

RESEARCH TRIANGLE RAPTORS

RESEARCH TRIANGLE HIGH SCHOOL

Athletics Handbook

Revised November 2023

RTHS Athletics Staff Directory

The Director of Athletics oversees all aspects of the athletic program. The Director of Athletics reports directly to the Director of Operations and works with the Principal and counseling staff when appropriate (e.g. determining student-athlete eligibility).

RTHS ADMINISTRATION

Akiba Griffin	Principal/Executive Director	agriffin@rthighschool.org
Alex Drake 	Chief Operations Officer	adrake@rthighschool.org
TBA	Director of Student Services	TBA
Sarah Overman	College Advisor/NCAA Eligibility Center	soverman@rthighschool.org

RTHS ATHLETIC ADMINISTRATION

Jay Liotta 	Director of Athletics	jliotta@rthighschool.org
Angelina Soulasinh	Assistant Director of Athletics	asoulasinh@rthighschool.org

BOYS' BASKETBALL

Lenell Wallace 	Head Coach	llwallace@rthighschool.org
Oliver Bobbitt	Assistant Coach	
TBA	Assistant Coach	

GIRLS' BASKETBALL

Damon Stevens	Head Coach	dstevens@rthighschool.org
TBA	Assistant Coach	

CROSS COUNTRY / TRACK & FIELD

Michal Swepson	Head Coach (Indoor/Outdoor Track & Field)	mswepson@rthighschool.org
Michal Swepson	Head Coach (Cross Country)	mswepson@rthighschool.org
Victor Swepson	Assistant Coach (Outdoor Track & Field)	vswepson@rthighschool.org

BOYS' GOLF

Reily O'Brien	Head Coach	robrien@rthighschool.org
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GIRLS' GOLF

TBA	Head Coach	
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BOYS' SOCCER

Jay Liotta 	Head Coach	jliotta@rthighschool.org
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GIRLS' SOCCER

TBA	Head Coach	
Grace Lincroft	Assistant Coach	glincroft@rthighschool.org

BOYS' AND GIRLS' SWIMMING

Kelsey Fletcher	Head Coach	kfletcher@rthighschool.org
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BOYS' TENNIS

TBA	Head Coach	
William Hall	Assistant Coach	whall@rthighschool.org

GIRLS' TENNIS

Kinsey Blount	Head Coach	kblount@rthighschool.org
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VOLLEYBALL

Kerry Malak	Head Coach	kmalak@rthighschool.org
TBA	Assistant Coach	

SPORTS MEDICINE

TBA	Certified Athletic Trainer (Contracted)	
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Introduction

The purpose of this manual is to communicate all aspects of the Research Triangle High School (RTHS) athletic program to coaches, athletes, parents, and all other stakeholders. The information contained in the manual is beneficial to understanding the philosophy and overall scope of the RTHS athletic program.

The athletic program at RTHS provides a variety of individual and team sport opportunities for all students. The aim of the athletic program is to provide a competitive, appropriate schedule of interscholastic contests seeking to build positive rivalries, foster friendships, improve athletic skills, build self-confidence, and teach valuable skills such as discipline, leadership, and teamwork.

We hope that the RTHS student body will take advantage of the athletic programs offered by the school, and that the experience is challenging and rewarding.

We encourage parental and family interaction in the athletic program, which results in increased school spirit and beneficial whole-family experiences.

Mission, Values, and Goals

Mission Statement

The mission of the Research Triangle High School Athletic Department is to not only field competitive teams, but to teach student-athletes important values such as sportsmanship, hard work, and perseverance that will help them in high school and beyond, while representing and promoting Research Triangle High School in a positive manner in all that we do.

Values

The RTHS Athletic Department will be guided by two absolute values: (1) Always tell the truth, and (2) Treat others as we would wish to be treated.

Goals

The RTHS Athletic Department will always strive to achieve the following goals:

- Compete with pride, always winning with class and losing with dignity and grace;
- Responsibly manage our resources, both material and financial;
- Comply with all RTHS and North Carolina High School Athletic Association rules; and
- Work hard to improve, with the ultimate goal of being the preeminent high school athletic department in North Carolina.

Memberships

Research Triangle High School is a member of the 2A classification of the North Carolina High School Athletic Association (NCHSAA).

