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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 this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for 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 GROUNDS 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 students who violate the rules. You, the student athlete, are 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 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.

Vernon Aldridge
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 try-outs/ practice as listed below:

- Only students in grades seven and eight may participate in middle school athletics.
- 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 **four consecutive semesters beginning with the students' entry into seventh grade.**
- **Must not have graduated** from middle school.
- Must be **less than 15 years** of age on 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.** Penalty for such acts will result in **loss of eligibility for 365 days.**
- Must have **passed a minimum academic load** during the previous semester, and meet local promotion standards.
- Cannot fail more than 1 core course and 2 electives in previous semester. (Examples: Student failed math and science second semester, student is ineligible. Student failed science, art and music, student is eligible.)
- Must have a weighted 2.0 GPA or 77 average for the previous semester. (Effective spring sports, 2016 school year, must have a weighted 2.0 or 70 average for the previous semester.)
- 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)

- Must have a current **medical examination** by a duly licensed physician, nurse practitioner, or physician's assistant; physical cannot expire during the season; & if you miss five or more days of practice due to illness or injury, you must receive a medical-
ELIGIBILITY RULES - CONTINUED
- release before practicing or playing.
- Must have a current concussion on file in the athletic office. (Concussion forms are good for the current school year)
- **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 play in more than one football game per week (no exceptions) and 2 contests** in all other sports (exception for tournament or makeup game, teams can play 3 games).
- Must practice a total of **ten (10) days** before playing in a contest.
- **Sixth graders may not participate with a team in any capacity or be a team manager.**
- 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.

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 and concussion forms completed and on file in the athletic office.
- (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 As 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 athlete becomes subject to this Code of Conduct upon the 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. TOBACCO USE** (Principal's decision is final) Participating students found to have used tobacco while subject to this Code will be suspended from participation as outlined:

First Offense: 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.

Second Offense: 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.

Third Offense: 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.

4. REVIEW PROCEDURE

- 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 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. APPEALS

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. **First offense** the athlete shall be suspended for the next game (basketball & wrestling — 2 games).
2. **Second offense** the athlete shall be placed on probation and suspended for the next two games (basketball & wrestling — 4 games).
3. **Third offense** 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:

- (1) Receive a letter of warning
- (2) Not allowed to attend any additional school contests.
- (3) 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 usual
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 information	Dizziness	Feeling nervous or anxious	
	Balance problems	Crying more	
	Sensitivity to noise or light		

Table from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)
 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 encouraged to play or practice while experiencing any concussion-related signs or symptoms following rest of a day.

This information is provided to you by the UNC Matthew Geller 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

Revised 6/2/15

School	Address	Phone #	Fax #	Mascot	Colors
Division I					
Mac Williams	4464 Clinton Rd., Fayetteville, NC 28301	483-8222	323-4583	Mustangs	Gray/Blue
Douglas Byrd	1616 Ireland Dr., Fayetteville, NC 28304	483-3101	483-3741	Hawks	Cardinal/Gold
Gray's Creek	5151 Celebration Dr., Hope Mills, NC 28348	483-4124	483-5296	Bruins	Black/Gold
John Griffin	5551 Fisher Rd., Fayetteville, NC 28304	424-7678	424-7602	Pirates	Purple/Gold
Max Abbott	590 Winding Creek Rd., Fayetteville, NC 28305	323-2201	485-0841	Panthers	Blue/White
Division II					
Pine Forest	6901 Ramsey St., Fayetteville, NC 28311	488-2711	630-2357	Raiders	Green/Gold
South View	4100 Elk Rd., Hope Mills, NC 28384	424-3131	424-2402	Bobcats	Orange/Blue
Westover	275 Bonanza Dr., Fayetteville, NC 28303	864-0813	864-7906	Wildcats	Blue/Silver
Hope Mills	4975 Cameron Rd., Hope Mills, NC 28348	425-5106	423-5887	Vikings	Purple/Gold
Lewis Chapel	2150 Skibo Rd., Fayetteville, NC 28304	864-1407	864-1430	Cardinals	Red/Gold
Division III					
Abritton	P. O. Box 70089, Ft. Bragg, NC 28307	907-0201	432-4072	Bulldogs	Royal/White/Silver
Anne Chesnut	2121 Skibo Rd., Fayetteville, NC 28304	867-9147	868-3695	Hornets	Maroon/Gold
Nick Ierold's	2517 Ramsey St., Fayetteville, NC 28301	822-2570	822-1534	Eagles	Royal Blue/Gold
New Century International	7455 Century Cir., Fayetteville, NC 28306	487-2001	487-2009	Titans	Blue/Chartruse/Silver
Spring Lake	612 Spring Ave., Spring Lake, NC 28390	497-1175	497-3467	Broncos	Blue/Gold

