

CMAA/Carolina Mustangs

Parent Handbook

1. CMAA MISSION STATEMENT

Carolina Mustangs Athletic Association (CMAA) is an independent, competitive athletic program. As a Christian organization, we look to Christ as our example. We will strive to represent him in all we say and do. The purpose of our program is to provide the opportunity for homeschooled students to participate in competitive sports, develop good sportsmanship, discipline, determination, and learn the value of teamwork. To this end, our desire is that each player will grow in other areas as well – responsibility, encouragement, willingness, attentiveness, kindness, and self-control.

2. CMAA STATEMENT OF FAITH

We hold to the fundamental Christian truths of the Bible and look to those truths and principals as our foundation for living. The Carolina Mustangs does not promote or endorse any particular denomination. We desire to remain united in the salvation and love of Christ, avoiding any dissention that may be caused by denominational differences.

3. CMAA WEBSITE AND ADDRESS

Carolina Mustangs Athletic Association maintains a website at:
<http://www.carolina-mustangs.com>. The website provides a calendar of upcoming games, directions to games, practice times and locations, and much more important information. Please frequent the website to watch for continuing updates.

Admin email: carolinamustangsathletics@gmail.com

Volleyball

Email address: carolinamustangsvolleyball@gmail.com

Facebook site: Carolina Mustangs Volleyball

Basketball

Email address: carolinamustangbasketball@gmail.com

Facebook site: Carolina Mustangs Basketball

4. MY TEAM CONTACT INFORMATION

My Coach's name is: _____

My Coach's contact information: _____

5. CMAA/CAROLINA MUSTANGS BOARD

Current members are on our website. To make contact, use the following email carolinamustangsathletics@gmail.com

What are the responsibilities of the CMAA board members?

Responsibilities include planning and organization for the Carolina Mustangs sports events, to include: managing the CMAA budget, determining policy, purchasing uniforms and equipment, scheduling and payment of referees, approve fundraising activities, approve coaching staff, coordinating awards nights and trophies, managing public relations activities, and coordinating Team Mom/Dad and their responsibilities. Other responsibilities include: communications, review of legal issues for protection of our athletes and our organization, coordination of membership, medical, and other necessary paperwork, and management of the website.

6. COACHES

Who are the current coaches for each Carolina Mustangs team?

Please refer to www.carolina-mustangs.com for a listing of current coaches.

How are the Carolina Mustangs Coaches selected?

All CMAA coaches are volunteers, and deserve our thanks for their time and dedication to our organization and to our athletes. CMAA seeks to select coaches who will model Christ-like behavior, and who honor Christ, our organization, and our athletes. Coaches are also selected for their knowledge of particular sports, as well as their availability and willingness to serve.

Are coaches screened in any way for child safety reasons?

Yes. All Coach applications are approved by the CMAA board. In addition, all coaches undergo a criminal background check. The CMAA Coach application also requires three references.

How may I apply to become a Coach or Assistant Coach for a Carolina Mustangs sport?

If you are interested in coaching for CMAA, please fill out a Coach Application Form (found on the website/forms page).

7. TEAM MOM/DAD

Who is my Team Mom/Dad and what are his/her responsibilities?

Future Position (Please let a coach or board member know if you are interested in filling this position).

Typically your Team Mom/Dad will provide you with information concerning: volunteer opportunities, parent jobs during the season (especially home games), planned fundraisers for your team or the Mustangs organization, uniform distribution and pick-up, practice times and locations not available on the website, changes to game or tournament schedules, team picture day, and changes in directions to games/tournaments. Please use your Team Mom/Dad for most communications instead of your Coach. Because coaches are extremely busy with their coaching responsibilities, Team Mom/Dad help them focus on games and strategy instead of administrative details.

How can I become a Team Mom/Dad?

Anyone interested in becoming a Team Mom/Dad should contact their child's coach.

Team Mom/Dad should be organized people with internet and cell phone access. Team Mom/Dad are a vital part of the Carolina Mustang's success. They provide a link between the parents, coaches, and board members.

