially if their injury is not managed properly, or if they return to play too early, they may experience issues such as being depressed, not feeling well, or have trouble remembering things for a long time. Once an individual has a concussion, they are also more likely to sustain another concussion.

How do I know when it's ok for a student-athlete to return to participation after a suspected concussion? Any student-athlete experiencing signs and symptoms consistent with a concussion should be immediately removed from play or practice and referred to appropriate medical personnel. They should not be returned to play or practice on the same day. To return to play or practice, they will need written clearance from a medical professional trained in concussion management.

No athlete should be returned to play or practice while experiencing any concussion-related signs or symptoms following rest or activity.

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.

MIDDLE SCHOOL CONFERENCE INFORMATION

			Athletic		
School	Address	Phone #	Director	Mascot	<u>Colors</u>
Division I		<u>I Hone</u>	Director	<u></u>	00000
	4464 Clinton Rd.,		STEVEN		
Mac Williams	Fayetteville, NC 28301	483-8222	SKARIE	Mustangs	Gray/Blue
	1616 Ireland Dr.,	105 0222	Simile	mustungs	Gruy/ Druc
Douglas Byrd	Fayetteville, NC 28304	483-3101		Hawks	Cardinal/Gold
Douglus Dyru	5151 Celebration Dr.,	105 5101	EBONY	nawis	
Gray's Creek	Hope Mills, NC 28348	483-4124	JOHNSON	Bruins	Black/Gold
	5551 Fisher Rd.,		BOBBY	Drums	
John Griffin	Fayetteville, NC 28304	424-7678	DORMAN	Pirates	Purple/Gold
, u	590 Winding Creek Rd,		SCOTT		
Max Abbott	Fayetteville, NC 28305	323-2201	WITHEROW	Panthers	Blue/White
Division II					
	6901 Ramsey St.,		KAMINA		
Pine Forest	Fayetteville, NC 28311	488-2711	FITZGERALD	Raiders	Green/Gold
	4100 Elk Rd.,	100 2711	DAVID	Ituluelis	
South View	Hope Mills, NC 28384	424-3131	SIMMONS	Bobcats	Orange/Blue
	275 Bonanza Dr.,				
Westover	Fayetteville, NC 28303	864-0813		Wildcats	Blue/Silver
	4975 Cameron Rd.,		KENNETH		, ,
Hope Mills	Hope Mills, NC 28348	425-5106	ELLIOTT	Vikings	Purple/Gold
	2150 Skibo Rd.,		DEBBIE		
Lewis Chapel	Fayetteville, NC 28304	864-1407	MCKENZIE	Cardinals	Red/Gold
Division III					
	P. O. Box 70089,		KELLY		
Albritton	Ft. Bragg, NC 28307	907-0201	MELVIN	Bulldogs	Royal/White/Silver
	2121 Skibo Rd.,		WHITNEY		
Anne Chesnutt	Fayetteville, NC 28304	867-9147	IGLESIAS	Hornets	Maroon/Gold
	2517 Ramsey St.,		STEPHANIE		
Nick Jerald's	Fayetteville, NC 28301	822-2570	KELLY	Eagles	Royal Blue/Gold
New Century	7455 Century Cir.,				Dark
International	Fayetteville, NC 28306	487-2001		Titans	Blue/Chartreuse/Silver
	612 Spring Ave.,		TRAVIS		
Spring Lake	Spring Lake, NC 28390	497-1175	STROUD	Broncos	Blue/Gold

DAVID CULBRETH Director of Student Activities

678-2445 678-2612

davidculbreth@ccs.k12.nc.us

GAME TIMES/PRACTICE SCHEDULES/GAME COST

GAME SCHEDULE 2021-2022 ALL MIDDLE SCHOOL GAMES WILL START AT 4:00 PM

PRACTICE DATES FALL

AUGUST 30, 2021

WINTER NOVEMBER 15, 2021

SPRING FEBRUARY 16, 2022

**THESE SCHEDULES WILL HOLD TRUE UNLESS OTHERWISE POSTED OR ANNOUNCED BY THE SCHOOLS.

GAME COST

\$4.00 All sports with the exception of \$3.00 Track

CCS MIDDLE SCHOOLS ATHLETIC DIVISIONS

Division I	Division II	Division III
Mac Williams	Westover	Albritton
Pine Forest	Southview	Lewis Chapel
Gray's Creek	Douglas Byrd	Hope Mills
John Griffin	Nick Jeralds	Spring Lake
Max Abbott	Anne Chesnutt	New Century