Director of Student Activities 678-2445 678-2612 VernonAltridge@ccs.k12.nc.us

GAME TIMES /PRACTICE SCHEDULES/GAME COST

GAME SCHEDULE 2016-17
ALL MIDDLE SCHOOL GAMES WILL START AT 4:00 PM

PRACTICE DATES

FALL
AUGUST 29, 2016
WINTER
NOVEMBER 14, 2016
SPRING
FEBRUARY 20, 2017

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

GAME COST
\$4.00

CCS MIDDLE SCHOOLS ATHLETIC DIVISIONS

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

**MIDDLE SCHOOLS DIVISION I
FOOTBALL SCHEDULE
2016/2017**

FIRST PRACTICE AUG 29TH

Date	MAC WILLIAMS	DOUGLAS BYRD	GRAY'S CREEK	JOHN GRIFFIN	MAX ABBOTT
SEP 22	@LEWIS* CHAPEL	@ SPRING* LAKE	@JOHN* GRIFFIN	GRAY'S* CREEK	PINE* FOREST
SEP 29	MAX ABBOTT*	WESTOVER*	NICK* JERALD'S	NEW* CENTURY	@MAC* WILLIAMS
OCT 6	JOHN GRIFFIN	GRAY'S CREEK	@DOUGLAS BYRD	@MAC WILLIAMS	@JOHN GRIFFIN
OCT 13	@GRAY'S CREEK		MAC WILLIAMS	MAX ABBOTT	@JOHN GRIFFIN
OCT 20	DOUGLAS BYRD	@MAC WILLIAMS	@MAX ABBOTT		GRAY'S CREEK
OCT 27		MAX ABBOTT	JOHN GRIFFIN	@GRAY'S CREEK	@DOUGLAS BYRD
NOV 3	@MAX ABBOTT	@JOHN GRIFFIN	+	DOUGLAS BYRD	MAC WILLIAMS

STRENGTH GAMES ON NOV 10TH

*DENOTES NON-DIVISIONAL GAME

MIDDLE SCHOOLS DIVISION I
VOLLEYBALL & SOCCER SCHEDULE
2016/2017

FIRST PRACTICE AUG 29TH

Date	MAC WILLIAMS	DOUGLAS BYRD	GRAY'S CREEK	JOHN GRIFFIN	MAX ABBOTT
SEP 21	ALBRITTON*	WESTOVER*	ANNE* CHESNUTT	NEW* CENTURY	@HOPE* MILLS
SEP 28	@MAX ABBOTT*		JOHN* GRIFFIN	@GRAY'S* CREEK	MAC* WILLIAMS
OCT 5	@JOHN GRIFFIN	@GRAY'S CREEK	DOUGLAS BYRD	MAC WILLIAMS	
OCT 12	GRAY'S CREEK	@SOUTH VIEW*	@MAC WILLIAMS	WILLIAMS ABBOTT	JOHN GRIFFIN
OCT 19	@DOUGLAS BYRD	MAC WILLIAMS	MAX ABBOTT		@GRAY'S CREEK
OCT 26		@MAX ABBOTT	@JOHN GRIFFIN	GRAY'S CREEK	DOUGLAS BYRD
NOV 2	MAX ABBOTT	JOHN GRIFFIN		@DOUGLAS BYRD	@MAC WILLIAMS

STRENGTH GAMES:

SOCCER ON NOV 7TH AND VOLLEYBALL ON NOV 9TH

*DENOTES NON-DIVISIONAL GAMES

MIDDLE SCHOOLS DIVISION I
BASKETBALL SCHEDULE
2016/2017

FIRST PRACTICE NOVEMBER 14TH

Date	MAC WILLIAMS	DOUGLAS BYRD	GRAY'S CREEK	JOHN GRIFFIN	MAX ABBOTT
DEC 1	SPRING LAKE*	ANNE* CHESNUTT	@WESTOVER *	@LEWIS* CHAPEL	@HOPE* MILLS
DEC 6	SOUTH VIEW*	@SPRING LAKE*	@LEWIS CHAPEL*	NEW* CENTURY	ANNE* CHESNUTT
DEC 8		@WESTOVER			NICK* JERALDS
DEC 13	JOHN GRIFFIN	GRAY'S CREEK	@DOUGLAS BYRD	@MAC WILLIAMS	
DEC 15	@GRAY'S CREEK		MAC WILLIAMS	MAX ABBOTT	@JOHN GRIFFIN
JAN 5	DOUGLAS BYRD	@MAC WILLIAMS	@MAX ABBOTT	SPRING* LAKE	GRAY'S CREEK
JAN 10		MAX ABBOTT	JOHN GRIFFIN	@GRAY'S CREEK	@DOUGLAS BYRD
JAN 12	@MAX ABBOTT	@JOHN GRIFFIN		DOUGLAS BYRD	MAC WILLIAMS
JAN 19	@JOHN GRIFFIN	@GRAY'S CREEK	DOUGLAS BYRD	MAC WILLIAMS	
JAN 24	GRAY'S CREEK		@MAC WILLIAMS	@MAX ABBOTT	JOHN GRIFFIN
JAN 26	@DOUGLAS BYRD	MAC WILLIAMS	MAX ABBOTT		@GRAY'S CREEK
JAN 31	@PINE FOREST*	@MAX ABBOTT	@JOHN GRIFFIN	GRAY'S CREEK	DOUGLAS BYRD
FEB 2	MAX ABBOTT	JOHN GRIFFIN	NICK* JERALDS	@DOUGLAS BYRD	@MAC WILLIAMS

