



CATAWBA VALLEY
RED HAWKS
ATHLETICS

STUDENT-ATHLETE HANDBOOK
2025 | 2026



The purpose of this handbook is to provide CVCC student-athletes with written documentation of athletic department policies regarding their responsibilities and conduct. In addition to the athletic policies, each student-athlete should be knowledgeable of the NJCAA Regulations and CVCC Policies. Each particular sport will most likely have additional rules and regulations that the athlete must know. Should you have a question or concern about any aspect of these rules and regulations, you must always follow the chain of command by consulting with your head coach. If your concerns are not settled at this level, an Athletic Director will be the next appropriate contact. Student-Athletes are held responsible for information in the handbook, CVCC and team, rules. Students may be removed from a team at the discretion of the coach for any violation of these policies.



Red Hawk Student-Athlete Code of Conduct

As a valued member of the Catawba Valley Community College Athletic Department, I will use my talents to attain a quality education and to achieve opportunities to advance my career academically and athletically. Although time commitments are demanding during the athletic season, I will remain academically eligible, attend class, inform professors of expected absences due to official athletic events, maintain academic honesty, and make maximum use of CVCC support services and student activities.

As a member of Red Hawk’s athletics family, I will responsibly represent, with integrity, the values, traditions, and people of CVCC. As a CVCC student-athlete, I will display good sportsmanship, know and follow collegiate and sport guidelines, obey team rules and policies, and always give 100 percent effort to positively represent Red Hawk Nation on the field, in the classroom, and in my daily life.

Athletic Vision

The Catawba Valley Red Hawks Athletic Vision is... *Committed to engaging students to reach excellence academically, athletically, socially and emotionally through relentless execution of coaching, teaching, discipline, relationships and integrity.*

Institutional Mission Statement

Catawba Valley Community College is committed to **excellence**, quality **engagement**, valuing **every** interaction, and relentless **execution** in the transformation of our students and communities.

Red Hawk Athletic 4 Principles

- C – Continuing Education:** We believe that no goal exceeds the mandate to educate and graduate the student-athlete, we are first and foremost educators. We believe in a culture of excellence where everyone is expected to adopt a results-oriented proactive work ethic.
- V – Vision:** We understand that there is a goal for all student-athletes academically, athletically and professionally. The department of athletics will support all student-athletes in their future vision to the best of their ability. Any success garnered by any individual student-athlete is shared amongst the whole CVCC family.
- C – Community:** We value each member of our athletics family and understand the importance of community by treating everyone with honesty, dignity, and respect. We believe in an environment of mutual trust. We believe all success and accomplishments of CVCC is shared with all faculty/staff, students, prospective students, alumni, and members of the local community. As part of a larger community, we value and respect diversity of people and thought and are committed to providing an environment where all student-athletes and staff are free from harassment and intimidation.
- C – Competitor:** We understand that competition is primary in the success of an athletics program. We will always be competitors of the highest moral character on and off the playing surface. A successful competitor respects those who help them succeed and those who compete against them. We will always compete at the peak of our ability and understand we represent more than just ourselves.



Contact Information

Title	Name	Phone	Email
Executive Director of Student Life	Nick Schroeder	828-327-7000 ext. 4041	nschroeder@cvcc.edu
Athletic Director	Tisha England	828 327-7000 ext. 4014	tengland@cvcc.edu
Sports Information Director & Esports Head Coach	Cody Dalton	828-327-7000 ext. 4113	cdalton880@cvcc.edu
Head Men’s Basketball Coach	Shawn Johnson	828 327-7000 ext. 4632	sjohnson301@cvcc.edu
Head Baseball Coach	Marshall McDonald	828 327-7000 ext. 4084	mmcdonald@cvcc.edu
Head Bass Fishing Coach	Angela Mayo	828-612-7940	Amayo095@cvcc.edu
Head Softball Coach	Mickey Bolick	828-291-0251	Mbolick698@cvcc.edu
Head Women’s Basketball Coach	Nikkyana McCaskill	828-327-7000 ext.	Nmccaskill134@cvcc.edu
Mental Health Counselor	Jennifer Drum, LCMHC	828-327-7000 ext. 4829	Jdrum514@cvcc.edu
Athletic Trainer	TBA	TBA	TBA