Division I			
Mac Williams	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022

FootballFALL8/30/202111/4/2021Voleyball/SoccerFALL8/30/2021SOCCER 11/1/21 VOLLEYBALL 11/3/2021Girls TrackFALL8/30/202110/19/21 Division MeetBasketballWINTER11/15/2021C/8/2022WrestlingWINTER11/15/20212/8/2022Boys TrackFALL2/16/20224/26/21 Division MeetBasketball/SoftballSPRING2/16/2022SOFTBALL 5/3/22 BASEBALL 5/4/22SoccerSPRING2/16/2022SOFTBALL 5/3/22 BASEBALL 5/4/22Gray's CreekSEASONFIRST PRACTICESTRENGTH GAMEFootballFALL8/30/202111/4/2021Volleyball/SoccerFALL8/30/202110/19/21 Division MeetBasketballWINTER11/15/2021GIRLS 2/7/22 - BOYS 2/9/22WrestlingWINTER11/15/20212/8/2022Boys TrackFALL2/16/20224/26/21 Division MeetBaseball/SoftballSPRING2/16/20225/2/202SoccerSPRING2/16/2022SOFTBALL 5/12/22John GriffinSEASONFIRST PRACTICESTRENGTH GAMEFootballFALL8/30/202111/14/2021Volleyball/SoccerFRIL8/30/202111/4/2021Volleyball/SoccerSPRING2/16/2022SOFTBALL 5/12/22Boys TrackFALL8/30/2021GIRLS 2/1/22 - BOYS 2/9/22WrestlingWINTER11/15/2021GIRLS 2/1/22 - BOYS 2/9/22WrestlingWINTER11/15/20212/8/2022 <td< th=""><th>Douglas Byrd</th><th>SEASON</th><th>FIRST PRACTICE</th><th>STRENGTH GAME</th></td<>	Douglas Byrd	SEASON	FIRST PRACTICE	STRENGTH GAME
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Soccer SPRING 2/16/2022 5/2/2022 Gray's Creek SEASON FIRST PRACTICE STRENGTH GAME Football FALL 8/30/2021 11/4/2021 Volleyball/Soccer FALL 8/30/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 Girls Track FALL 8/30/2021 10/19/21 Division Meet Basketball WINTER 11/15/2021 GIRLS 2/7/22 - BOYS 2/9/22 Wrestling WINTER 11/15/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22 Soccer SPRING 2/16/2022 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 Girls Track FALL 8/30/2021 10/19/21 Division Meet Basketball WINTER 11/15/2021 GIRLS 2/7/22 - BOYS 2/9/22 Wrestling WINTER 11/1	Boys Track	FALL	2/16/2022	4/26/21 Division Meet
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Baseball/SoftballSPRING2/16/2022SOFTBALL 5/3/22 - BASEBALL 5/4/22SoccerSPRING2/16/2022S/2/2022Max AbbottSEASONFIRST PRACTICESTRENGTH GAMEFootballFALL8/30/202111/4/2021Volleyball/SoccerFALL8/30/2021SOCCER 11/1/21 VOLLEYBALL 11/3/2021Girls TrackFALL8/30/2021GIRLS 2/7/22 - BOYS 2/9/22WrestlingWINTER11/15/2021GIRLS 2/7/22 - BOYS 2/9/22Boys TrackFALL2/16/20224/26/21 Division MeetBaseball/SoftballSPRING2/16/2022SOFTBALL 5/3/22 - BASEBALL 5/4/22		WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
SoccerSPRING2/16/20225/2/2022Max AbbottSEASONFIRST PRACTICESTRENGTH GAMEFootballFALL8/30/202111/4/2021Volleyball/SoccerFALL8/30/2021SOCCER 11/1/21 VOLLEYBALL 11/3/2021Girls TrackFALL8/30/2021GIRLS 2/7/22 - BOYS 2/9/22BasketballWINTER11/15/2021GIRLS 2/7/22 - BOYS 2/9/22WrestlingWINTER11/15/20212/8/2022Boys TrackFALL2/16/20224/26/21 Division MeetBaseball/SoftballSPRING2/16/2022SOFTBALL 5/3/22 - BASEBALL 5/4/22	Wrestling			
Max AbbottSEASONFIRST PRACTICESTRENGTH GAMEFootballFALL8/30/202111/4/2021Volleyball/SoccerFALL8/30/2021SOCCER 11/1/21 VOLLEYBALL 11/3/2021Girls TrackFALL8/30/202110/19/21 Division MeetBasketballWINTER11/15/2021GIRLS 2/7/22 - BOYS 2/9/22WrestlingWINTER11/15/20212/8/2022Boys TrackFALL2/16/20224/26/21 Division MeetBaseball/SoftballSPRING2/16/2022SOFTBALL 5/3/22 - BASEBALL 5/4/22	-	WINTER	11/15/2021	2/8/2022