STRENGTH GAMES

GIRLS FEB ON 7TH AND BOYS ON FEB 9TH

*DENOTE NON-DIVISIONAL GAME

MIDDLE SCHOOLS DIVISION I
WRESTLING SCHEDULE
2016/2017

FIRST PRACTICE NOVEMBER 14TH

Date	MAC WILLIAMS	DOUGLAS BYRD	GRAY'S CREEK	JOHN GRIFFIN	MAX ABBOTT
DEC 1	@SPRING LAKE*	@ANNE* CHESNUTT	WESTOVER*	LEWIS* CHAPEL	HOPE* MILLS
DEC 6	@SOUTH VIEW*	SPRING LAKE*	LEWIS* CHAPEL	@NEW* CENTURY	@ANNE* CHESNUTT
DEC 8		WESTOVER*			@NICK* JERALDS
DEC 13	@JOHN GRIFFIN	@GRAY'S CREEK	DOUGLAS BYRD	MAC WILLIAMS	
DEC 15	GRAY'S CREEK		@MAC WILLIAMS	@MAX ABBOTT	JOHN GRIFFIN
JAN 5	@DOUGLAS BYRD	MAC WILLIAMS	MAX ABBOTT	@SPRING* LAKE	@GRAY'S CREEK
JAN 10		@MAX ABBOTT	@JOHN GRIFFIN	GRAY'S CREEK	DOUGLAS BYRD
JAN 12	MAX ABBOTT	JOHN GRIFFIN		@DOUGLAS BYRD	@MAC WILLIAMS
JAN 19	JOHN GRIFFIN	GRAY'S CREEK	@DOUGLAS BYRD	MAC WILLIAMS	
JAN 24	@GRAY'S CREEK		MAC WILLIAMS	MAX ABBOTT	@JOHN GRIFFIN
JAN 26	DOUGLAS BYRD	@MAC WILLIAMS	@MAX ABBOTT		GRAY'S CREEK
JAN 31	PINE FOREST*	MAX ABBOTT	JOHN GRIFFIN	@GRAY'S CREEK	@DOUGLAS BYRD
FEB 2	@MAX ABBOTT	@JOHN GRIFFIN	@NICK* JERALD'S	DOUGLAS BYRD	MAC WILLIAMS

STRENGTH MATCHES ON FEB 8TH

*DENOTE NON-DIVISIONAL MATCH

MIDDLE SCHOOLS DIVISION I
BASEBALL & SOFTBALL SCHEDULE
2016/2017

FIRST PRACTICE FEBRUARY 20TH

Date	MAC WILLIAMS	DOUGLAS BYRD	GRAY'S CREEK	JOHN GRIFFIN	MAX ABBOTT
MAR 16	LEWIS* CHAPEL	NICK JERALDS*	PINE FOREST*	WESTOVER*	@ANNE* CHESNUTT
MAR 23		@WESTOVER*	@HOPE* MILLS	@NEW* CENTURY	@NICK* JERALDS
MAR 27	@PINE FOREST*	@SPRING LAKE*	@SOUTH* VIEW	ALBRITTON*	NEW* CENTURY
MAR 30	@JOHN GRIFFIN	@GRAY'S CREEK	DOUGLAS BYRD	MAC WILLIAMS	
APR 6	GRAY'S CREEK		@MAC WILLIAMS	@MAX ABBOTT	JOHN GRIFFIN
APR 13	@DOUGLAS BYRD	MAC WILLIAMS	MAX ABBOTT		@GRAY'S CREEK
APR 27		@MAX ABBOTT	@JOHN GRIFFIN	GRAY'S CREEK	DOUGLAS BYRD
MAY 4	MAX ABBOTT	JOHN GRIFFIN		@DOUGLAS BYRD	@MAC WILLIAMS