8. COMMUNICATION

What communication may I expect from my Coach?

After tryouts(if applicable), Coaches will communicate which athletes have been selected for teams. After tryouts, you may access this information on the CMAA website. Coaches will also communicate their expectations for good sportsmanship within and between teams. Our coaches strive for open communication with all athletes about game strategy, playing time, and opportunities for improvement as an athlete. Coaches are not expected to communicate with parents on a regular basis. Most communication will go through the Team Mom/Dad. If you want to speak with your Coach, it is recommended that you email them or set up a convenient time to speak with them. It is best not to approach them right before or after a game.

If I have a suggestion or a complaint, what do I do?

If you have a problem with a coach, CMAA recommends you set up an appointment with him/her – (it is best not to approach them right before or directly after a game) – to discuss the matter. If your issue is not resolved, then you may access the Remarks Form on the website. If your issue is general, we recommend that you fill out an Evaluation Form at the end of the season. These forms are read by the board and suggestions for improvements are considered.

9. REQUIREMENTS FOR PARTICIPATING IN CAROLINA MUSTANGS SPORTS

How old does my athlete need to be to play on a middle school team?

The minimum age for participation on any CMAA team is 10. Middle School players cannot turn 14 before September 1st of the current school year. Younger athletes will be considered based on skill level and at the coach's recommendation and with board approval.

How old does my athlete need to be to play on a Junior Varsity team?

Junior Varsity players cannot turn 17 years of age before September 1st of the current school year.

How old does my athlete need to be to play on a Varsity team?

Varsity players cannot turn 19 years of age before September 1st of the current school year. Once an athlete has declared to be a senior and has played the season they are no longer eligible to play the next season.

Is there a Code of Conduct for Athletes?

Yes. All athletes and parents must sign the Code of Conduct form when registering as a CMAA athlete. Please refer to the Code of Conduct page on the CMAA website.

If a suspicion of a violation of the athlete's Code of Conduct arises, how should it be handled?

If a reasonable suspicion arises that a Carolina Mustang's athlete has violated the Code of Conduct, a parent or guardian will be notified immediately by either the Coach or a board member. The player, if warranted, will be temporarily suspended pending a quick but thorough investigation of the athlete's conduct. Confirmations of a violation of the Code of Conduct will result in appropriate disciplinary action as determined by the Coach and the CMAA board. Such action may include, but is not limited to, temporary suspension of playing time, permanent expulsion from a team, or expulsion from further participation in Carolina Mustang's sports.

Is there a Code of Conduct for Parents and Coaches?

Yes. All parents and coaches affiliated with CMAA must sign the Code of Conduct form. Please refer to the Code of Conduct page on the CMAA website.

10. GENERAL INFORMATION/SPORTS**What team sports are currently offered through CMAA?**

Volleyball and Basketball. Teams will be based on the number of athletes registered but we try to have middle school, junior varsity and varsity level.

What are Skills Sessions?

Skill sessions are offered at various times throughout the year to provide CMAA athletes the opportunity to learn and improve their individual skills. These are open to all CMAA athletes and are led by Carolina Mustang Coaches or other outside coaches. Most sessions are free unless circumstances warrant a small fee.

What is open gym time?

Open gym time is a relaxed time for fun and fellowship with CMAA members. Usually this time consists of team bonding with each age group.

11. TRYOUTS/PRACTICE/UNIFORM INFORMATION**When and how are tryouts conducted for each sport?**

Tryouts are not always held. Tryouts are based on the number of athletes that have registered vs the number of positions available on the team.

The specific tryout schedule will be posted on the website prior to each season. CMAA will also send emails to all current CMAA members notifying them of the specific tryout dates.

Who may try out for the Carolina Mustangs teams?

CMAA recommends that students be 6th–12th grade to try out for our teams; however, we allow highly skilled younger athletes to also try out for the teams. We only allow athletes to play on a team based on their gender of when they were born. Males born as males play on boy's teams. Females born as females play on the girl's teams. We do not allow males to play on female teams or females to play on male teams. Unless there is a coach and board recognized exception to this rule, the minimum age is 10 years old. We do allow practice players at a discounted rate from ages 8-10 or based on the child's skill level after a discussion between the Coach and parents. Practice players do not play in games but can take advantage of this time to improve their skills.