RTHS is also a member of the Super Six Conference (S6C), which consists of seven (7) high school athletic programs from the Triangle region. Fellow conference members are: East Wake Academy (Zebulon), Falls Lake Academy (Creedmoor), Franklin Academy (Wake Forest), North Carolina School of Science and Math (Durham), Raleigh Charter (Raleigh), and Wake Preparatory Academy (Wake Forest).

RTHS accepts and abides by all policies set forth by the NCHSAA and the Super Six Conference.

Participation

Research Triangle High School fields varsity programs in all sports it offers. While the teaching of values such as sportsmanship, perseverance, and commitment is a critically important aspect of our athletic programs, all teams are expected to field the most competitive teams possible with the objective of winning games and contests. With that in mind, the following policies and principles are established.

Tryouts and Cuts

Depending on the number of student-athletes trying out for a sport, a coach may elect to make cuts to the roster prior to the start of a sport's season. Rosters will be chosen based on student-athlete skills, ability, commitment level, and team dynamic. The decision of whether to keep or cut a player rests solely with the head coach, and his/her decision is final.

Student-athletes who do not attend the regularly-scheduled tryouts for any reason other than an injury may request a special individual tryout from the head coach, but the head coach is under no obligation to grant such a request.

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

Injured Athlete Tryout Policy

Injured athletes unable to try out for a team with limited roster spaces must notify the head coach of the sport for which he/she wishes to try out that he/she would intend to try out if not for the injury; this notification must occur before the first day of tryouts. The head coach and the Director of Athletics will determine the status of the injured player.

Participation in Games

Being on the roster and dressing out for a contest does not guarantee that a student-athlete will participate in every contest. Playing time should be based on the judgment of the coach with a focus on skills, ability, teamwork, character, and any other criteria deemed appropriate by the coach.

Student-athletes, parents, and guardians are prohibited from speaking to the coaching staff regarding playing time for 24 hours following the conclusion of a contest, and coaches will not discuss any situation or decision that does not directly pertain to the child of the parents and/or guardians.

Coaches are allowed to develop participation policies more inclusive than the one outlined above.

Quitting Policy

If a student voluntarily removes himself/herself from a RTHS fall or winter sports team for any reason after having made the team and added to the official roster submitted to the conference, he/she shall be ineligible for participation on any RTHS athletic team for the remainder of that school year. If a student voluntarily removes himself/herself from a RTHS spring sports team for any reason, he/she shall be ineligible for participation on any RTHS athletic team the following fall.

Exceptions may be granted by the athletic director and/or head coach in the event of a season-ending injury or a family emergency or hardship.

A student-athlete will not be thought of as having "quit" if he/she is declared academically ineligible or dismissed from a team by the head coach.

Recruiting Statement

Research Triangle High School 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 RTHS for its academic programs and offerings rather than a particular athletic program.

Duties of the Director of Athletics

The Director of Athletics at Research Triangle High School is responsible for the overall functioning of the athletic program, and reports directly to the Director of Operations in addition to collaborating with the Executive Director on matters that require the school leader's input. The Director of Athletics's duties include:

1. Prepare the schedule of contests for all sports. After the conference schedule is completed, non-conference games will be scheduled to fill in the remainder of the season.
2. Book and arrange for payment of officials for all home athletic events, with the assistance of the regional supervisors of officials and school treasurer.
3. Reserve facilities for all practices and home contests.
4. Oversee that all forms required for athletic eligibility and coach compliance are turned in and current, and arrange for the record-keeping and maintenance for said documents.
5. Supervise athletic eligibility and maintain a list of students who have failed to maintain eligibility, turn in the required paperwork, or pay athletic fees.
6. Complete the NCHSAA master eligibility forms for each sport.
7. Inform students, parents, and coaches of the loss or gain of athletic eligibility.
8. Direct or assist in directing any tournaments or multi-team events hosted by RTHS.
9. Supervise, or designate supervision for, all athletic events hosted by RTHS.
10. Arrange staffing and security for all RTHS athletic events, as needed.
11. Hire non-faculty coaches for sports and recommend coaching changes, in consultation with the Executive Director.
12. Ensure that all coaches have completed the NFHS Fundamentals of Coaching and Concussion Management courses, as well as ensuring that all head coaches completed his/her respective sport's rules clinic (online or in person).
13. Approve assistant coaches chosen by the head coach.
14. Schedule and lead Athletic Department meetings as needed.
15. Evaluate all head coaches at the conclusion of their respective sport seasons.
16. Maintain and update the Athletic Department's social media presences.
17. Ensure the Department's compliance with all NCHSAA and Super Six rules, regulations, and bylaws.
18. Educate all coaches on NCHSAA rules, regulations, and bylaws.
19. Perform any and all other duties prescribed by the Principal or Director of Operations.