STRENGTH GAMES:
SOFTBALL ON MAY 9TH AND BASEBALL ON MAY 11TH

*DENOTE NON-DIVISIONAL GAME

**MIDDLE SCHOOLS DIVISION I
SOCCER SCHEDULE
2016/2017**

FIRST PRACTICE FEB 20TH

Date	MAC WILLIAMS	DOUGLAS BYRD	GRAY'S CREEK	JOHN GRIFFIN	MAX ABBOTT
MAR 15	@SOUTH VIEW*	WESTOVER*			ANNE* CHESNUTT
MAR 22		@ANNE* CHESNUTT	HOPE MILLS*	@ALBRITTON*	@PINE* FOREST
MAR 29	PINE FOREST*	@HOPE MILLS*	@SOUTH* VIEW	NEW* CENTURY	ALBRITTON*
APR 3	JOHN GRIFFIN	GRAY'S CREEK	@DOUGLAS BYRD	@MAC WILLIAMS	
APR 5	@GRAY'S CREEK		MAC WILLIAMS	MAX ABBOTT	@JOHN GRIFFIN
APR 12	DOUGLAS BYRD	@MAC WILLIAMS	@MAX ABBOTT		GRAY'S CREEK
APR 26		MAX ABBOTT	JOHN GRIFFIN	@GRAY'S CREEK	@DOUGLAS BYRD
MAY 3	@MAX ABBOTT	@JOHN GRIFFIN		DOUGLAS BYRD	MAC WILLIAMS

STRENGTH GAMES ON MAY 10TH

*DENOTE NON-DIVISIONAL GAME

**MIDDLE SCHOOLS DIVISION II
FOOTBALL SCHEDULE
2016/2017**

FIRST PRACTICE AUGUST 29TH

Date	PINE FOREST	SOUTH VIEW	WESTOVER	HOPE MILLS	LEWIS CHAPEL
SEP 22	@MAX ABBOTT*	ALBRITTON*	ANNE* CHESNUTT	NEW* CENTURY	MAC* WILLIAMS
SEP 29	SPRING LAKE*	HOPE MILLS*	@DOUGLAS* BRYD	@SOUTH VIEW*	ANNE* CHESNUTT
OCT 6	HOPE MILLS	WESTOVER	@SOUTH VIEW	@PINE FOREST	
OCT 13	@WESTOVER		PINE FOREST	LEWIS CHAPEL	@HOPE MILLS
OCT 20	SOUTH VIEW	@PINE FOREST	@LEWIS CHAPEL		WESTOVER
OCT 27		LEWIS CHAPEL	HOPE MILLS	@WESTOVER	@SOUTH VIEW
NOV 3	@LEWIS CHAPEL	@HOPE MILLS	@NICK* JERARDS	SOUTH VIEW	PINE FOREST

STRENGTH GAMES ON NOV 10TH

*DENOTES NON-DIVISIONAL GAME

**MIDDLE SCHOOLS DIVISION II
VOLLEYBALL & SOCCER SCHEDULE
2016/2017**

FIRST PRACTICE AUGUST 29TH

Date	HOME	AWAY	HOME	AWAY	HOME	AWAY
SEP 21	PINE FOREST	SOUTH VIEW	WESTOVER	@DOUGLAS* BYRD	HOPE MILLS MAX ABBOTT*	LEWIS CHAPEL NICK* JERALD'S
SEP 28	@ALBRITTON*	@NICK* JERALD'S	@SPRING* LAKE	SOUTH VIEW	CENTURY	@ANNE* CHESNUTT
OCT 5	@HOPE MILLS	@WESTOVER	SOUTH VIEW	PINE FOREST	HOPE MILLS	
OCT 12	WESTOVER	DOUGLAS* BYRD	@PINE FOREST	@LEWIS CHAPEL	HOPE MILLS	
OCT 19	@SOUTH VIEW	PINE FOREST	LEWIS CHAPEL		@WESTOVER	
OCT 26		@LEWIS CHAPEL	@HOPE MILLS	WESTOVER	SOUTH VIEW	
NOV 2	LEWIS CHAPEL	HOPE MILLS		@SOUTH VIEW	@PINE FOREST	

STRENGTH GAMES:

