

Overhills High School Athletics FAQs

Posted on: Feb 9, 2022

1. **Athletic Participation:** Any student wishing to participate in workouts, skills development, conditioning or try out for ANY team, must complete the process of receiving clearance to participate by using the digital Athletic Clearance form EACH year. The Home Campus site is located at: <https://athleticclearance.nchsaahome.org/>.
 - a. All documentation must be uploaded. Paper copies are not acceptable.
 - b. Be certain to use the latest NCHSAA forms pertaining to physicals
 - c. Only a medical clearance is required for summer workouts.
 - d. Academic eligibility is based upon the previous semester's F1 grades - must pass 3 out of 4 credit earning classes
 - e. If you THINK that you might want to participate in multiple sports, list them on your initial account in order to avoid having to create multiple accounts each sports season.
2. **Tryout dates** and lengths are determined by the Head Coach of that sport
3. **ATTENDANCE:** At least half of the school day must be attended in order to be counted present for school. Our school day begins at 7:35. Attending school is required to be an athlete.
4. **GRADES:** Grades will be monitored during in season and mandatory study hall/tutoring for grades below 70 any time can be assigned during players in season.
5. **SPORTSMANSHIP:** Players and parents are asked to be present to support our entire team, not to express negativity towards our players, their parents, our opponents or officials
6. **Closed Sessions:** Conditioning and practices are closed to any one who is not a member of the coaching staff.
7. **To participate following an injury or illness:** Must contact the athletic trainer (slee1@harnett.k12.nc.us) as soon as the illness/injury occurs AND before returning to conditioning or practices. Any time your child/athlete sees a physician due to an injury or illness, a WRITTEN clearance will be required one day BEFORE they expect to return to active participation. The written clearance NEEDS to INCLUDE a specific diagnosis, limitations and date of return. The school's Athletic Trainer does have authority to hold an athlete from participation when there is an unanswered concern of safe ability to participate in any activity.

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General Sports Conditioning Schedule - Strictly voluntary - has no influence on team selection prior to tryouts

Sports Season:	Head Coach's Email and Google Classroom code to obtain specific information
<p>Fall Conditioning: Late Spring through summer</p> <p>***Info only Google Codes will be posted later*****</p>	<p>Football: kbacon@harnett.k12.nc.us. *** See Note ****</p> <p>Boys Soccer: manderson@harnett.k12.nc.us x4u5rz2</p> <p>Cross Country: Bethany Noel - bnoel@harnett.k12.nc.us *****</p> <p>Girls Tennis: Alice O'Kelley - aokelley@harnett.k12.nc.us *****</p> <p>Girls Golf: jloewen@harnett.k12.nc.us *****</p> <p>Cheerleading: estuckey@harnett.k12.nc.us *****</p> <p>Volleyball: Vacant</p>
<p>Winter Conditioning: September</p> <p>Regular Season: Nov - Feb</p> <p>***Info only Google Codes will be posted later*****</p>	<p>Boys Basketball: mstephens@harnett.k12.nc.us *****</p> <p>JV Boys Basketball: jwylie@harnett.k12.nc.us Google Code: 64tyt7a</p> <p>Girls Basketball: nlewis@harnett.k12.nc.us *****</p> <p>Wrestling: pshaffer@harnett.k12.nc.us *****</p> <p>Swimming: seakerhitt@harnett.k12.nc.us Google Code: h6b54hw</p> <p>Winter Track: bnoel@harnett.k12.nc.us *****</p>
<p>Spring Conditioning: November/February</p> <p>Reg Season: Feb - Apr</p>	<p>Baseball: jodom@harnett.k12.nc.us zlr4wce</p> <p>Softball: bcomly@harnett.k12.nc.us xnvzrpr</p> <p>Girls Track and Field: Bnoel@harnett.k12.nc.us Google Code: qi44yf3</p> <p>Boys Track and Field: jwylie@harnett.k12.nc.us Google Code: qi44yf3</p> <p>Boys Golf: jloewen@harnett.k12.nc.us K3xc7od</p> <p>Boys Tennis: aokelley@harnett.k12.nc.us Google Code: hzbmob6</p> <p>Girls Soccer: manderson@harnett.k12.nc.us Google Code: v4wbv6b</p>