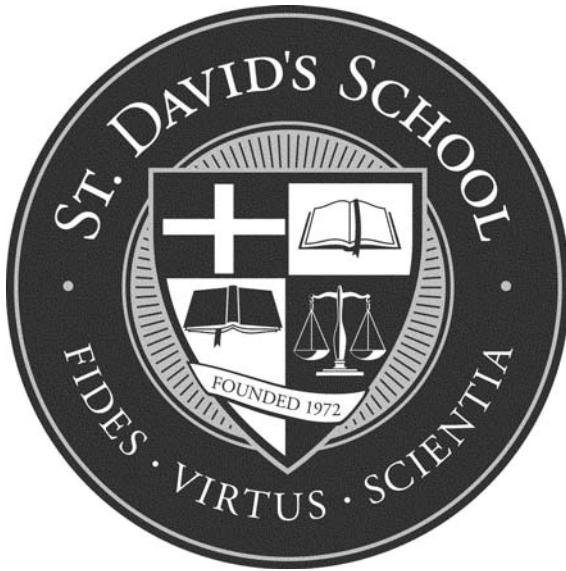


ST. DAVID'S SCHOOL



Athletic Handbook 2011-2012

3400 White Oak Road
Raleigh, NC 27609
(919) 782-3331
Athletic Hotline: (919) 571-8992
www.sds.org

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A Message from the Athletic Director

Dear St. David's Parents & Students:

I have been involved with St. David's athletics for several years now and I am extremely excited about this upcoming year and all of the advancements we have made in the Athletics Program. I am a proud part of the great combination of strong academics and athletics that our school offers, year in and year out. As your Athletics Director, I am very excited to help our student-athletes continue to excel both on and off the field.

As we begin the 2011-2012 school year, I look forward to getting to know each St. David's family even more and working with you to encourage our dedicated student-athletes. We have a wonderful parent base and our strong family support system has been critical to where we have been and where we are headed.

While academics will always be the priority at St. David's, we will complement our scholastic success with high-caliber and highly competitive athletic teams. And as we compete, we will continue to enjoy the friendships, the opportunities for leadership and the memories that a strong athletic program will offer.

We have designed this Athletic Handbook to provide you information that will make it easier for you to support and follow the Warriors throughout the year. This Athletic Handbook is designed to be a useful tool to navigate St. David's athletic policies and procedures. Please understand that in order for us to excel and maintain the excellent tradition of athletics at St. David's it is important that we adhere to these policies, procedures and guidelines.

I will see you in the fall as the Warriors begin their next, successful season.

Go Warriors!



Wes Wilder
Athletic Director

ST. DAVID'S SCHOOL MISSION

St. David's is an independent Episcopal school that prepares young men and women for college and life by providing challenging opportunities to excel in the vital areas of faith, virtue and knowledge.

ST. DAVID'S ATHLETIC DEPARTMENT VISION STATEMENT

St. David's will offer dynamic physical education instruction and competitive sports programming for the positive and personal development of our students and for the long term success of St. David's School. It is our desire to enhance the school's mission statement by using all that we have been given to strive for excellence through athletics.

ST. DAVID'S ATHLETIC DEPARTMENT PHILOSOPHY

St. David's believes that taking part in individual and team sports is an integral part of the development of the young men and women and provides a wholesome physical outlet following a rigorous academic schedule. Athletic participation promotes desirable attitudes toward the importance of team work/team unity, social growth and leadership of each individual, and preparation for the responsibilities of adult life.

Coaches, participants, and parents should strive at all levels to develop and display the attitudes of good sportsmanship, teamwork, commitment, dependability, good work ethic, self-discipline and loyalty to teams and school. Winning and losing at this level are important only when considered in the context of how we play the game and how we represent ourselves and our school under the pressure of competition.

SUMMARY AND OVERVIEW OF THE 2011-2012 ATHLETIC DEPARTMENT GOALS

Your Athletic Department has adopted and is following a comprehensive and internal three-year strategic plan designed to build and support a highly competitive athletic program. Some of the goals in our plan include:

- Emphasizing leadership and excellence in academics, life and in sports.
- Building heightened interest in and allegiance to St. David's sports programs: progressively elevating legacy and regard for St. David's sports within our family base, among competitors, and throughout our region and North Carolina.
- Reaffirming the importance of the athletic and physical education programs to develop students' physical capabilities and to learn life's lessons regarding character, persistence, commitment, teamwork and sportsmanship.
- Reviewing and updating the Athletic Handbook to clearly identify the expectations for athletes, parents, and coaches in St. David's athletic programs.