Duties of the Assistant Director of Athletics

The Assistant Director of Athletics is primarily responsible for assisting the Director of Athletics in the execution of his/her responsibilities as needed. Most prominently, the Assistant Director of Athletics shall:

1. Serve as game manager for athletic events as needed, especially when two home events are occurring simultaneously.
2. Stand in for the Director of Athletics at conference meetings or other functions if the Director of Athletics is otherwise indisposed.
3. Work with the Director of Athletics to check student-athlete paperwork for completeness, and student-athletes' eligibility to participate in athletics.
4. Maintain equipment and uniform inventory and develop plans for replacing equipment and uniforms, with the assistance of head coaches.

Duties of the Head Coach

Coaches employed by Research Triangle High School understand that the athletic program is educational in its purpose and conduct, and that the program is for the collective benefit of the student-athletes and the school.

Prior to employment, prospective coaches will be required to provide RTHS with personal information to allow the office staff to conduct a thorough background check. Coaches serve in their positions for one academic year at a time; notification of renewal or dismissal for the next academic year will be given by the Director of Athletics or the Chief School Officer no later than May 31.

Coaches should not only be proficient in the sport for which they are responsible, but also should serve as role models for RTHS student-athletes in sportsmanship, teamwork, and appearance before the public. The use of alcohol, tobacco, or controlled substances in the presence of student-athletes or at school functions is prohibited and will be grounds for dismissal. Head coaches should require that assistant coaches and student-athletes represent RTHS in exemplary fashion at all times.

Head coaches shall:

1. Submit a team roster to the Director of Athletics immediately following the completion of tryouts.
2. Monitor student-athlete grades and eligibility, with the assistance of the Director of Athletics and/or Dean of Students.
3. Communicate with parents regarding low grades and strategies for improving a student's academic performance.
4. Report all injuries to the Athletic Trainer, and notify the Director of Athletics of any suspected concussions or head injuries.
5. Report all ejections and disqualifications to the Director of Athletics.
6. (Soccer only) Track the number of yellow cards accumulated by players and/or coaches, and report to the Director of Athletics if a player or coach accrues five (5) yellow cards over the course of a season.
7. Maintain game records and player statistics on MaxPreps in a timely fashion following each contest.
8. Provide recaps, summaries, and quotes to the Director of Athletics to assist in the writing of postgame recaps or social media postings.
9. Maintain sports-specific social media sites, if applicable.
10. Supervise all student-athletes and managers before, during, and after practices and games. Coaches are expected to be the first to arrive and the last to leave any athletic event.
11. Designate a parent to coordinate carpool operations for away games (and practices, as needed).
12. Communicate with the Director of Athletics regarding rules, regulations, and/or any problems that may arise.
13. Complete your sport's rules clinic before the season starts, if applicable.
14. Arrange and attend a mandatory preseason meeting with all players and parents to discuss expectations, schedules, etc.
15. Complete the NFHS Fundamentals of Coaching course and Concussion in Sports course prior to coaching in a practice or contest, and ensure that the assistant coaches have completed them.
16. Maintain current CPR/AED certification in accordance with NCHSAA policy.
17. Enforce all RTHS and Athletic Department policies, whether at home or on the road.
18. Dress appropriately for the sport he/she is coaching. T-shirts and jeans should not be worn at games.
19. Check and set up all practice and game facilities for general readiness and playability, with the assistance of the Director of Athletics.
20. Keep track of all school-owned athletic equipment being used by the team.
21. Evaluate all assistant coaches at the conclusion of their respective sport seasons.

Eligibility

Provided that they meet the eligibility requirements outlined here and by the NCHSAA, all students in all grades are eligible to try out for athletic teams at RTHS.

Paperwork

RTHS Athletics uses [DragonFly](#) to maintain all paperwork for student-athletes, parents, and coaches.