Affiliations

In conduct of intercollegiate athletics, the College Administration subscribes to the athletic policies of the National Junior College Athletic Association (NJCAA), National Junior College Athletic Association of Esports (NJCAAe), and other collegiate programs for bass fishing, and esports. It shall be the responsibility of the Athletic Director to maintain liaison with the appropriate national, state, and regional athletic organizations. Included in this responsibility is the assurance to the College that all rules and regulations, including those of student/institutional eligibility, are followed.

Title IX

Title IX is a federally legislated gender equity law which was passed in 1972. In 2002 Title IX was renamed “The Patsy T. Mink Equal Opportunity in Education Act”. The law states that “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.” The CVCC Athletic Department is aware of the mandates put forth by this bill and has consistently been in compliance with the standards set forth by the Office for Civil Rights (OCR). Should any student have a concern about equity in athletics, wish to suggest improvements, etc. he/she should submit a completed grievance form to the athletic department. Forms are located on the brochure rack at MPC 023.



Diversity, Equity and Inclusion Statement:

Red Hawk athletics seeks to provide a safe, equitable and inclusive environment for all, regardless of race, gender identity, sexual orientation, spirituality, socioeconomic background, disability or any other defining characteristic. We believe a diverse, welcoming community is core to our identity and creates better ideas, policy and actions. Furthermore, we seek to establish and maintain an inclusive culture that fosters equitable participation for student-athletes and career opportunities for coaches and administrators from diverse backgrounds. Discrimination of any kind or intolerance of any level has no place within CVCC Athletics, whether on the field, in the classroom, in the locker room or in the stands.

Exit Interviews / Annual Interviews / Annual Survey:

There are three formal means by which student-athletes may assist in identifying the strengths of the athletic programs or areas which may need to be strengthened.

1. Exit interviews are conducted with all student-athletes graduating, exhausting eligibility or leaving the team or the University.
2. Annual interviews may be conducted with student-athletes who have eligibility remaining.
3. Annual surveys with all student-athletes may be conducted following the conclusion of each season.

The Head Coach or Athletic Director will initiate each of these if requested, we ask that students complete and return in proper time. Student-athletes are encouraged to informally provide feedback at other times throughout their experience to coaches or administration.

Reporting Resources:

Playing Time / Team Issues: Talk to your coach. If you are more comfortable talking to an assistant coach do so, but know that the head coach has the ultimate responsibility for playing time / team dynamics / program administration. The CVCC administration will not address issues regarding playing time.

Issues with Your Program: After discussing concerns with the coach(s), and feeling that the issue has not been resolved, talk to the Athletic Director, you may communicate through email or in person, his office is located on the second floor in the Tarlton Complex, room 089.

Health Related Concerns: CVCC maintains a certified ATC on campus who is contracted through the Catawba Valley Medical Center. All injuries and health related issues can be directly discussed with the Athletic Trainer. Any mental, emotional or counseling needs can be directed through the Coaching staff, athletic training or working directly with Kintegra Health which is located in the Student Center on main campus.



Athletics Attendance

Student-Athletes are expected to attend all team practices, games and events. Any missed time must be communicated with the head coach, failure to attend a team function may result in coach discipline or removal of the team. This may include but not limited to being removed from starting lineup, missing game time, or not traveling with the team.

While we are multiple sports, we are still one athletics department, CVCC encourages all student-athletes to attend and support all student activities and other sporting events. We are successful as an individual sport but we are invincible as Red Hawk Nation.

Class Attendance

All student-athletes are expected to attend EVERY class period of every course for which they are enrolled, on time and for the entire period. They are expected to show all instructors respect at all times. Student-athletes are required to sit attentively in the front of the class and be constructively involved in all learning activities. Only extraordinary circumstances (see **Athletics Attendance** section) should be considered potential grounds for absence.

If you must miss a class, first email the instructor before the class, preferably as soon as you know you will be missing the class. Politely ask the instructor for guidance in making up the work missed. REMEMBER, some instructors will NOT excuse absences due to athletic events. If at all possible, go to every class.