- Recruiting and retaining qualified, dedicated coaches that provide outstanding leadership to the student body, in all aspects of the athletic program.
- Maintaining and showcasing the best facilities and physical resources available and within the financial parameters of the operating budget.

St. David's Athletic Department Statement of Risk

Regular physical activity yields many benefits to the participant, but also may result in serious, and potentially permanent, injury. All sports involve movement, potential contact and special equipment that makes participation an inherent risk for serious injuries.

Sports Safety and Concussion Management at St. David's School

The 2011-12 school year will be our second year implementing some exciting additions to our Sports Safety Program at St. David's School. Having been blessed with new state-of-the-art athletic facilities, we have added to our tradition of excellence in sports by implementing an exciting Concussion Prevention and Management Program to insure the safety of our student athletes.

The Concussion Prevention and Management Program being implementing is modeled on that already in place in the NFL, NHL, and the NCAA. It is similar to, but goes a step beyond, the program in place for Wake County Public School Varsity sports athletes. The three fundamentals of our sports safety concussion program include **Education, Prevention, and Management**. The procedures outlined below will take effect immediately, and are geared to Varsity, Junior Varsity, and Middle School athletes involved in contact sports with concussion injury potential. For the 2011-12 school year, this will include: football (JV and varsity); soccer (boys and girls JV and varsity); basketball (JV, varsity and middle school); baseball (JV and varsity); softball (JV and varsity); wrestling; pole vaulting; and cheerleading (fall and winter JV and varsity).

As part of the Education & Prevention Phases, we will be hosting a parent and player meeting for all players in the above sports in August, and will have materials from the Center for Disease Control and Prevention (CDC) posted on our website [Heads Up Concussion in High School Sports- Fact Sheets for Athletes/Fact Sheet for Parents]. We also will be meeting with the coaches to review our Concussion Management Protocol. Finally, coaches and our certified Athletic Trainer, will be reinforcing safety guidelines with our players. Of note, all CDC materials can be downloaded free at <http://www.cdc.gov/concussion>.

With regard to concussion management, the most crucial step is to have accurate data on each player's baseline or pre-injury status. This baseline data is collected fresh each year, as brain maturation changes rapidly in this age range. All varsity, JV

and middle school players on the teams specified above will undergo baseline testing. A schedule for doing the baseline testing will be provided separately. Baseline testing is done using ImPACT, a computer based concussion battery developed for the Pittsburgh Steelers, and used with professional and NCAA football, hockey and soccer players. There is no cost to the family for this baseline testing, as the cost has been underwritten by a St. David's family. It takes about 30 minutes to complete ImPACT. Taking the baseline assessment is mandatory for all contact sport athletes at St. David's School. In the rare event that a concussion does occur, each player's baseline ImPACT profile will help assess the extent of their injury and determine the degree to which they have recovered. If field side events or symptoms of concussion are strongly suspected or determined, Return-to-Play guidelines require that concussed athletes be cleared by a physician before they will be allowed to return to play or participate in practice.

As a staff, the Athletic Department, our school nurse, and St. David's School is committed to making sure our athletes compete successfully and safely, and these guidelines will work toward that end. We are fortunate to have the added expertise of Doctors Bob and Alanna Conder to help implement this program. Dr. Bob Conder is the neuropsychologist on the Sports Medicine Team for the Carolina Hurricanes. He also is a member of the NC High School Sports Safety Task Force. Dr. Alanna Conder is a child and adolescent neuropsychologist who works with concussed athletes and others with medical problems impacting memory and attention. Both have given and interpreted ImPACT extensively, as has Shannon Newton, ATC. As a team, we are all committed to the health and safety of our players, and your most precious resource.

Note: Student athletes that are suspected of having a concussion will not be allowed to participate in athletics until they have the clearance of a doctor.

ST. DAVID'S 2011-2012 ATHLETICS PROGRAM

St. David's Athletics Program consists of a variety of activities for both male and female students. Offerings are subject to change without notice. All students are encouraged to participate in interscholastic athletics. We will attempt to include every student who desires to be a member of a team sport and will utilize try outs only when space or facilities dictate.