Each athlete must tryout with their appropriate age group. All ages are based on the athlete's age as of September 1st of the current school year.

Middle School – 10 to 13 years

JV and Varsity – 14+ years

What do I need to do for the tryouts?

Print the forms and bring them to tryouts. If your athlete is unable to attend all tryouts, then you must notify the Coach. It is recommended that the athlete attend all tryout sessions to give your athlete every chance to be accurately assessed by the coaches. All players are expected to attend tryouts dressed appropriately and with all needed equipment and shoes.

Forms Needed for Tryouts

Before a student is allowed to tryout, he or she must have a completed, current (within past 12 months) physical, or file a Physical Waiver form. We encourage each student athlete to get a physical before participating in a sport. These forms can be printed from the website and brought to tryouts. If these forms are not filled out and brought to the tryout, your child will not be allowed to try out.

Are all athletes who tryout automatically accepted to the team?

No. Just because a student tries out does not guarantee them a spot on the team. The final determination will be based on skill level as well as the current needs of the team.

Is there a limit to the number of athletes who will be accepted on teams?

Yes. The number of athletes accepted to a team will vary by each team. The final number allowed on a roster will be determined by the Coach.

How will my child be notified if they make the team?

Players will be notified soon after tryouts. The Coach will call, text, email or post the roster on the website.

If my child makes a team, what do I need to do?

It is a requirement of one parent of each athlete to attend the Parent meeting which is scheduled at the beginning of the season. Important information pertaining to that season will be given and questions answered. You must also complete all of the needed paperwork and pay your fees before your athlete will be issued a uniform.

If my child is selected for a team what additional forms are needed?

Registration Agreement (registration fee required)

Authorization for Release of Medical Information

Physical Form or Waiver Form – If you are waiting for a physical appointment with your child's doctor, this form can be turned in until the physical form can be completed.

(These forms can be printed from www.carolina-mustangs.com)

If your child is a first-time Carolina Mustangs athlete, you must also turn in a copy of her birth certificate and a copy of the home school document (NC Division of Non-Public Education form). If not a homeschooled student athlete, CMAA will require a written letter from your school's principal stating that the student is enrolled and in good standing. Once completed, turn all forms and fees in during the appropriate registration time.

When and where are practices?

Practice locations may vary by team. CMAA tries to keep practices in central locations and at convenient times. As a routine, CMAA begins practices no earlier than 2:00 p.m. Occasionally, a practice may have to begin earlier, however; this will be the exception and not the rule.

You may view your current practice location for your team by going to www.carolin-mustangs.com. Practice times/locations are subject to change. If this occurs, you should receive an email, text or phone call from your Team Mom/Dad or Coach. Game schedules and locations are also available on the website.

What benefits are there for my athlete to participate in Carolina Mustangs?

There are many benefits for students participating in competitive organized sports. Athletes learn perseverance, team work, dedication, time management and many other beneficial character traits which will impact their lives long after the games are over. Organized sports also give the students a chance to form friendships and lasting memories with home schooled students their own age. It also gives the serious athlete wanting to pursue their sport beyond high school the opportunity to develop and display their abilities.

Is there a dress code for practices?

Yes, athletes are expected to wear modest attire with no revealing tank tops or midriff shirts allowed for females. Athletes should also not wear any offensive or vulgar printing on their clothing. All coaches require practice shirts(provided with the season fees) and these shirts should be worn to all practices.

What if my athlete is going to miss a practice?

Athletes should immediately notify the Coach via phone or email if they are not going to be able to attend practice. If the coach cannot be reached, the athlete should notify the Team Mom/Dad.

Is there a penalty for missing practices?