In order to try out, students must have the following paperwork completed in DragonFly:

- A student-athlete information form
- A medical history and a physical examination, signed by a physician, nurse practitioner, or physician's assistant and completed in the last 395 days.
 - In order to try out, a physical must be valid for the entirety of that sport's season, which means that a physical must be valid through the following dates each season:
 - Fall: November 15
 - Winter: March 1
 - Spring: May 20
- A concussion awareness statement, required by the Gfeller-Waller Concussion Law
- A sportsmanship pledge
- An NCHSAA eligibility and consent waiver
- An RTHS transportation waiver
- Proof of medical insurance

Athletic Fees

Student-athletes who are selected for a team at RTHS should pay an athletic fee that helps defray the costs of equipment and facilities. The fee structure for 2023-24 is:

- \$75.00 for the first sport a student plays during the academic year;
- \$65.00 for the second sport a student plays during the academic year;
- \$50.00 for the third and any additional sports a student plays during the academic year.

Students who qualify for free and reduced lunch are excused from paying the athletic fee, as are the children of RTHS faculty, staff, and coaches. The Director of Athletics reserves the right to work out payment arrangements with families if such an arrangement is requested.

Academic Requirements

In order to participate in athletics, student-athletes must meet the following academic and attendance requirements:

- Pass at least five (5) academic classes during the previous semester;
- Carry a 2.00 weighted grade point average in all classes taken during the previous semester. In accordance with RTHS policy, students receive 0.5 quality points for honors courses and 1.0 quality points for AP courses.
- (Fall semester only) Meet standards for promotion to the next grade
 - 10th Grade: 5 credits, including Math and English
 - 11th Grade: 11 credits, including Math and English
 - 12th Grade: 17 credits, including Math and English

Eligibility will be determined on a by-semester basis, and students who are ineligible at the beginning of a semester are ineligible for the entire semester, with the exception of specific circumstances outlined in the NCHSAA Handbook.

Dismissal from Team by Head Coach

The head coach shall have the right to dismiss a player from his/her team in accordance with policies laid out by the coach at the beginning of the season. The provision regarding “quitting” a team from page 4 does not apply; if a student-athlete is involuntarily dismissed from a team, he/she shall be able to try out for other athletic teams that year.

Managers

There is no eligibility requirement for a student to serve as a manager or statistician for an RTHS athletic team. Managers are expected to attend all games and practices and perform the duties assigned to him/her by the head coach.

Behavior Policy

As student-athletes are called upon to represent and be the public face of RTHS, all student-athletes are expected to be exemplars of respectful behavior. The penalties for falling short of that expectation are below. Coaches may implement policies more stringent than these, but not less stringent.

- Infractions that carry a 1-game suspension:
 - Two (2) in-school suspension referrals
 - An out-of-school suspension for any infraction
- Infractions that carry a 2-game suspension:
 - Ejection from a contest
- Infractions that cause removal from the team and ineligibility for all athletics for the remainder of the academic year:
 - Ejection from a contest for fighting
 - Two (2) out-of-school suspensions in one academic year

Student-athletes who are suspended for 1 or 2 games may be present with the team, but may not dress out for contests.

Ineligible Student-Athletes

Student-athletes who are ineligible due to violations of the behavior policy are not permitted to serve as managers or be part of an RTHS athletic team in any capacity for the duration of their period of ineligibility. It shall not be the responsibility of the coaches or parents of team members to supervise ineligible student-athletes at practices or games.

Student-athletes who are ineligible for academic or attendance reasons may serve as a team manager, at the discretion of the head coach.

Attendance and Commitment

The NCHSAA's three sport seasons generally run for the following dates:

- Fall (Volleyball, Cross Country, Girls' Golf, Boys' Soccer, Girls' Tennis): August 1 – early November
- Winter (Basketball, Swimming, Indoor Track & Field): mid-October – mid-February
- Spring (Boys' Golf, Girls' Soccer, Boys' Tennis, Track & Field): mid-February – mid-May

During the sport's season, attendance at all practices and games is mandatory. The practice schedule will be made available by each sport's head coach well in advance. Head coaches will have their own policies and penalties regarding missed practices, and the Director of Athletics will fully support the coach's policies and decisions.

