



Fall Sports Parents Informational Meeting

Guidelines and Expectations for returning to Athletics





PLEASE SILENCE YOUR MIC



AGENDA:

- **REQUIREMENTS**
- **JULY 6**
- **LINKS**
- **QUESTION**

REQUIREMENTS



Eligibility for 2020-2021 Athletic Season

CMS board approved to suspend the CMS 2.0 GPA athletic eligibility requirement for 2020-21 **first semester student-athletes who met CMS promotion standard from the 2019-20 school year.**

NCHSAA has also waived their minimum class load eligibility requirement for first semester student-athletes who met local promotion standards from 2019-20

Student Athlete Requirements Pre-July 6



- SA - current physical on file. (**Dated March 1, 2019 or after = current.**)
- SA - updated NCHSAA pre-participation form – signed by parent/legal guardian.
- Proof of Insurance
- Ticket 2 Play: cmsathleticzone.com/rockyriver
- NCHSAA Initial Screening Questions to Participate During COVID-19/ 1ST DAY-signed by parent/guardian & SA
- Actions if YES - Return to Play Form (***)Must be signed by physician to participate.***)



COVID-19 PRE-PARTICIPATION PHYSICAL EXAMINATION

Date of Current Physical	Requirement for 2020-2021
Prior to 03/01/19	Need valid, up-to-date physical prior to participating.
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year.
On or after 05/02/20	Will participate based on the current policy of being "valid for 395 days"

CMS Return To Athletic Activity



- **CMS Covid-19**
 - 4- day practice week
 - No practices on Fridays
- **CMS July 6**
 - Resume athletic activities on CMS campuses.
 - FALL sports teams ONLY, winter and spring remain in dead period.
 - Limited to outdoor conditioning and skill development workout- ONLY
 - Times 7:00am-11:00am and after 6:00pm-9:00pm
- **July 13 - Womens Tennis & Volleyball**
 - Voluntary workouts will be Mon-Wed 9:00am - 10:30am
- **Before a SA(student athlete) can participate:**
 - Current physical dated on or after March 1, 2019
 - Athletic Director must have physical on file before July 6, 2020
 - Ticket2Play www.cmsathleticzone.com/rockyriver will close July 2, 2020 and will not reopen until July 6th.
 - Proof of insurance(uploaded)
 - Initial screening form- Dated no earlier than July 5. Must be signed by Parent and SA



Day to Day Expectations:

- SA and coaches arrive ready to work out and depart **IMMEDIATELY** after workout. - There will be **NO** use of locker rooms during this phase.
- Arrive with face covering
- Continue to practice social distancing
- Wash hands
- **HYDRATION: ALL Student Athletes must come daily with their own filled water bottle.**
 - Suggesting that all SA use gallon jug with their name.
 - Water station will be provided for refill.

LINKS



IMPORTANT LINKS

www.cmsathleticzone.com/rockyriver

Newcomers/incoming freshman - <https://bit.ly/risingravens>

FALL HEAD COACHES CONTACT



Football	Coach Gray	orlandod.gray@cms.k12.nc.us
Cheerleading	Coach Shaw	kimshaw844@gmail.com
Cheer Advisor on campus	Ms. Boyd	chiquita.boyd@cms.k12.nc.us
Cross Country(M&W)	Coach Fuller	james1.fuller@cms.k12.nc.us
Men's Soccer	Coach Chez	isacoach9@yahoo.com
Women's Tennis	Coach Speight	faturndrat.speight@cms.k12.nc.us
Volleyball	Coach Robinson	steve1.robinson@cms.k12.nc.us



QUESTIONS



THANK YOU

RAVENS FAMILY

#RISEUP AND BE #RAVENRESILIENT