Each Coach will determine penalties for his/her team, which may include limited playing time for those athletes that miss practices. All athletes should remember that when one member is absent, it affects the entire team. We encourage athletes to treat practices seriously and make every effort to attend all practices.

Will my athlete be issued a uniform as part of the CMAA participation fee?

Yes. Athletes will be issued uniforms for the season. Those uniforms are the property of CMAA and should be taken care of by the athlete. Most of the uniform will be returned at the end of the season.

What do I do if my athlete loses or damages their uniform?

If a uniform is lost or damaged, notify your Team Manager or Coach immediately. The athlete will be expected to pay for repairs and/or a replacement uniform. You should not try to repair a uniform on your own – please bring it to the Team Manager and they will notify the Director of Equipment who will decide if it can be repaired or if it needs to be replaced. Uniforms are expensive. Please treat them with utmost care.

How do I care for the uniform?

Carolina Mustangs uniforms are for games only. Please do not wear these uniforms to any other event or at any other time unless otherwise instructed. Uniforms are the property of CMAA, and will be used by other Carolina Mustangs teams in future seasons. Do not put them in the dryer as it will cause damage to the printing and may cause shrinkage. LINE-DRY ONLY. Do not cut the tags out of uniform or alter them in any way. The entire uniform must be worn to all games and should be neat and clean each time. The turn-in date and time for your uniform will be determined at the end of the season. Please plan to return it promptly, clean, and in as close as possible to the original condition. If your team has both home and away uniforms, both should be brought to every game. You also may want to bring a change of clothes for the ride home, especially if athletes get dirty or wet during the game.

Will there be any other equipment that I need to provide for my athlete?

Yes. Most sports require additional equipment and Coaches will be the source of this information.

12. SEASON EXPECTATIONS**How are players chosen to play “up” on a team?**

Sometimes players excel and are strong enough to be moved to the older team, or their skills are needed to fill a position either on a part-time or permanent basis. It will be up to the coaches involved to determine if and when a player is brought up. If the coaches cannot agree on whether to bring a player up, the parties involved will talk with the Coaches Committee and/or the Athletic Director who has the final decision. Parental consent is required.

Can my child play “down” on a team if I request it?

The parents may desire for their athlete to play for a younger or lower level team. The decision to have your athlete play “down” should be discussed with the coaches of both teams and a decision reached by all of the interested parties. Also, if the players skills are not the level needed for the next available age group then the decision may be made for the athlete to play on a lower team. This will be determined only after a meeting between the coach and parent.

What will my athlete’s weekly schedule be for games and practices?

Again, this will vary by team and by coach. Practices and games are regularly scheduled on Monday, Tuesday, Thursday and Friday. Wednesday and Saturday games and practices are scheduled as a last resort. Most teams practice about 3 times per week prior to games starting and then will practice 1-2 times per week once games start.

How many home games are there and where are they played?

The number of home games will vary by team.

How many away games are there and where are they played?

The number of away games will also vary by team. CMAA tries to schedule games as close to home as possible.

If my child is selected for a team, are they guaranteed a certain amount of playing time?

No. Players are not guaranteed playing time. The Coach will decide who will play and how often. If your student is unhappy with the amount of playing time they receive, we recommend they speak with their Coach. Athletes learn valuable lessons by working to earn play time. CMAA tries to select fair, unbiased coaches that will give players as much playing time as possible.

Will my team have any away tournaments?

CMAA will occasionally have away tournaments. These tournaments usually last 1-4 days and are most often played somewhere in NC. Some teams will participate in higher level tournaments. These dates are also known well in advance and provide the athletes with some great experience. Many times college scouts or media will attend these events giving the athletes a chance to extend their careers beyond high school. If your team is participating in a tournament, please make every effort to attend. Extenuating circumstances happen and are understood, but please discuss these with the coach well in advance of the scheduled tournament. When a player is absent, it affects the entire team’s performance.

My child was asked to play “up” for a tournament, what does that mean?

Sometimes coaches discover they are short a few players for a tournament and will ask some of the younger players to attend the tournament. If your athlete is asked to attend the tournament, it is an honor. Your student is not guaranteed playing time in the tournament, but should be ready in the event they are needed.