SOCCER ON NOV 7TH AND VOLLEYBALL ON NOV 9TH

*DENOTES NON-DIVISIONAL GAMES

**MIDDLE SCHOOLS DIVISION II
BASKETBALL SCHEDULE
2016/2017**

FIRST PRACTICE NOVEMBER 14TH

Date	HOME	AWAY	HOME	AWAY	HOME	AWAY
DEC 1	PINE FOREST	@NICK* JERALD'S	SOUTH VIEW	@NEW* CENTURY	WESTOVER	HOPE MILLS MAX ABBOTT*
DEC 6			@MAC* WILLIAMS	@NICK* JERALD'S	HOPE MILLS MAX ABBOTT*	LEWIS CHAPEL JOHN GRIFPIN*
DEC 8	SPRING LAKE*	ALBRITTON*	WESTOVER	DOUGLAS* BYRD	NEW* CENTURY	GRAY'S* CREEK
DEC 13	HOPE MILLS	WESTOVER	@SOUTH VIEW	PINE FOREST	LEWIS CHAPEL	@ANNE* CHESNUTT
DEC 15	@WESTOVER	@ANNE* CHESNUTT	PINE FOREST	@LEWIS CHAPEL	HOPE MILLS	@HOPE MILLS
JAN 5	SOUTH VIEW	@PINE FOREST	LEWIS CHAPEL		WESTOVER	
JAN 10		LEWIS CHAPEL	HOPE MILLS	@WESTOVER	PINE FOREST	
JAN 12	@LEWIS CHAPEL	@HOPE MILLS		SOUTH VIEW	PINE FOREST	
JAN 19	@HOPE MILLS	@WESTOVER	SOUTH VIEW	PINE FOREST		
JAN 24	WESTOVER		@PINE FOREST	@LEWIS CHAPEL	HOPE MILLS	
JAN 26	@SOUTH VIEW	PINE FOREST	LEWIS CHAPEL		@WESTOVER	
JAN 31	MAC* WILLIAMS	@LEWIS CHAPEL	@HOPE MILLS	WESTOVER	SOUTH VIEW	
FEB 2	LEWIS CHAPEL	HOPE MILLS		@SOUTH VIEW	@PINE FOREST	

STRENGTH GAMES

GIRLS ON FEB 7TH AND BOYS ON FEB 9TH

*DENOTE NON-DIVISIONAL MATCH

**MIDDLE SCHOOLS DIVISION II
WRESTLING SCHEDULE
2016/2017**

FIRST PRACTICE NOVEMBER 14TH

Date	HOME	AWAY	HOME	AWAY	HOME	AWAY
DEC 1	PINE FOREST NICK*	SOUTH VIEW NEW*	WESTOVER @GRAYS*	HOPE MILLS @MAX*	LEWIS CHAPEL @JOHN*	
DEC 6	JERALDS MAC*	CENTURY MAC*	CREEK NICK*	ABBOTT ALBRITTON*	GRIFIN @GRAY'S*	
DEC 8	@SPRING* LAKE	WILLIAMS @ALBRITTON*	JERALDS @DOUGLAS* BYRD	@NEW* CENTURY	GRAY'S CREEK ANNE*	CHESNUTT
DEC 13	@HOPE MILLS	@WESTOVER	SOUTH VIEW	PINE FOREST		
DEC 15	WESTOVER	ANNE* CHESNUTT	@PINE FOREST	@LEWIS CHAPEL	HOPE MILLS	
JAN 5	@SOUTH VIEW	PINE FOREST	LEWIS CHAPEL		@WESTOVER	
JAN 10		@LEWIS CHAPEL	@HOPE MILLS	WESTOVER	SOUTH VIEW	
JAN 12	LEWIS CHAPEL	HOPE MILLS		@SOUTH VIEW	@PINE FOREST	
JAN 19	HOPE MILLS	WESTOVER	@SOUTH VIEW	@PINE FOREST		
JAN 24	@WESTOVER		PINE FOREST	LEWIS CHAPEL	@HOPE MILLS	
JAN 26	SOUTH VIEW	@PINE FOREST	@LEWIS CHAPEL		WESTOVER	
JAN 31		LEWIS CHAPEL	HOPE MILLS	@WESTOVER	@SOUTH VIEW	
FEB 2	@LEWIS CHAPEL	@HOPE MILLS		SOUTH VIEW	PINE FOREST	

STRENGTH MATCHES ON FEB 8TH

*DENOTE NON-DIVISIONAL GAME

**MIDDLE SCHOOLS DIVISION II
BASEBALL & SOFTBALL SCHEDULE
2016/2017**

FIRST PRACTICE FEBRUARY 20TH

Date	HOME	AWAY	HOME	AWAY	HOME	AWAY
MAR 16	PINE FOREST @GRAY'S* CREEK	SOUTH VIEW @SPRING LAKE*	WESTOVER @JOHN* GRIFIN	HOPE MILLS @NEW* CENTURY	LEWIS CHAPEL @MAC*	WILLIAMS
MAR 23	ALBRITTON*	ANNE* GRAY'S CHESNUTT	DOUGLAS* BYRD	GRAY'S* CREEK	SPRING LAKE*	
MAR 27	MAC WILLIAMS*	CHESNUTT CREEK*	@NICK* JERALD'S		@ANNE*	CHESNUTT
MAR 30	@HOPE MILLS	@WESTOVER	SOUTH VIEW	PINE FOREST		
APR 6	WESTOVER		@PINE FOREST	@LEWIS CHAPEL	HOPE MILLS	
APR 13	@SOUTH VIEW	PINE FOREST	LEWIS CHAPEL		@WESTOVER	
APR 27		@LEWIS CHAPEL	@HOPE MILLS	WESTOVER	SOUTH VIEW	
MAY 4	LEWIS CHAPEL	HOPE MILLS		@SOUTH VIEW	@PINE FOREST	