Public Influence

Student-Athletes are public figures, and therefore the attitudes and actions of each individual student-athlete will influence the public impression of their team, the athletic department and CVCC as a whole. For that reason, student-athletes are required to conduct themselves in a respectable manner, in and out of CVCC.

CVCC Drug Testing Policy and Procedures

Catawba Valley Community College believes that intercollegiate athletics should provide a competitive environment that is free from drug and substance abuse. Athletic participation is a privilege and any student-athlete who uses illegal performance-enhancing and/or recreational drugs violates that privilege. Any violation of substance abuse policies will result in the review and possible revocation of athletic privileges. The Substance Abuse Policy and its possible resulting penalties are put in place to bring an awareness of and the treatment for such issues that may exist.

Standards of Conduct

Federal, state, county, and city regulations will be recognized and supported pertaining to the possession and/or use of drugs and alcohol. It is unlawful to possess, use or distribute any illicit drug



or alcohol within the campus community or athletic department. The use of synthetic drugs is now illegal in the state on North Carolina.

Awareness/Education Program

CVCC will implement a drug and alcohol (to include tobacco) awareness education program for all members of intercollegiate athletic department staffs and student athletes on an annual basis.

Drug Testing Policies

Any student athletes who refuse to participate in the drug prevention, education and testing program will not be permitted to participate in intercollegiate athletics at Catawba Valley Community College. If the student athlete signs the drug-testing consent form and declines the drug test, falsifying signatures of persons, attempting to manipulate urine specimens, fails to produce a sample prior to 4:00pm on the date of receiving the notification, or fails to appear for a scheduled drug test shall be considered to have a positive drug test. In addition to the use of illegal drugs, other violations of this policy may include a conviction of a drug/alcohol crime within the school year.

The Catawba Valley Community College Athletic Department reserves the right to test individuals or teams at random/suspicion at any time. The selection process and the time to test is irrelevant since all athletes are to be drug-free at all times. The screening is designed to help athletes address their problems and to maintain the reputation of athletic programs and the campus as drug free.

Procedures

Student-athlete will receive written notification on the morning he/she is to be tested. The student-athlete must take the test prior to 4:00 PM on the same day as receiving the notification. The student-athlete must check in to the Catawba Valley Medical Center Occupational Health Center, directions will be provided with the notification. Be aware that the testing center will not take patients past 4:00 PM and failure to be tested the day notified will result in a positive test.

The student-athlete will produce a urine specimen in a specified vial. The samples will be analyzed by a licensed physician or certified medical lab with the results going to the CVCC Athletic Director within three business days.

Consequences

Consequences are established over in a three-tier program with the punishment increasing with each positive drug test with the 3rd positive test resulting in removal from the CVCC intercollegiate athletics program.

1. First Positive Test

- a. A positive test will result in a meeting with the Athletic Director. At this time the Athletic Director will decide the consequence of the positive drug test as deemed necessary. Consequences may involve loss of games, drug counselling, community service or additional punishments if deemed necessary.



- b. The Head Coach of each program is permitted to add additional consequences to the ruling from the Athletic Director. All consequences are in addition and may not replace the consequences given by the Athletic Director.
- c. After a positive test the student-athlete may be asked to participate in follow-up drug testing from the athletic program.
- d. Self-Disclosure – if the student-athlete decides to disclose drug use prior to the test a minimal punishment may be given to the student-athlete by the Athletic Director. However self-disclosure will still count as the first positive drug test. A student-athlete may only use self-disclosure for their first positive test. A conviction of a Drug Charge is considered self-disclosure and will result in a positive test.

2. *Second Positive Test*

- a. The second positive test will result in a loss of games in their sport. The amount of games that will be missed will be determined by the Athletic Director.
- b. A positive test will result in a meeting with the Athletic Director. At this time the Athletic Director will decide the consequence of the positive drug test as deemed necessary. Consequences may involve loss of games, drug counselling, community service or additional punishments if deemed necessary.
- c. The Head Coach of each program is permitted to add additional consequences to the ruling from the Athletic Director. All consequences are in addition and may not replace the consequences given by the Athletic Director.
- d. After a positive test the student-athlete may be asked to participate in follow-up drug testing from the athletic program.