St. David's offers the following sports during these seasons:

FALL

Varsity Football

JV Football

Varsity Boy's Soccer

JV Boys' Soccer

Varsity Cheerleading

Middle School Cheerleading

Varsity Volleyball

JV Volleyball

MS Volleyball

Cross Country

MS Cross Country

Varsity Girls' Tennis

JV Girls' Tennis

WINTER

Varsity Boys' Basketball

JV Boys' Basketball

MS Boy's Basketball "A" and "B" Teams

Varsity Girls' Basketball

JV Girls' Basketball

MS Girls' Basketball "A" and "B" Teams

Varsity Cheerleading

Middle School Cheerleading

Winter Track

Swimming

SPRING

Varsity Baseball

Middle School Baseball

Varsity Softball

Golf

MS Golf

Varsity Boys' Tennis

JV Boys' Tennis

Track & Field

Varsity Girls' Soccer

JV Girls' Soccer

Note: Middle School teams are students in grades 6-8. When no Middle School team is offered, JV teams are students in grades 7-9.

COACHES' EXPECTATIONS FOR PARTICIPATION ON ST. DAVID'S TEAMS

At the varsity level, the goal is to field a team that will be competitive. Therefore, the commitment and expectations are greater. Student-athletes are required to attend every practice and game. The basic requirements for a student-athlete to play on a varsity team are as follows: a player must possess a high level of **SKILL**, he/she must demonstrate a **KNOWLEDGE** of the game and team strategy, he/she must display a real **COMMITMENT** to the team, and he/she must put forth their best **WORK ETHIC** at all times.

At the middle school and junior varsity levels, the goals are the development of basic skills, leadership and sportsmanship. The basic requirements for a student-athlete to play on the Junior Varsity or Middle School team are as follows: **ATTENDANCE** at practices, a player must demonstrate a **WILLINGNESS** to learn and be able to apply what they learned in a game situation, and putting forth their best **EFFORT**. The junior varsity level also seeks to prepare student-athletes for the more competitive varsity level by enhancing skills and promoting a commitment to team, physical fitness and development.

TEAM FIRST

Student-athletes have to put aside individual goals for the sake of the team. St. David's encourages individual expression and teaches students to think for themselves. In a team concept, this does not always work. Players must put the team first and accept their role on the team. The athletic program at St. David's will have priority to any club/outside teams during a season. Outside participation may not conflict with any game or practice schedule of the school. Students need to communicate to coaches of any conflicts prior to the tryouts of that sport.

ATHLETIC PARTICIPATION REQUIREMENTS

Students who are a part of a particular sport as a player or manager may not quit that sport to go out for another team until the season of the sport in which they are involved is over.

The NCISAA has approved eighth grade participation on the varsity level, and St. David's has endorsed this policy under certain situations. St. David's seventh and eighth grade students will generally compete at the Middle School/JV level. With prior approval of the administration/ coaching staff, eighth grade students may compete on the Varsity level when fielding a team is at issue and/or when it is determined that an athlete is well beyond the level of middle-school/JV competition and would not benefit from the experience. This will be with the approval of the Varsity Head Coach, the Athletic Director, and the Head of the Middle/Upper School Divisions. Thus, we will allow exceptions to the rule from time to time, noting, however, that no student will be eligible to letter until they reach the Upper School. You may find the NCISAA Handbook online at www.ncisaa.org.

The privilege of participating in after-school practice or competitive events is contingent upon meeting the following school requirements:

1. Meet St. David's Academic Standards and Policies as outlined in the Divisional Family Handbooks. Students not meeting such standards may be withdrawn from taking part in athletics due to academic factors and remain ineligible for a period stated by the respective division head.
2. A precondition of participating in the co-curricular life of the school (athletics, plays, concerts, practices, etc.) is timely attendance in academic classes.
3. An athlete must be present for the academic day no later than 10:00 a.m. in order to participate in the day's athletic events.
4. Athletes are required to timely appear at all practices and games on time. They will comply with all standards set forth by each coach in each sport.
5. Athletes are required to abide by all sportsmanship rules, including those of the NCISAA and St. David's, including rules regarding subsequent participation following an ejection and review of participation status following ejection. These rules can be found at www.ncisaa.com.
6. Two or more unexcused absences from practice or games may result in a suspension or dismissal.
7. Family holidays or special events must be communicated to the coach. Absences for vacations are not normally excused. Communication between coaches and parents is essential to prevent misunderstandings and conflicts.
8. All class work missed because of an athletic event must be made up in a timely manner as directed by the teacher.
9. An athlete present but not participating in physical education class may not participate in athletic activities that day - practice or competitive events. Likewise, a student excused from physical education during the current school year for medical reasons will not be permitted to try out for a team without express permission from their physician and approval of the Athletic Director/Division Head.
10. No student is excused from detention for a team practice or game.