Any student who tries out and is selected for a RTHS athletic team is required and expected to fully commit to that team. RTHS teams take precedence over all outside and other extracurricular programs and teams. Student-athletes may ask coaches to make arrangements with the heads of other extracurricular activities so that the student may split time between concurrently-running teams or clubs, but the head coach is under no obligation to create such an arrangement. Student-athletes are responsible for punctuality and preparedness for all practices and contests.

Attendance in School

Students must be in school and in class for no less than half of the academic day in order to participate in a practice or game that day. Absences due to extenuating circumstances such as religious observances and family emergencies will be considered on a case-by-case basis by the Director of Athletics and/or Chief School Officer.

Early Dismissal for Athletic Purposes

Due to the relatively late end of the school day at RTHS, student-athletes in outdoor sports will occasionally be dismissed from school prior to the end of the school day in order to travel to a contest. It shall be the responsibility of all student-athletes to make contact with the teachers of any class(es) he/she will miss due to an athletic contest to get any important materials and make arrangements to make up missed assignments and/or tests. The Director of Athletics should attempt to arrange the schedule to minimize the number of early dismissals required.

Off-Season Skill Development and Conditioning

Coaches may arrange off-season skill development and conditioning sessions in accordance with NCHSAA guidelines. Student-athletes cannot be required to attend such sessions and are encouraged not to

Facilities

The organizations and facilities used by RTHS athletics programs are listed below. It shall be the responsibility of the Director of Athletics to set up game and practice schedules with the appropriate contact persons for each facility, or the Director of Athletics may designate a coach to be the point of contact with their respective facilities.

In addition to the off-campus facilities listed below, some teams may hold practices on the RTHS campus or in nearby fields or lots.

Sport(s)	Facility (address)	Contact Person(s)
Basketball (Practices)	Yates Baptist Church 2819 Chapel Hill Rd. Durham, NC 27707	Rebecca Nance rebecca.nance@yateschurch.org 919/289-4309
Basketball (Games)	Kestrel Heights School 4700 S. Alston Ave. Durham, NC 27713	Ronnie Hess hess@kestrelheights.org 845/238-1301
Volleyball (Games, Practices), Basketball (Practices)	Hope Valley Baptist Church 6900 Garrett Rd. Durham, NC 27707	Robin Wimberley robin@hvbc.org 919/493-1809
Volleyball (Practices, Team Camp)	Triangle Volleyball Club 121 Competition Center Dr. Morrisville, NC 27560	Mary Ann Enzweiler bookkeeper@trianglevolleyball.org 919/462-8196
Golf (Practices, Matches)	Falls Village Golf Club 115 Falls Village Dr. Durham, NC 27707	Jason Lee jlee@greaterlifegolf.com 919/454-4830
Soccer (Some Practices) Cross Country (Access to American Tobacco Trail for Practices)	C. M. Herndon Park 511 Scott King Rd. Durham, NC 27513	Cathy Reagan cathy.reagan@durhamnc.gov 919/560-4355
Soccer (Matches, Primary)	Mills Park (Town of Cary) 441 Mills Park Dr. Cary, NC 27519	David Crofts david.crofts@carync.gov 919/270-9182
Soccer (Practices, Some Matches) Cross Country (Home Meets, Some Practices)	WakeMed Soccer Park 201 Soccer Park Dr. Cary, NC 27511	
Swimming (Practices)	Silverton Swim Club 1401 Evans Rd. Cary, NC 27513	Lindsay Takkunen coachlindsaymor@gmail.com
Swimming (Meets)	Campus Hills Rec Center 2000 S. Alston Ave. Durham, NC 27701	Nicole Moreno nicole.moreno@durhamnc.gov 919/960-4444
Tennis (Games, Practices)	Southern Boundaries Park 100 Third Fork Rd. Durham, NC 27705 --or-- Elmira Avenue Park 530 Elmira Ave. Durham, NC 27701	Cathy Reagan cathy.reagan@durhamnc.gov 919/560-4355

Expectations of Support Staff

Roles and Duties of Support Staff

At Research Triangle High School we strive to offer the best for our student-athletes. With this in mind, RTHS Athletics teams and coaches in their individual right have the ability to build a support staff to help in any aspect of their choosing. Each Support Staff member will be given specific duties and responsibilities and they are expected to follow them at all times without constant instruction and reminders. If any member of the coaching staff or the athletics administration feels as if the Support Staff member is not fulfilling their responsibilities, the Support Staff member is subject to be relieved of all duties and responsibilities indefinitely and will not be eligible for any Support Staff roles for the remainder of the academic year.