Who makes overnight accommodations for overnight games or tournaments and how is this communicated to me?

Parents are responsible for arranging their own accommodations for overnight games or tournaments. The Team Mom/Dad or Coach may coordinate suggested hotels so families can stay together. Those hotels will be communicated via email.

What behavior is expected from spectators at Carolina Mustangs events?

Parent and athletes should be on their best behavior at all times during games. Please thank teams and coaches for hosting our teams and for scheduling the Carolina Mustangs. CMAA families and fans are expected to be courteous and show kindness towards the referees, other players, and coaches. We strive for a reputation of friendliness, respect, enthusiasm, humility, and grace in victory or defeat.

What is the protocol in the event of an injury?

If your child is injured at practice or in a game it is very important that you:

1. Notify the Coach and Team Mom/Dad as soon as the injury occurs
 2. Get an Insurance Claim Form/Accident Report form from your Team Mom/Dad or Coach. Only as secondary insurance.
 3. Fill the form out and make a copy
 4. Obtain the signature of a Board Member or the Coach– YOU MUST GIVE THEM A COPY BEFORE THEY WILL SIGN YOUR COPY.
 5. File the claim with the insurance company
- YOU ARE RESPONSIBLE FOR FILING ALL INSURANCE CLAIMS.

13. COSTS**How much does it cost to play?**

Participation costs for a Carolina Mustangs athlete will be determined by the board for each team and each season. Payment can be made either by cash or by check made payable to Carolina Mustangs. Payment must be received before your athlete will be allowed to participate in her first game. The cost for your sport will be announced at the time of registration and will also be listed on the payment page of the Carolina Mustangs website.

What do my fees cover?

The fees cover practice and facility rental, player insurance, referee fees, uniform/equipment purchases, awards ceremony, printing costs and incidental costs that arise throughout the year.

Are there extra costs to me not covered in the Registration fee?

Carolina Mustangs teams play home games as well as away games. Additional costs will include transportation costs including gas/food money for your athlete. There are additional costs if a team attends a tournament.

Does Carolina Mustangs provide any assistance in helping my athlete obtain a scholarship to pay fees?

Scholarships for athletes will be considered based on funds available. Families may apply for need-based scholarships by contacting the CMAA Treasurer or our website to obtain an application and further information. CMAA will accept voluntary donations to the scholarship fund. A portion of each families' Registration fee will also go towards the scholarship fund. We have limited funds for scholarships so they are not guaranteed.

What will my family need to pay for admission to home games?

Each family (household) will be allowed free entry into home games. Entry fees to home games are included in the season fees for immediate family members, parents and siblings.

Will I be expected to pay gate fees at away games?

Admission fees at away games are at the discretion of the hosting team. You will most likely be required to pay an entry fee.

How may I help defray costs for my athlete?

Athletes may get sponsorships to help offset the cost of playing for a Carolina Mustangs team. CMAA has occasional fundraisers throughout the year that athletes are expected to participate in.

If my athlete does not play as much as another player, are my fees still the same?

Yes. We are a competitive sports league and athletes are not guaranteed playing time.

14. SPONSORSHIPS

How will CMAA sponsors be given recognition?

Currently, sponsors will be recognized on the CMAA website and facebook page.

15. TRAVEL

How does my athlete get to away games?

It is up to the parent to make sure their athlete gets to all away games. This may mean you drive to these games or make sure your athlete has a ride with another parent. We urge you to use caution when allowing a student to drive to games. CMAA is not liable for accidents which occur en route to games and/or practices.

Travel to away games:

As a courtesy, you are encouraged to send gas money if your athlete rides with another parent. Your athlete should also be prepared to eat on the way home with either money or a bag dinner.

16. FUNDRAISERS/VOLUNTEERING/LOGO ITEMS

Am I required to participate in fundraiser activities?

At least one representative from every family is expected to participate in CMAA fundraisers. Parents are always encouraged to help as much as possible.