**STRENGTH GAMES:
SOFTBALL ON MAY 9TH AND BASEBALL ON MAY 11TH**

*DENOTE NON-DIVISIONAL GAME

MIDDLE SCHOOLS DIVISION II
SOCCER SCHEDULE
2016/2017

FIRST PRACTICE FEB 20TH

Date	HOME	AWAY	HOME	AWAY
MAR 15	PINE FOREST @NICK*	SOUTH VIEW MAC*	WESTOVER @DOUGLAS* BYRD	HOPE MILLS NEW* CENTURY @GRAY'S* CREEK
MAR 22	MAX ABBOTT*	@NEW* CENTURY GRAY'S CREEK*	JERALD'S @SPRING* LAKE	DOUGLAS* BYRD
MAR 29	@MAC* WILLIAMS	GRAY'S CREEK*	@SPRING* LAKE	ANNE* CHESNUTT
APR 3	HOPE MILLS	WESTOVER	@SOUTH VIEW	@PINE FOREST
APR 5	@WESTOVER		PINE FOREST	LEWIS CHAPEL
APR 12	SOUTH VIEW	@PINE FOREST	@LEWIS CHAPEL	WESTOVER
APR 26		LEWIS CHAPEL	HOPE MILLS	@SOUTH VIEW
MAY 3	@LEWIS CHAPEL	@HOPE MILLS		SOUTH VIEW

STRENGTH GAMES ON MAY 10TH

*DENOTE NON-DIVISIONAL GAME

MIDDLE SCHOOLS DIVISION III
FOOTBALL SCHEDULE
2016/2017

FIRST PRACTICE AUGUST 29TH

Date	HOME	AWAY	HOME	AWAY
SEP 22	ALBRITTON @SOUTH VIEW*	ANNE CHESNUTT	NICK JERALD'S	SPRING LAKE DOUGLAS* BYRD
SEP 29		@WESTOVER* CHAPEL	@GRAY'S* CREEK	@PINE FOREST*
OCT 6	SPRING LAKE	NICK JERALD'S	@ANNE CHESNUTT	@ALBRITTON
OCT 13	@NICK JERALD'S		ALBRITTON	NEW CENTURY
OCT 20	ANNE CHESNUTT	@ALBRITTON	@NEW CENTURY	NICK JERALD'S
OCT 27		NEW CENTURY @SPRING LAKE	SPRING LAKE	@NICK JERALD'S
NOV 3	@NEW CENTURY	NEW CENTURY @SPRING LAKE	WESTOVER*	ANNE CHESNUTT

STRENGTH GAMES ON NOV 10TH

*DENOTES NON-DIVISIONAL GAMES

MIDDLE SCHOOLS DIVISION III
VOLLEYBALL & SOCCER SCHEDULE
2016/2017

FIRST PRACTICE AUGUST 29TH

Date	ALBRITTON	ANNE CHESNUTT	NICK JERALDS*	SPRING LAKE	NEW CENTURY INT
SEP 21	@MAC* WILLIAMS	@GRAY'S* CREEK	@LEWIS* CHAPEL	@PINE FOREST*	@JOHN* GRIFFIN
SEP 28	PINE FOREST*	LEWIS CHAPEL*	SOUTH VIEW*	WESTOVER*	HOPE MILLS*
OCT 5	@SPRING LAKE	@NICK JERALDS	ANNE CHESNUTT	ALBRITTON	
OCT 12	NICK JERALDS		@ALBRITTON	@NEW CENTURY	SPRING LAKE
OCT 19	@ANNE CHESNUTT	ALBRITTON	NEW CENTURY		@NICK JERALDS
OCT 26		@NEW CENTURY	@SPRING LAKE	NICK JERALDS	ANNE CHESNUTT
NOV 2	NEW CENTURY	SPRING LAKE		@ANNE CHESNUTT	@ALBRITTON