3. *Third Positive Test*

- a. A third positive test will result in dismissal from the CVCC intercollegiate athletics program.

CVCC has developed and will implement a plan for referral, treatment and rehabilitation for any student-athlete that requests or is deemed by admiration to have issues with banned substances.

Athletes have the right to appeal any decision. If he/she chooses to appeal a sanction, the appeal process outlined in the current college catalog should be followed.

Use of Tobacco Products

The use of tobacco products by student athletes and coaches is prohibited by the NJCAA during intercollegiate competition. Violators will be suspended from the remainder of the contest. The use of tobacco products has a negative effect on athletic performance, as well as long-term health risks. The use of tobacco products also portrays a negative image of the Catawba Valley Community College student-athlete. Therefore, the use of tobacco products will not be permitted by a student athlete during Catawba Valley Community College intercollegiate practices and/or games.

The use of all tobacco products is banned on all CVCC campuses.



Sportsmanship

We recognize that a person’s conduct is learned and reinforced with repetition. CVCC, therefore, expects its athletes to consistently display sportsmanship and ethical behavior both on and off the playing surface. This includes showing respect for players, coaches, officials and fans, as well as property and personnel, whether on our home court/field or at another institution. At no time will verbal or physical abuse of either persons or property be allowed. Coaches are to curtail any recognizable crude gestures and or cursing by players.

Social Media

While social networking websites are a great way to connect with others, it is advised that you are cautious about the information and pictures you post (or others post about you), as they may adversely affect your personal safety, personal and institutional reputation, and career advancement. The CVCC Athletic Department expects all student-athletes to maintain the highest standards of social and personal conduct in this area as well.

CVCC supports your First Amendment rights to free speech, however please be mindful of the material posted to social networking sites since you are a representative of CVCC and are in the public eye.

While participating in social networking sites, please keep the following guidelines in mind:

- The information posted can be viewed by a larger audience than you might be aware of – even if you limit access to your site.
- Exercise caution as to what information you post on your website including posts about your whereabouts, plans, where you live, phone numbers or any other personal information. You could be opening yourself up to predators or stalkers.
- Future employers and coaches may check Google or other social networks to gather information on potential candidates. Use common sense when publishing anything on the Internet.

As you are a CVCC student- athlete, you will be held responsible for any actions that are deemed inappropriate and compromise the integrity of the institution or your sport. In addition, you are accountable for any behaviors that violate federal and state laws, NJCAA, team, and Athletic Department policies. Violating any of the above can result in discipline, team suspension, termination from your team, and reduction or non-renewal of annual athletic scholarship.

Examples of inappropriate or offensive behaviors may include depictions or presentations of the following

- Hazing
- Use of alcohol (if under 21)
- Use of drugs
- Lewd or lascivious behavior
- Slander

Gambling



Gambling on any event related to an NJCAA event is strictly prohibited. Penalties will be commensurate with the degree of offense. The coaching staff, athletic director and possibly CVCC administrators will evaluate the seriousness of the infraction and enforce appropriate penalties.

Eligibility

To be eligible to participate in athletic competition at this or any other NJCAA school, athletes must

1. be registered for 12 + credit hours at CVCC
2. complete all required privit information
3. submit all transcripts (high school and college) to Student Services.

Generally, students who are directly out of high school with a diploma are eligible. Transfer students, continuing students and students who have previously participated in athletics at this or any other college may be eligible through one of four NJCAA basic eligibility rulings. These rulings are at times complicated, so we suggest you bring in all of your high school transcripts and transcripts from any college you have ever attended as soon as possible so we can verify your eligibility.

It is very important for the student athlete to stay in close communication with his/her professors and coach. If your attendance or performance in class is such that the instructor drops you from a class, you must immediately inform your coach so he/she can check to see if you are still eligible to participate. Participation in athletic competition is strictly prohibited by NJCAA if you are enrolled in fewer than 12 credits. All changes to courses must be communicated to the Head Coach, do not jeopardize your team!