What kinds of fundraisers are held by the Carolina Mustangs?

The exact fundraisers will be announced as the season approaches. The fundraisers may include but are not limited to - car washes, yard sales, restaurant nights, and selling donuts. Families may receive a percentage reduction on their sports fees by participating in the fundraiser for their team.

What are the different areas where I can volunteer?

Volunteering with CMAA is divided into two categories: those jobs that benefit the association as a whole (“general”) and those jobs that are specific to the team (“game jobs”). Signupgenius.com is the website that we currently use to coordinate volunteers and the open jobs that we have for all games.

General:

In an effort to utilize the time and talent of participating families, please advise us of your preferences and abilities for contribution to the organization. The current list of opportunities for involvement include but are not limited to: advertising, set up, clean up, photography, fund raising, and hospitality,

Game jobs:

As a team parent, you are expected to participate in the following areas: keeping of scorebook, libero tracker, scoreboard, work the entry gate/concession, team photography and set up/clean up of home games. These assignments are orchestrated by your Team Mom/Dad. If you are not able to perform the task on the assigned date, it is your responsibility to secure a replacement and advise your Team Mom/Dad of such change. These are the various duties that make the game happen.

How do I purchase Carolina Mustangs T-shirts and/or logo items and how much do they cost?

During the season, you will be notified via email regarding any Carolina Mustangs T-shirts/logo items that are available to purchase.

17. PARENT/PLAYER RESPONSIBILITIES AT THE END OF SPORT SEASON

What do I do with my athlete’s uniform at the end of a season?

The Team Manager will designate the time and place for turning in the clean, complete uniform, which may include Carolina Mustangs issued practice clothing and equipment. This is handled individually by team. Any missing or damaged pieces will be the financial responsibility of the athlete.

Are there other responsibilities for the parent/athlete at the end of a sport season?

Informally and generally, the teams will come together to provide some kind of recognition gift to the coach(es). Simply, this is a token of appreciation.

18. PHOTOGRAPHY

Will team pictures be taken? When?

Team pictures may be scheduled. Each Team Mom/Dad will arrange for a team picture sometime during the season.

Who is authorized to take photographs of my athlete and how may photos or photographic representations be used by CMAA?

Photographic representations of athletes and spectators is possible and attendance at CMAA events implies permission.

19. END OF SEASON AWARDS PROGRAMS

What awards may my athlete be eligible to receive after participation in a sport?

At the end of the season, athletes will be recognized at an Awards Night. Every full season participant will receive a Certificate of Participation. Three to four athletes per team will receive an Excellence Award. These awards may encompass MVP, Best Offensive Player, Best Defensive Player and the Carolina Mustangs Award. One Carolina Mustangs award will be given per team. This is given to the player who shows the best attitude, most coachable, most Christ-like, easy to get along with other players, and willing to play any position at any time. The recipients of this awards is chosen by the coach(es) who may take the input of the team members into consideration.

20. MISCELLANEOUS INFORMATION

Can I award high school credit on my athlete's transcript if she plays on a Carolina Mustangs team?

The designated high school administrator or principal of your school may determine what high school credits your Varsity athlete may receive on her transcript. Generally, a completed high school "course" will include anywhere from 120 to 180 hours of "course work," as determined by your school. It is reasonable to count participation on a Varsity team towards these hours, including skill session time, team practice time, and game time. Course titles may include such possibilities as "Varsity sport" or "P.E." High school transcripts can indicate completion of one full credit, or even a half-credit for any particular course. According to most university policies, please note that if you do grant a credit for sports participation it cannot also be listed in extra-curricular activities. You need to decide the best location for CMAA activities on your child's transcript.

If my child wants to play his/her sport in college, will CMAA help facilitate the process?

CMAA will help with questions and information but parents and students are responsible for pursuing their own athletic future. If you have an athlete that wants to pursue their sport beyond high school, talk with her coach and notify them of this goal. Your coach can offer tips, advice and recommendations on achieving this goal. You can find out more information at www.ncaa.org. Parents and athletes must be proactive.