

HIGH POINT CENTRAL ATHLETICS



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High Point Central Athletics Information Guide

Welcome
by Mike Cook, Athletic Director



It is my honor and privilege to serve as the Athletic Director at the greatest high school on Earth, High Point Central High School. Our school and athletic department continue to grow and strive for greatness! It is my hope and #1 goal to preserve the awesome history of our fine school while building a strong foundation for the unlimited potential we have.

High Point Central has long been the standard bearer of excellence in the High Point community and we will stand undaunted in the relentless pursuit of greatness day in and day out. Whether you are visiting us at AJ Simeon Stadium (football and lacrosse), the High Point Athletic Complex (soccer), the Main Gym (basketball, volleyball, and wrestling), our campus fields for softball, baseball, and track, our tennis courts, Oak Hollow Golf Course, our cross country course at West End Park, or the HP YMCA (swimming) -

WELCOME!!!

Bison student-athletes represent our school and community in a variety of ways and need your support. Please consider joining the Bison Club. The Bison Club is the #1 supporter of Bison Athletics and we need your help. I hope you have a great experience and remember - **ONCE A BISON; ALWAYS A BISON!**

Athletics History

High Point Central has a rich and honored athletic tradition. High Point Central earned the first state championship ever awarded by the NCHSAA in 1913 in Track and Field. High Point Central has had 38 team state championships and over 80 individual state champions in various sports. Two High Point Central coaches are members of the NCHSAA Hall of Fame. They are AJ Simeon and Andrea Cozart. In 2013, the Athletic Department created the High Point Central High School Sports Hall of Fame. In 2019, the 7th class was inducted. More info can be found at www.hpcbisonathletics.com

Facilities

High Point Central has some of the finest facilities in high school athletics in the state of North Carolina. Basketball, Tennis, Track, Softball, Baseball, and Wrestling contests are all held on the campus of High Point Central. Cross Country meets are held at Ivey Redmon Park. Men's and Women's Soccer matches are played at the Correll-Morris Stadium at the High Point Athletic Complex. Swim meets are held at the Hartley Drive YMCA. Football and Men's and Women's Lacrosse contests are played at AJ Simeon Stadium. Men's and Women's Golf matches are held at Blair Park- home of the Bison since 1935- and Oak Hollow Golf Course- a top 25 public golf course!

Timeline

- Fall sports typically start around Aug 1 and run through early November
- Winter sports typically start around November 1 and run through mid-February
- Spring Sports typically start around February 15 and run through early May

Eligibility

All potential student-athletes **MUST** meet NCHSAA and GCS eligibility standards in order to participate. These include having a GPA of 2.0 the previous semester, passing the required number of courses in the previous semester (3 of 4 in the block schedule-all Seniors **MUST** take a minimum load or the equivalent of 3 full blocks), having at least 85% daily attendance in the previous semester, providing 2 proofs of residency, completing the GCS Athletic Participation Form, signing Parent and Student Honor Codes, and having a current physical and Gfeller-Waller Concussion Form on file. In GCS, there is also a \$45 Athletic Fee for student-athletes that participate in athletics. Those that wish to complete a waiver for that fee may do so. If you have any questions, please contact Coach Cook at cookm2@gcsnc.com or 336-819-2825.

Athletic Trainer/Insurance Information



Guilford County Schools offer a secondary insurance for all students that participate in athletics. If a student-athlete is injured in the course of a school sponsored athletic event; a claim must be filed within 90 days of the incident. If an injury occurs at practice or in a game; athletes are encouraged to see our athletic trainer, Nova Woodard, immediately. Once Ms. Woodard sees the athlete; she will make a recommendation as to the treatment of the athlete's injury. The training room is located on the weight room side locker rooms.

NCHSAA



The North Carolina High School Athletic Association is the governing body of high school athletics in the state of North Carolina. The Association is located in Chapel Hill and is responsible for holding and awarding state championships, ruling on eligibility issues, selecting conferences, producing playoff brackets, and many other things to make athletics in the state a first class operation. More information can be found at www.nchsaa.org.

Metro 4A Conference



High Point Central is currently a member of the Metro 4A Athletic Conference. The conference is made up of these member schools: Grimsley Whirleys, Northwest Guilford Vikings, Page Pirates, and Ragsdale Tigers.

Schedules

All schedules and information can be found on our HPC Athletics Website: www.hpcbisonathletics.com or you can stay up to date on twitter by following the official twitter handle of the Bison @hpcbisonsports.

The Bison Club

The Bison Club is the athletic booster club at High Point Central. The Bison Club supports ALL parts of the athletic department at High Point Central. The Bison Club is made up of parents, community members, staff, and anybody that is interested in helping the athletic department at High Point Central. Meetings are held in the Main Gym on the first Monday of each month.