Please also refer to the Middle and Upper School Handbooks for any other applicable rules or guidelines

TOGETHER
EVERYBODY
ACHIEVES
MORE!

EXPECTATIONS FOR PARENTS AND THE ATHLETIC DEPARTMENT

What parents can expect from St. David's Athletic Department:

- Fulfilling our mission
- A safe, caring, challenging environment
- Close communication with your child and the expectations the coach has for your child.
- Communication about athletics and athletic philosophy. This year we are implementing a new form of communication in order to eliminate confusion in regards to communications from coaches. All communication regarding practice, game scores, or any other information of which parents need to be made aware will be posted weekly to the St. David's Website. All information may be accessed under the "Athletics" tab on the St. David's website. Any update or overview from the coach will be posted in that section.
- Fairness and consistency
- Communication regarding any disciplinary action with regard to your child
- An "open ear" when concerns arise. However, the communication protocol listed below must be adhered to.
- The desire and pressure to win is not placed above education
- Professionalism
- Information regarding practice, games (locations/times) and other team requirements to be found on the St. David's website in the Athletics section. Coaches will not be required to communicate via email.

St. David's Athletic Department expectations for parents:

- To support our mission and to adhere to the guidelines, policies, and procedures herein
- To pick up your child on time from practices or games
- To abide by the NCISAA, EPIC and St. David's Sportsmanship Rules when attending a game or match; please also refer to Spectator Code of Conduct found on the NCISAA website at www.ncisaa.org.
- To communicate concerns at the appropriate time/manner and to adhere to the guidelines outlined in this handbook with regards to communications.
- To seek involvement in appropriate ways as deemed necessary by the Varsity Coach.
- To support our values and discipline
- To support our teams and their coaches. One of the most effective ways to do this is to keep negative "chatter" about others (players, coaches, and parents) out of all conversations. The coaching staff will also pledge the same to parents and players. If concerns arise that need to be discussed we ask that they be communicated directly to the individual involved. We feel this is a biblical standard and it is our utmost desire to communicate in a positive way at all levels.
- Parents and Spectators supporting St. David's teams are asked to conduct themselves with exemplary sportsmanship. We ask that parents or spectators affiliated with the school maintain respect for the other teams, their coaches and the officials for the event. We understand that questionable calls will

sometimes be made by the officials but we ask that no comments to the officials be made from the stands. We want to be above reproach and we have also seen examples where questioning or harassing the officials can actual result in further bad calls against our teams.

- Notification of any illness or injuries or missed practices.

If you have a concern, please express it at the appropriate time and place. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolutions. Listed below is St. David's Athletic Department policy for addressing any concern you may have regarding your child's athletic experience.

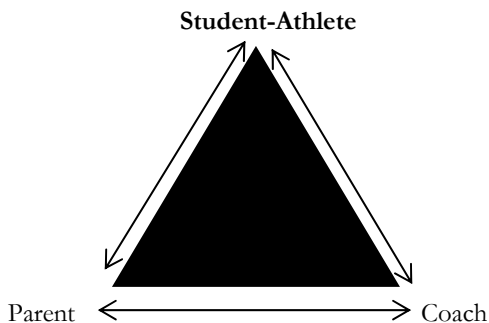
It can be difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be the best for **all** students involved.

Please use the following steps until a resolution is in place.

- 1) Have your child speak to the coach.
- 2) Arrange an appointment to speak with your child's coach.
- 3) Arrange an appointment with the Athletic Director.

Please also refer to applicable rules and guidelines contained in the St. David's Family Handbook

RELATIONSHIP BETWEEN COACHES, PARENTS AND STUDENT-ATHLETES



The lines in the above diagram represent the open lines of communication between the student-athlete, parent and coach as well as their relationship. We want our student-athletes to learn how to have tough conversations with their coach without advocacy from their parents. We understand that at times parents may feel the need to speak with a coach about a certain concern of theirs.

