



Sanderson Spartans Athletics

We want YOU on our team!

Here is a list of the teams we intend to have at Sanderson in 2009-2010.

| <u>Season</u> | <u>Women's Sports</u> | <u>Men's Sports</u> |
|---------------|---|---|
| Fall Sports | Volleyball (Varsity & JV) Tennis Cross Country Golf Cheerleading (Varsity & JV) | Football (Varsity & JV) Soccer (Varsity & JV) Cross Country |
| Winter Sports | Basketball (Varsity & JV) Swimming & Diving Cheerleading (Varsity & JV) Indoor Track & Field Gymnastics | Basketball (Varsity & JV) Swimming & Diving Wrestling Indoor Track & Field |
| Spring Sports | Fast Pitch Softball Track & Field Soccer (Varsity & JV) | Baseball (Varsity & JV) Track & Field Tennis Golf |

We also have a Student Trainer program. This is an opportunity to learn about Sports Medicine. Student trainers work under the direction of our Head Athletic Trainer, Ms. Tracy Cunningham, and learn about the care, prevention, and treatment of athletic injuries while caring for the Sanderson student-athletes.

When do we start?

The **fall sports teams** begin tryouts or practices well before school starts. Some teams have optional summer workout programs. These are perfectly legal. Information about the precise starting dates and practice times for each sport vary and will be available online at the Sanderson website. Check it out at <http://sandersonhs.wcpss.net/>. Find the link to *Athletics*. Then click on *Plans for Upcoming Sports Seasons* on the menu. A brief outline of start dates for 2009 fall sports is also shown on the other side of this page. **Football** will start on August 1, 2009. The other fall sports are allowed to start on August 3. **Winter teams** cannot start formal tryouts until November 9, 2009. **Spring sports** cannot start until February 15, 2010. School-wide announcements will be made in the early part of the school year to notify students about when and where to go to find out more about a specific winter or spring sport.

What does a student have to do to participate?

1) The student **MUST** submit the ATHLETIC FORMS packet which consists of a medical exam form, a Sanderson "permission for treatment" form, and a Sanderson "Athletic Participation Policy" form before participating in any activity whatsoever, including tryouts. The medical form is valid for 365 days from the date it was signed by a medical doctor. Blank forms will be available at the main office at Sanderson this summer after June 10. Forms are also available online at the Sanderson website at <http://sandersonhs.wcpss.net/>. Link to *Athletics* and then click on *Athletic Forms* on the banner at the left. 2) The student must be "eligible" according to the standards established by the North Carolina High School Athletic Association (NCHSAA) and the Wake County Public School System. Although there are too many eligibility rules to write them all here, here are some of the highlights: You must pass three out of four subjects one semester in order to play the next semester. You must maintain a cumulative grade point average of at least 1.50. You must live with your parent(s) in Wake County. Once you enter ninth grade, you have only the next eight consecutive semesters to complete your eligibility.

How are the teams selected?

Many of the teams are selected on a tryout basis. Some teams permit as many participants as there are students who show an interest. The coaching staff encourages you to find the right program for you!

How about parental involvement?

The Sanderson Athletic Club is our school's parent athletic boosters group. The purpose of the club is to enhance and support all of the athletic teams and our student-athletes. The Club's activities are numerous; they raise money, run concessions stands, line and mow fields, sponsor three banquets a year, award letter jackets to every athlete who earns a letter, and much more. Come join the Club! The meeting dates are available on the Sanderson Athletics website.



Sanderson Spartans Athletics

Preparing for 2009-2010

Everything you need to know will be available online.

Go to the Sanderson High School Web Site at <http://sandersonhs.wcpss.net>

Navigate to *SHS Webs* and then *Athletics*.

Scroll down and click on *Plans for Upcoming Sports Seasons* on the menu.

Once there, you will be able to download and copy the six-page Sanderson **ATHLETIC FORMS packet**. The forms must be completed and submitted before you are able to participate in any physical activities whatsoever...during the summer or once practices begin in August. You will also be able to see the details about fall sport meetings and tryout or practice schedules and how to contact coaches in case you have questions. There is also some information about some of the winter and spring sports. For some sports you will find information about opportunities for getting involved during June and July.

If you have questions, you may contact Bob Catapano, athletic director at Sanderson High School at 881-4830 or [*rcatapano@wcpss.net*](mailto:rcatapano@wcpss.net).

For those without Internet access or who prefer to pick up a copy of the six-page Sanderson ATHLETIC FORMS packet at school, they are available from the receptionist at the school during business hours. Note that the school is closed on most Fridays during June and July.

The ATHLETIC FORMS packet contains the required medical examination form. The medical examination form is valid for the 365-day period beginning on the date the doctor signs the form. Some students have valid medical exam forms on file at Sanderson. We will honor those for the 365-day period. Please complete the rest of the packet once each academic year. Some students have valid medical exam forms on file at a middle school. It is their responsibility to get those forms from the middle school coach and include it as part of the forms packet. Sanderson does not have any way of getting medical forms from the middle schools.

Summary of Starting Dates for 2009 Fall Sports

Check the Sanderson website for updates and more info, especially about optional summer activities.

Football – Supervised workouts scheduled all summer – beginning June 15. Official practice begins at 7 AM on August 1 for varsity and jv teams.

Cheerleading – Official tryouts for varsity and jv begin on August 3.

Cross Country (Men & Women) – Supervised workouts scheduled throughout the summer. Practice begins on August 3 at 6:00 PM.

Men's Soccer – Supervised workouts held throughout the summer. Official tryouts begin August 3 on the practice field. Varsity at 4:00, JV at 5:00 PM.

Women's Tennis – Tryouts begin August 10 at 8 AM at the tennis courts.

Volleyball – Supervised workouts scheduled throughout the summer. Official tryouts begin August 3 at 9:00 AM. Check website for details.

Women's Golf – Occasional supervised activities will be offered in July. Practice begins on August 3 at a time and site to be announced later. Some golf experience is expected.

More detailed information, including coaches' email addresses and phone numbers, is available online at the Sanderson website at <http://sandersonhs.wcpss.net>.