Professionalism and Dress Code

Support Staff members are a direct representation of not only Research Triangle High School but they are also a representation of Raptor Athletics and their respective teams. Professionalism as a Support Staff member means adhering to ethical and behavioral standards set but RTHS. This involved displaying a high level of competence, integrity, and respect in one's interactions with colleagues. Professionalism is taking responsibility for one's actions maintaining a positive attitude and seeking growth and development.

Support Staff members are required to wear team-branded or school-branded apparel. Support Staff members will be provided one (1) "Run The Park" t-shirt to wear to all athletic events they are expected to attend. Support Staff members will not be provided any apparel to wear for bottoms. With that being said, Support Staff members are required to wear either athletic shorts (non-spandex), athletic leggings, or jeans with no holes. Their bottoms must be in school colors. In the event that the Support Staff member is part of an outdoor sports team, outerwear can be worn but must also be in school colors. Shoes must be closed-toe. If the Support Staff member arrives for their event out of dress code, they will be asked to either change or will be relieved of their duty. If dress code continues to be a problem, the Support Staff member will be relieved of their duty indefinitely for the remainder of the year.

The Director of Athletics or his/her designee shall have the authority to relieve Support Staff members from their duties if expectations and policies are not followed.

Expectations of Parents and Spectators

Without the support and encouragement of our parents, RTHS Athletics would not be able to function. In addition to providing material support, parents can help the athletic program by modeling positive behavior for student-athletes both in the stands and at home.

Parents are expected to:

- Not force an unwilling or uncommitted child to participate in sports.
- Model sportsmanlike behavior. There is no place for profanity or the harassment of players, coaches, or officials at any interscholastic event.
- Show respect for the opponents, and applaud good plays by both teams.
- Respect the officials' decisions, and not publicly berate them.
- Respect the coaches in front of your child, even when there is a disagreement. The coach's authority and ability to coach should never be undermined or questioned in the presence of the players, including the parent's own child.
- Not compare their child to other players on the team.

The Director of Athletics or his/her designee shall have the authority to eject from home contests any parent or spectator who fails to abide by the sportsmanship guidelines outlined above, and ban him/her from attending RTHS athletic events in the future.

Uniforms, Apparel, and Equipment

Vendor

RTHS partners with Johnson-Lambe Sports of Raleigh, North Carolina for all uniforms, apparel, and equipment for its sports teams. Our school's representative is John Caddell (john@johnsonlambe.net).

Uniforms

Athletic uniforms are the property of RTHS, and it shall be the responsibility of the student-athlete and his/her parents/guardians to take care of all issued uniforms and equipment and return them in good condition at the conclusion of the sports season.

If a school-owned uniform is lost or damaged to the point that it cannot be worn during a contest, the student-athlete and his/her family shall be responsible for the cost of replacement.

The set of uniforms for teams will be replaced approximately every four (4) years, on a rotating basis, depending on the condition and legality of uniforms.

Apparel

Student-athletes and their families will have the opportunity to purchase team t-shirts, hoodies, jackets, etc. if the coach wishes to make them available. The head coach may require the purchase of a team t-shirt, but all other additional team apparel shall be optional.

Equipment

Student-athletes and coaches are expected to maintain and take care of equipment used for their sport, such as game and practice balls, nets, goals, etc.

Awards

Overall Department Awards

The Department of Athletics shall recognize the following overall awards at the conclusion of all sport seasons in an academic year. The recipients shall be selected with input from the coaching staff and RTHS faculty:

- One (1) male and one (1) female scholar-athlete of the year for grades 9-10 and for grades 11-12 – each winner shall receive a small trophy
- One RAPTOR Award winner, “in recognition of his/her work ethic, determination, good sportsmanship, and for embodying what it means to be a student-athlete.” – the winner shall receive a plaque with this statement included.

Overall department award winners shall be recognized on a plaque in RTHS’s main lobby.