However, before they do, we would like parents to encourage their child to speak to the coach first. Often we have found there was a simple miscommunication that can be resolved very easily. This diagram does allow for parent-coach conversation without involving the child as a matter of fact we want to encourage healthy dialog between parents and coaches but with regards to concerns and even potential conflicts we want to adhere to our communication outline and policy. In addition, coaches should never come between the student-athlete and parent, unless there is important information that they feel needs to be relayed to the parent. *Please also refer to applicable rules and guidelines contained in the St. David's School Family Handbook.*

EXPECTATIONS OF ST. DAVID'S TEAM CAPTAINS

Being a captain of one of St. David's athletic teams is the most important role a student can assume within the athletic program. It requires commitment, leadership, responsibility, and putting others before self.

Whether being elected or selected as a captain, the team or coach has placed a great deal of confidence in your ability to lead. As a captain, you are a representative of St. David's School and will be measured by others on how you carry yourself. Below are the expectations of a St. David's captain:

- Uphold the school's mission.
- Put others ahead of yourself.
- Be respectful at all times.
- Be a team player and promote team unity—seeking to always include others (especially with new players and younger players).
- Encourage your team to perform at their highest level.
- Create a healthy view of winning and losing. Keep emotions under control without losing enthusiasm.
- Never give negative criticism or blame teammates. (Give constructive criticism.) Promote this behavior as it is a core value within our program
- Meet and greet officials, opposing coaches and captains.
- Communicate any issues that you feel the coach and/or Athletic Director should be aware of that could hurt the team or school.
- Be on time for class and practice
- Enjoy the sport and have fun!

TRYOUT AND CUTTING POLICIES

All athletic teams could potentially require cutting during the tryout period. To the extent participation in a sport must be limited based upon facility or practice constraints, the following criteria will apply:

- Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.
- Where applicable, the JV or Middle School coaches shall take into consideration the policies as established by the Head/Varsity Coach in that particular program when selecting final team rosters.
- Prior to trying out, the coach shall provide the following information to all candidates for the team:
 1. Extent of try-out period.
 2. Criteria used to select the team.
 3. Number to be selected.
 4. Practice commitment if they make the team.
 5. Game commitments.

Procedure

All students trying out for a team will compete in a minimum of three practice/tryout sessions. When a cut becomes necessary, a team list will be posted on the website after tryouts as directed by the head coach.

MISSED WORK DUE TO ATHLETICS

A student who is aware of an athletic competition or other school-sponsored event that will cause him or her to miss part of the school day is responsible for keeping up with his or her schoolwork. *Any work that is due during a period that the student will miss should be turned in BEFORE the class period or the teacher may count it as late.* Any tests that the student will miss should be taken ahead of time if at all possible. Otherwise, the student must work out an arrangement with the teacher ahead of time for making up the test. It is imperative that each student-athlete communicates with each teacher whose class he or she will miss at least a day ahead of time.

PHYSICAL EDUCATION CREDIT/ATHLETICS

Upper School students may earn half of a Physical Education credit for each team on which they participate provided they have finished the sports season in good standing. "Good standing" includes, but is not limited to: following all participation requirements outlined in this handbook; turning in all school equipment and uniforms in good condition by the required date; timely replacing any lost items; timely cleaning out all locker rooms.

RAMIFICATIONS OF FAILING TO MEET REQUIREMENTS

Among the other ramifications outlined in this handbook for failing to comply with academic and/or sports participation requirements, non-complying student-athletes may also fail to receive grades, diplomas or yearbooks on a timely basis; fail to qualify for tryouts or admissions to next year's team, and fail to receive physical education credit or a sports recognition/award.

RECOGNITION OF THE STUDENT ATHLETE

St. David's seeks to reward the efforts of its athletes, recognizing hard work, dedication, and commitment as well as outstanding performance. Competition below the Varsity level is recognized with the presentation of a Certificate of Participation. Athletic letters are awarded in varsity sports for those athletes meeting the requirements set forth by the coaches of each sport. Varsity athletes not meeting the requirements will receive a Certificate of Participation until such time as they do meet the requirements.

Only one athletic letter is awarded per sport. Subsequent years are recognized by the presentation of a pin which can be affixed to the letter.

Additionally, special end-of-the-year athletic awards will be presented at the end-of-season sports banquet.

REQUIRED ATHLETIC FORMS/MEDICAL CONTACT

St. David's student athletes must have on file, in the Nurse's office, the following completed forms:

1. Current Physical Examination (performed annually).
2. Insurance and Emergency Contact Information.
3. Waiver Form allowing the school to seek emergency treatment for the athlete if needed, releasing the school from liability, and permitting school transportation for away competitions.

These forms are completed by parents and should be submitted directly to the Athletic Trainer. Extra forms may be obtained from the Athletic Trainer's Office.