Below is the current academic eligibility grid for the NJCAA.

Figure 1 - Semester Academic Grid			
Number of Previous Full-Time Semesters	Accumulated Credits Required	Overall GPA Required	Notes
0	0	X	Must meet all enrollment eligibility requirements.
1	6	2.00	GPA based on the accumulated credits unilized to meet requirement.
2	24	2.00	
3	33	2.00	
4	48	2.00	
5	57	2.00	
6 +	57	2.00	Must earn 12 credits with a 2.00 GPA during previous full-time term.

Transferring Policy

It is the goal that all CVCC’s athletes receive a degree from CVCC and transfer to a four year institution and participate in college athletics. However, we know that circumstances are different for everyone. Upon deciding to transfer it is the responsibility of the student-athlete to work with Student Records to have information and transcripts sent to the schools. Official transcripts must be sent by Student Services and must be arranged for and paid for by the student-athlete.



If you are signed to a letter of intent to CVCC you must be released prior to speaking to any schools. It is the policy of CVCC to not grant a release until the student has requested a release from the head coach and the Athletic Director. Upon your release being granted your financial aid will be removed in the current or subsequent term.

Academic Success

Each Head Coach is responsible for the academic success of the athletic program. The head coach may request the following as well as hold individual meetings with student-athletes to track and manage academic success.

- Progress Reports: every other week a report of classroom progress will be conducted. This may be done by the head coach through emails from the students, written forms to complete or copies of blackboard grades submitted. In addition, the head coach will have communication with your professors to track attendance and grade updates.
- Study Hall: Coaches may require you to attend a study hall to help in preparation this could be at designated times or through a check in system at the library and is at the discretion of the Head Coach. However; it is suggested by the athletics department that the following students have study hall hours:
 - First semester freshman and incoming transfers
 - Continuing students who did not achieve 12 credits with a 2.75 GPA in the previous semester.
 - Students who have received poor progress reports.
 - Your coach will discuss the time, location and procedure for study hall. Coaches will monitor the amount of time his/her student athletes are putting into the study and will issue penalties to individuals for non-compliance if warranted.

Travel

CVCC athletic teams travel with a passenger bus, and mini-vans as provided by CVCC. Only CVCC approved personnel may drive these vehicles. Teams will travel together. Only on rare exceptions and with the prior approval of the head coaches will an athlete be permitted to travel separate from the team. If an athlete is permitted to travel separate from the team, he/she must first sign a waiver form (online) relieving CVCC and the coaches of responsibility/liability.

Equipment

Athletes will be issued athletic equipment throughout the school year. All uniforms and equipment issued are the property of CVCC and must be returned at the end of the season unless noted otherwise by the coach or athletic director. Athletes will be financially responsible for any damaged, stolen or lost equipment. CVCC maintains the right to place a hold on a student's account for failure to return equipment, or gear requested by the department.



Medical Insurance

CVCC has purchased a “secondary” insurance policy for all athletes through Summit America. This insurance will cover all accidents resulting from any CVCC athletic event. This will be applied AFTER your family’s primary insurance policy makes payment. Upon injury, athletes must obtain and fill out an insurance incident report and receive a medical card provided by the athletic trainer.

Failure to notify the Athletic Trainer of any medical treatment may result in the college not providing additional medical insurance coverage. It is the responsibility of the student-athlete to supply medical billing, insurance and all information to CVCC and/or insurance company for claim to be paid. Failure to communicate or provide this information may result in the student-athlete being responsible for medical expenses not approved by insurance.

FERPA

The Family Educational Rights and Privacy Act of 1974 (FERPA) guarantees that the academic and medical records for students over 18 years old cannot be discussed with anyone except the student or authorized University personnel. However, certain information classified as “Directory Information” is available for public consumption unless the student specifically directs that it be withheld. Public Directory Information as defined by the act includes: Student’s name, address (campus, home, email), telephone listing, photograph, date and place of birth, major field of study, class year, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, enrollment status, degree, honors, and awards received, and previous education institution attended.