STRENGTH GAMES:
SOCCER ON NOV 7TH AND VOLLEYBALL ON NOV 9TH

*DENOTES NON-DIVISIONAL GAMES

MIDDLE SCHOOLS DIVISION III
BASKETBALL SCHEDULE
2016/2017

FIRST PRACTICE NOVEMBER 14TH

Date	ALBRITTON	ANNE CHESNUTT	NICK JERALDS*	SPRING LAKE	NEW CENTURY INT
DEC 1		@DOUGLAS* BYRD	PINE FOREST*	@MAC* WILLIAMS	SOUTH VIEW*
DEC 6	HOPE MILLS*	@MAX* ABBOTT	WESTOVER*	DOUGLAS* BYRD	@JOHN* GRIFFIN
DEC 8	@SOUTH VIEW*	LEWIS* CHAPEL	@MAX* ABBOTT	@PINE FOREST*	@HOPE MILLS*
DEC 13	SPRING LAKE	NICK JERALDS	@ANNE CHESNUTT	@ALBRITTON	
DEC 15	@NICK JERALDS	SOUTH VIEW*	ALBRITTON	NEW CENTURY	@SPRING LAKE
JAN 5	ANNE CHESNUTT	@ALBRITTON	@NEW CENTURY		NICK JERALDS
JAN 10		NEW CENTURY	SPRING LAKE	@NICK JERALDS	@ANNE CHESNUTT
JAN 12	@NEW CENTURY	@SPRING LAKE		ANNE CHESNUTT	ALBRITTON
JAN 19	@SPRING LAKE	@NICK JERALDS	ANNE CHESNUTT	ALBRITTON	
JAN 24	NICK JERALDS		@ALBRITTON	@NEW CENTURY	SPRING LAKE
JAN 26	@ANNE CHESNUTT	ALBRITTON	NEW CENTURY		@NICK JERALDS
JAN 31		@NEW CENTURY	@SPRING LAKE	NICK JERALDS	ANNE CHESNUTT
FEB 2	NEW CENTURY	SPRING LAKE	@GRAY'S* CREEK	@ANNE CHESNUTT	@ALBRITTON

STRENGTH GAMES
GIRLS ON FEB 7TH AND BOYS ON FEB 9TH

*DENOTE NON-DIVISIONAL MATCH

**MIDDLE SCHOOLS DIVISION III
WRESTLING SCHEDULE
2016/2017**

FIRST PRACTICE NOVEMBER 14TH

Date	ALBRITTON	ANNE CHESNUTT	NICK JERALDS*	SPRING LAKE	NEW CENTURY INT
DEC 1		DOUGLAS* BYRD	@PINE FOREST*	MAC* WILLIAMS	@SOUTH VIEW*
DEC 6	@HOPE MILLS*	MAX ABBOTT*	@WESTOVER	@DOUGLAS* BYRD	JOHN GRIFPIN*
DEC 8	SOUTH VIEW*	@LEWIS* CHAPEL	MAX ABBOTT*	PINE FOREST*	HOPE MILLS*
DEC 13	@SPRING LAKE	@NICK JERALDS	ANNE CHESNUTT	ALBRITTON	
DEC 15	NICK JERALDS	@SOUTH VIEW*	@ALBRITTON	@NEW CENTURY	SPRING LAKE
JAN 5	@ANNE CHESNUTT	ALBRITTON	NEW CENTURY	JOHN GRIFPIN*	@NICK JERALDS
JAN 10		@NEW CENTURY	@SPRING LAKE	NICK JERALDS	ANNE CHESNUTT
JAN 12	NEW CENTURY	SPRING LAKE		@ANNE CHESNUTT	@ALBRITTON
JAN 19	SPRING LAKE	NICK JERALDS	@ANNE CHESNUTT	@ALBRITTON	
JAN 24	@NICK JERALDS		ALBRITTON	NEW CENTURY	@SPRING LAKE
JAN 26	ANNE CHESNUTT	ALBRITTON	@NEW CENTURY		NICK JERALDS
JAN 31		NEW CENTURY	SPRING LAKE	@NICK JERALDS	@ANNE CHESNUTT
FEB 2	@NEW CENTURY	@SPRING LAKE	GRAY'S* CREEK	ANNE CHESNUTT	ALBRITTON

STRENGTH MATCHES ON FEB 8TH

*DENOTE NON-DIVISIONAL GAME

**MIDDLE SCHOOLS DIVISION III
BASEBALL & SOFTBALL SCHEDULE
2016/2017**

FIRST PRACTICE FEBRUARY 20TH

Date	ALBRITTON	ANNE CHESNUTT	NICK JERALDS*	SPRING LAKE	NEW CENTURY INT
MAR 16		MAX ABBOTT*	@DOUGLAS* BYRD	SOUTH VIEW*	HOPE MILLS*
MAR 23	@PINE FOREST*	@SOUTH VIEW*	MAX ABBOTT*	@LEWIS* CHAPEL	JOHN GRIFPIN*
MAR 27	*JOHN GRIFPIN*	LEWIS CHAPEL*	WESTOVER*	DOUGLAS* BYRD	@MAX* ABBOTT
MAR 30	@SPRING LAKE	@NICK JERALDS	ANNE CHESNUTT	ALBRITTON	
APR 6	NICK JERALDS		@ALBRITTON	@NEW CENTURY	SPRING LAKE
APR 13	@ANNE CHESNUTT	ALBRITTON	NEW CENTURY		@NICK JERALDS
APR 27		@NEW CENTURY	@SPRING LAKE	NICK JERALDS	ANNE CHESNUTT
MAY 4	NEW CENTURY	SPRING LAKE		@ANNE CHESNUTT	@ALBRITTON