Football FALL 8/30/2021 11/4/2021 Volleyball/Soccer FALL 8/30/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 Girls Track FALL 8/30/2021 Old 10/19/21 Division Meet Basketball WINTER 11/15/2021 GIRLS 2/7/22 - BOYS 2/9/22 Wrestling WINTER 11/15/2021 2/8/2022 Boys Track FALL 2/16/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track	WINTER FALL	11/15/2021 2/16/2022	2/8/2022 4/26/21 Division Meet
Volleyball/Soccer FALL 8/30/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 Girls Track FALL 8/30/2021 10/19/21 Division Meet Basketball WINTER 11/15/2021 GIRLS 2/7/22 - BOYS 2/9/22 Wrestling WINTER 11/15/2021 2/8/2022 Boys Track FALL 2/16/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track Baseball/Softball	WINTER FALL SPRING	11/15/2021 2/16/2022 2/16/2022	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22
Girls Track FALL 8/30/2021 10/19/21 Division Meet Basketball WINTER 11/15/2021 GIRLS 2/7/22 - BOYS 2/9/22 Wrestling WINTER 11/15/2021 2/8/2022 Boys Track FALL 2/16/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track Baseball/Softball Soccer	WINTER FALL SPRING SPRING	11/15/2021 2/16/2022 2/16/2022 2/16/2022	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022
Basketball WINTER 11/15/2021 GIRLS 2/7/22 - BOYS 2/9/22 Wrestling WINTER 11/15/2021 2/8/2022 Boys Track FALL 2/16/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track Baseball/Softball Soccer Max Abbott	WINTER FALL SPRING SPRING SEASON	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME
Wrestling WINTER 11/15/2021 2/8/2022 Boys Track FALL 2/16/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track Baseball/Softball Soccer Max Abbott Football	WINTER FALL SPRING SPRING SEASON FALL	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021
Boys Track FALL 2/16/2022 4/26/21 Division Meet Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track Baseball/Softball Soccer Max Abbott Football Volleyball/Soccer	WINTER FALL SPRING SPRING SEASON FALL FALL	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Baseball/Softball SPRING 2/16/2022 SOFTBALL 5/3/22 - BASEBALL 5/4/22	Boys Track Baseball/Softball Soccer Max Abbott Football Volleyball/Soccer Girls Track	WINTER FALL SPRING SPRING SEASON FALL FALL FALL	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 10/19/21 Division Meet
	Boys Track Baseball/Softball Soccer Max Abbott Football Volleyball/Soccer Girls Track Basketball	WINTER FALL SPRING SPRING SEASON FALL FALL FALL WINTER	11/15/2021 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021 11/15/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 10/19/21 Division Meet GIRLS 2/7/22 - BOYS 2/9/22
Soccer SPRING 2/16/2022 5/2/2022	Boys Track Baseball/Softball Soccer Max Abbott Football Volleyball/Soccer Girls Track Basketball Wrestling	WINTER FALL SPRING SPRING SEASON FALL FALL FALL WINTER WINTER	11/15/2021 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021 11/15/2021 11/15/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 10/19/21 Division Meet GIRLS 2/7/22 - BOYS 2/9/22 2/8/2022
	Boys Track Baseball/Softball Soccer Max Abbott Football Volleyball/Soccer Girls Track Basketball Wrestling Boys Track	WINTER FALL SPRING SPRING SEASON FALL FALL FALL WINTER WINTER FALL	11/15/2021 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021 11/15/2021 11/15/2021 2/16/2022	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/2021 10/19/21 Division Meet GIRLS 2/7/22 - BOYS 2/9/22 2/8/2022 4/26/21 Division Meet