Season Passes/Ticket Prices

Season Passes are available in the Main Office and are \$100 for adults and \$ 50 for students. All HPC home single home events are \$7.

Coaches Directory

Football (Fall): Jacob Sheffield - sheffij@gcsnc.com

Men's Track/Indoor Track (Spring/Winter): Earl Sams - coachsams25@yahoo.com

Cross Country (Fall): Ryanna Henderson - henderr@gcsnc.com

Volleyball (Fall): Miranda Taylor - taylorm2@gcsnc.com

Cheerleading (Fall & Winter): TBA

Women's Golf (Fall): Toriano Baldwin - baldwit@gcsnc.com

Men's and Women's Tennis (Spring/Fall): Stephanie Moyer - moyers@gcsnc.com

Men's Soccer (Fall): Daniel Villa - villad@gcsnc.com

Men's Basketball and Golf (Winter/Spring): Joel Battle - battler@gcsnc.com

Women's Basketball (Winter): Shay Hayes - hayesd5@gcsnc.com

Wrestling (Winter): Richard Herman - hermanr@gcsnc.com

Swimming (Winter): TBA

Baseball (Spring): Andy Harper - harpera@gcsnc.com

Softball (Spring): TBA

Women's Soccer (Spring): Wayne Wright - wright1955@northstate.net

Men's Lacrosse (Spring): Bryan Heide - heideb@gcsnc.com

Women's Lacrosse (Spring): Allison Kelley - kelleya@gcsnc.com

Women's Track (Spring): Ranicka Butler - butlerr@gcsnc.com

Please feel free to contact your coach with any questions you may have about Bison Athletics!

Wells Fargo Cup



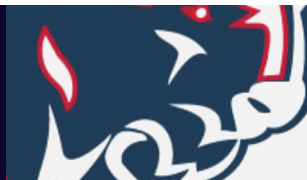
The Wells Fargo Cup is the standard by which high school athletic departments are measured. Points are earned based on where varsity teams have finished in the final conference standings. Wells Fargo Cups are awarded for conference winner and State winners. High Point Central has won several conference Wells Fargo Cups as well as the State Cup in 1991-1992 and 1992-1993.

NCAA Eligibility Center



The NCAA Eligibility Center verifies the eligibility of a student-athlete to participate in sanctioned events. Each student-athlete must meet certain requirements in their educational performance and background to be eligible to play in the NCAA. You can find more information here: <http://www.ncaa.org>. Mrs. Evans in our guidance department or Coach Cook can help you with the Eligibility Center if you wish to pursue a collegiate athletic career.

8 Tips for College Athletic Recruiting (from www.active.com)



No.1: Take the Right Classes Long before college catalogs clog mailboxes, and recruiting tapes are viewed, a student-athlete takes classes in their freshman year of high school that directly affect their NCAA eligibility.

No.2: Register With the NCAA It used to be called the NCAA clearinghouse, but now it's the NCAA Eligibility Center that students must register with to validate their status as an amateur athlete. (This is to ensure an athlete isn't secretly playing defensive back for the Denver Broncos during their high school career.)

No.3: Make Your List(s) Before you compile a list of 200 schools you would just die to play for, remember the function of the list is to help you focus your search going into your sophomore and junior year, not overly complicate the process with unrealistic expectations.

No.4: Create a Video The recruiting video is one of the most important ways an athlete can attract the attention of coaches at the university level. Unfortunately, it's also where many athletes come up short, with substandard video quality and unnecessary production components.

No. 5: Research the Schools This task used to be a lot more difficult 10 years ago. But with the rise of the internet there is a multitude of recruiting information, both official and unofficial, about virtually any college or university you're interested in.

No.6: First Contact Now it's time to place yourself on a college's radar in an aggressive--but friendly--way. It used to be this could wait until your junior year, but with the pace of youth sports increasing all the time, it's probably a good idea to begin contacting coaches in the summer before your sophomore year.

No.7: Increase Your Game and Your Exposure at a University Camp Sports camps generally serve two different functions: to help an athlete get better and to help an athlete get noticed. Some sports camps, especially those at universities you've targeted, can often do both at the same time. (Many coaches find camps a great way to fill out their rosters.)

No.8: The Final Choice For most athletes, it will depend on the financial package being offered by the school. Are they offering a full-ride? A partial scholarship? If one school offers a significantly greater financial award, it shouldn't be considered lightly. (Not just to avoid going into major debt, but because it demonstrates their interest in you as an athlete and a student.)