**STRENGTH GAMES:
SOFTBALL ON MAY 9TH AND BASEBALL ON MAY 11TH**

*DENOTE NON-DIVISIONAL GAME

**MIDDLE SCHOOLS DIVISION III
SOCCER SCHEDULE
2016/2017**

FIRST PRACTICE FEB 20TH

Date	ALBRITTON	ANNE CHESNUTT @MAX ABBOTT*	NICK JERALDS*	SPRING LAKE @LEWIS CHAPEL	NEW CENTURY INT @HOPE MILLS*
MAR 15		DOUGLAS BYRD	PINE FOREST*		
MAR 22	JOHN GRIFFIN*		@WESTOVER*		SOUTH VIEW*
MAR 29	@MAX ABBOTT*	@LEWIS* CHAPEL		WESTOVER*	@JOHN* GRIFFIN
APR 3	SPRING LAKE	NICK JERALDS	@ANNE CHESNUTT	@ALBRITTON	
APR 5	@NICK JERALDS		ALBRITTON	NEW CENTURY	@SPRING LAKE
APR 12	ANNE CHESNUTT	@ALBRITTON	@NEW CENTURY		NICK JERALDS
APR 26		NEW CENTURY	SPRING LAKE	@NICK JERALDS	@ANNE CHESNUTT
MAY 3	@NEW CENTURY	@SPRING LAKE		ANNE CHESNUTT	ALBRITTON

STRENGTH GAMES ON MAY 10TH

*DENOTE NON-DIVISIONAL GAME

<u>Division I</u>	<u>Division II</u>	<u>Division III</u>	GIRLS' 2016 First Practice Aug 29
Mac Williams	Pine Forest	Albritton	
Douglas Byrd	Southview	Anne Chesnutt	
Gray's Creek	Westover	Nick Jerald's	
John Griffin	Hope Mills	Spring Lake	
Max Abbott	Lewis Chapel	New Century	
East Hoke	West Hoke	Sandy Grove	

Sept. 20
Division I @ Reid Ross (Mac Williams)
Division II @ Pine Forest (Pine Forest)
Division III @ New Century (New Century)

Sept. 27
NCI, SV, HM, JG, (Gray's Creek), SG @ New Century
MW, PF, SL, WO, (Albritton), EH @ Albritton
LC, AC, (Nick Jerald's), MA, DR, WH @ Reid Ross

OCT. 4
Division I @ Pine Forest (Max Abbott)
Division II @ Reid Ross (South View)
Division III @ New Century (Anne Chesnutt)

Oct. 11
MW, SV, GC, AC, PF, and (Spring Lake) @ PF
MA, WO, AB, HM, NJ, and (Douglas Byrd) @ Reid Ross
(West Hoke), EH, SG, NCI, LC, and JG @ Hoke County

Oct. 18
Division I @ New Century (John Griffin)
Division II @ Pine Forest (Westover)
Division III @ Reid Ross (Anne Chesnutt)

Oct. 25 DIVISION MEETS (Division III host)

(Name) denotes host school

Division I Division II Division III **BOYS 2017**
 First practice Feb 20

Mac Williams	Pine Forest	Albritton
Douglas Byrd	Southview	Anne Chesnut
Greg's Creek	Westover	Nick Jerald's
John Griffin	Hope Mills	Spring Lake
Max Abbott	Lewis Chapel	New Century
East Hoke	West Hoke	Sandy Grove

Mar. 14
 Division I @ Reid Ross (Douglas Byrd)
 Division II @ Pine Forest (Pine Forest)
 Division III @ New Century (New Century)

Mar: 21
 MW, SV, GC, AC, PF, and SL @ PF (Mac Williams)
 MA, DB, AB, NCI, NJ, and WO @ Reid Ross (Westover)
 WH, EH, SG, HM, LC, and JG @ Hoke County (West Hoke)

MAR. 28
 Division I @ PF (Max Abbott)
 Division II @ New Century (South View)
 Division III @ Reid Ross (Nick Jerald's)

Apr. 4
 GC, SV, HM, JG, NC, WH @ New Century (Gray's Creek)
 MW, PF, LC, WO, AB, EH @ Pine Forest (Lewis Chapel)
 NI, AC, SL, MA, DB, SG @ Reid Ross (Anne Chesnut)

Apr. 11
 Division I @ New Century (John Griffin)
 Division II @ Reid Ross (Hope Mills)
 Division III @ Pine Forest (Spring Lake)

May 2
 Division meet Reid Ross (Division II host)
 (Name) - Denote Host School