In the event of an athletic injury, St. David's Athletic Trainer will apply first aid/treatment and will follow up with the coaches and parents regarding the status of the student-athlete.

RESTRICTED PRACTICE DAYS

Weekend and Holiday Practices

- All practices are to be held on school days if at all possible, including Saturday.

Vacation Practices

- Practices held on vacation days, such as over Thanksgiving, Christmas and Winter break should be scheduled in advance. If missing a practice cannot be avoided please communicate with the coach.
- At the Middle School and JV levels, practices during these periods will be allowed upon the permission of the Athletic Director.

Early Dismissal of School or Emergency Closing

- In the event there is a scheduled early dismissal of school, practices may be held at that earlier time only provided the coaches are available. Normally, the dismissal results in the coach attending a meeting, seminar or workshop during this period.
- Emergency weather conditions may result in an early dismissal or extended period of school closing. If there is an athletic competition scheduled on a day of adverse weather, call the Athletic Hotline at 571-8992, or check the team's webpage to determine if the event will continue or be postponed. As for practice, varsity level teams may practice during this period upon permission of the Athletic Director.

TRAVELING TO AWAY COMPETITIONS

All athletes **must** travel in designated vehicles to and from away competitions. The only exceptions are express, written permission for the following:

1. Athletes who ride with their parents.
2. Athletes whose parents have made personal arrangements with the coach for a ride. Such arrangements must be in writing.
3. Athletes who have a driver's license whose parents have given written consent for the Athlete to drive them.

Behavior on the school bus must be appropriate. Safety is the most important consideration. "Horseplay," sitting on the back of the seats, yelling out windows, throwing objects out windows, and loud music will not be allowed and students engaging in such activities may not be permitted to play in away games or practice at away sites at coaches' discretion. Each team is responsible for cleaning up after themselves upon the completion of the bus trip. A player who misses the team bus may be ineligible to play in the contest at the discretion of the coach.

UNIFORMS AND DRESS CODE FOR ATHLETES

St. David's student-athletes will be issued uniforms and equipment, which will be in good condition. Athletes are expected to take care of all items issued and return them at the end of the season. If items are lost, the athlete will be charged for full replacement. Replacing ONE lost or damaged uniform is very expensive, due to set up costs charged by the manufacturer for one reproduction.

Athletes playing at away sites may wear game uniforms to and from the event, with the coach's approval. If street clothes or dress uniforms are to be worn to and from the event, male athletes must keep shirts tucked in and must wear socks, shoes, etc. appropriate to the attire acceptable at St. David's. Female athletes must also adhere to the school dress code. Athletes are representing St. David's and their team.

SUBSTANCE ABUSE POLICY

The Athletic Department follows the policies and procedures set by St. David's School regarding substance abuse, non-prescribed medication (steroids), and the use of alcohol and tobacco as outlined in the Divisional Family's Handbook.

WEIGHT ROOM USAGE

We want our student-athletes to utilize the weight room and be motivated to do so. This part of St. David's Athletic Program is crucial—it allows our athletes to be stronger and less prone to injury and also promotes a higher level of performance against a higher level of competition. St. David's pledges:

1. To properly utilize a weight training facility in the best interest and safety of all students.
2. To provide adequate coaching technique in weight training.
3. To provide program alternatives for achieving strategic goals for individual athletes and teams.
4. To insure that the proper safety measures are being employed during all training sessions.
5. To provide responsibility in the proper care of equipment.
6. To allow for weight training consultation for all athletic squads and physical education instructors.
7. To make available opportunities for students to enjoy the benefits derived from a sound weight training program on a year-round basis.
8. To attempt to reduce sport related injuries through well developed conditioning.

NCISAA – OUR STATE ATHLETIC ASSOCIATION
EPIC – OUR CONFERENCE ATHLETIC ASSOCIATION

St. David's is a member of the North Carolina Independent School Athletic Association (NCISAA), and as such, St. David's is bound by the regulations, restrictions and requirements outlined in the NCISAA Rules and Regulations.

St. David's is a member of the Eastern Plans Independent Conference (EPIC), along with Arendell Parrott Academy, Cary Christian School, Halifax Academy, Rocky Mount Academy, and Kerr-Vance Academy.

DIRECTIONS TO AWAY ATHLETIC EVENTS

For directions to other playing sites, please refer to the information listed on our website at www.sdsm.org/athletics



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3400 White Oak Road, Raleigh, NC 27609
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