Team Year-End Awards

Each team shall select four (4) award winners:

- Team MVP (soccer may choose an offensive and defensive MVP)
- Most Improved
- Up to two (2) Coach’s Awards – can be given for any reason the head coach sees fit

Retired Jerseys/Hall of Fame

A student-athlete who meets the following criteria shall be recognized with a commemorative plaque or recognition on a team-specific display.

- Graduates from RTHS
- Remains on the team for which he/she earns jersey retirement through his/her senior year
- Earns ONE of the following merit-based recognitions:
 - o Makes a 1st Team All-State team recognized either by the NCHSAA or the appropriate media organization or coach’s association for the sport in question
 - o Wins a state championship in an individual sport or event
 - o Wins two (2) or more regional championships in an individual sport or event
 - o Wins conference Player/Pitcher/Goalie/Runner of the Year two (2) or more times
 - o Earns recognition as the Team MVP on a team or relay that wins a state championship

If a student-athlete from volleyball, basketball, or soccer earns jersey retirement, the jersey number worn by the student-athlete for the majority of his/her career shall be removed from circulation.

Awards Banquet

The Department of Athletics shall host a year-end athletic banquet each spring where team award winners, varsity letters, and other state and conference recognitions will be presented.

Miscellaneous General Guidelines

Transportation

Under only very rare circumstances should coaches drive student-athletes in their personal vehicles without prior approval from the Director of Athletics. In general, this is strongly discouraged so as to protect the coach.

Student-athletes who are licensed to drive may drive themselves (and teammates, if allowed by law) to athletic contests and practices as long as parents have granted permission in the transportation waiver form that's part of the paperwork that must be completed in DragonFly.

RTHS Twitter Accounts

The Department of Athletics maintains a Twitter account (@RTHSRaptors) and an Instagram account (@rthsraptors) that are used to post scores, schedules, and general athletics news. The following teams operate a team-specific Twitter page that coaches may use to communicate with players and parents:

- Boys' and Girls' Soccer - @RTHSSoccer
- Boys' Basketball - @RTHSBoysBB
- Girls' Basketball - @RTHSWBB
- Boys' and Girls' Golf - @RTHSGolf
- Boys' and Girls' Tennis - @RTHSTennis
- Volleyball - @RTHSVolleyball
- Boys' and Girls' Swimming - @RTHSSwimming
- Strength & Conditioning - @RTHSLifting

Student-Athlete Social Media Policy

Student-athletes are expected to be exemplary representatives of themselves, their teams, and RTHS 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 him/herself, the team, the Department of Athletics, and RTHS. Unacceptable content includes, but is not limited to:

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

It shall be the responsibility of the head coach and parents to counsel student-athletes on the nature of their social media content.

Inclement Weather

In the event that a contest or practice is canceled or postponed due to inclement weather (or any other circumstance), the Director of Athletics shall notify the head coach of the affected sport, who will then notify the affected team(s) and parents. Notifications will also be posted on the RTHS Athletics Twitter feed, and makeup dates for postponed contests will be publicized as soon as possible.

Emergency Action Plan

In keeping in compliance with the Gfeller-Waller Concussion Law, the Department of Athletics has an Emergency Action Plan (EAP) that outlines the steps to be taken by coaches, trainers, and administrators in the event of an injury or emergency at a practice or contest. The Director of Athletics shall regularly update the EAP as needed and notify coaches of any changes. The EAP may be viewed by parents and guardians by request.

Professional Development

In addition to the NFHS courses required by the NCHSAA (Fundamentals of Coaching and Concussion in Sports), the Department of Athletics encourages all coaches to achieve Accredited Interscholastic Coach (AIC) and Certified Interscholastic Coach (CIC) status through the NFHS, and will support all coaches in doing so.

Topics Not Covered

The Director of Athletics shall have the authority to address and make decisions on issues pertaining to the RTHS Department of Athletics that are not directly addressed in this manual.

Head coaches shall have the authority to develop policies that pertain to their respective sports, provided that those policies do not conflict with RTHS, Department of Athletics, or NCHSAA rules and regulations.

Annual Review

This manual shall be reviewed following the conclusion of each academic year. All members of the RTHS administration and RTHS athletic staff may suggest changes, revisions, additions, or deletions to the manual at that time, to become effective on August 1 of the following academic year. The Director of Athletics and the Chief School Officer shall make the final decision on what changes, revisions, etc. are made.