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Cumberland County Schools Athletics Page - https://www.ccs.k12.nc.us/domain/1604

Pine Forest	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/202
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022
South View	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/202
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER		
Boys Track	FALL	11/15/2021	2/8/2022
Baseball/Softball		2/16/2022	4/26/21 Division Meet
	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022
Westover	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/202
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022
Hope Mills	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/202
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Basketball	WINTER WINTER	11/15/2021 11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22 2/8/2022
Basketball			
Basketball Wrestling Boys Track	WINTER FALL	11/15/2021 2/16/2022	2/8/2022 4/26/21 Division Meet
Basketball Wrestling Boys Track Baseball/Softball	WINTER FALL SPRING	11/15/2021 2/16/2022 2/16/2022	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22
Basketball Wrestling Boys Track Baseball/Softball	WINTER FALL SPRING SPRING	11/15/2021 2/16/2022 2/16/2022 2/16/2022	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel	WINTER FALL SPRING SPRING SEASON	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel Football	WINTER FALL SPRING SPRING SEASON FALL	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel Football Volleyball/Soccer	WINTER FALL SPRING SPRING SEASON FALL FALL	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/202
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel Football Volleyball/Soccer	WINTER FALL SPRING SPRING SEASON FALL FALL FALL	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/202 10/19/21 Division Meet
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel Football Volleyball/Soccer Girls Track Basketball	WINTER FALL SPRING SPRING SEASON FALL FALL FALL WINTER	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021 11/15/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/202 10/19/21 Division Meet GIRLS 2/7/22 - BOYS 2/9/22
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel Football Volleyball/Soccer Girls Track Basketball Wrestling	WINTER FALL SPRING SPRING SEASON FALL FALL FALL WINTER WINTER	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021 11/15/2021 11/15/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/202 10/19/21 Division Meet GIRLS 2/7/22 - BOYS 2/9/22 2/8/2022
Basketball Wrestling Boys Track Baseball/Softball Soccer Lewis Chapel Football Volleyball/Soccer Girls Track	WINTER FALL SPRING SPRING SEASON FALL FALL FALL WINTER	11/15/2021 2/16/2022 2/16/2022 2/16/2022 FIRST PRACTICE 8/30/2021 8/30/2021 8/30/2021 11/15/2021	2/8/2022 4/26/21 Division Meet SOFTBALL 5/3/22 - BASEBALL 5/4/22 5/2/2022 STRENGTH GAME 11/4/2021 SOCCER 11/1/21 VOLLEYBALL 11/3/202 10/19/21 Division Meet GIRLS 2/7/22 - BOYS 2/9/22

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Division III			
Albritton	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022
Anne Chesnutt	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022
Nick Jerald's	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022
New Century International	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Girls Track	FALL		10/19/21 Division Meet
Basketball	WINTER	8/30/2021	
Wrestling		11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Boys Track	WINTER	11/15/2021	2/8/2022
Baseball/Softball	FALL	2/16/2022	4/26/21 Division Meet
Soccer	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
	SPRING	2/16/2022	5/2/2022
Spring Lake	SEASON	FIRST PRACTICE	STRENGTH GAME
Football	FALL	8/30/2021	11/4/2021
Volleyball/Soccer	FALL	8/30/2021	SOCCER 11/1/21 VOLLEYBALL 11/3/2021
Girls Track	FALL	8/30/2021	10/19/21 Division Meet
Basketball	WINTER	11/15/2021	GIRLS 2/7/22 - BOYS 2/9/22
Wrestling	WINTER	11/15/2021	2/8/2022
Boys Track	FALL	2/16/2022	4/26/21 Division Meet
Baseball/Softball	SPRING	2/16/2022	SOFTBALL 5/3/22 - BASEBALL 5/4/22
Soccer	SPRING	2/16/2022	5/2/2022

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