



Central Academy of Technology & Arts Cougar Chronicle

Volume 7

Issue 31

April 9, 2020

Link to CATA
Social Media Sites
Click the Crest



Instagram

Dear CATA Family,

By order of the North Carolina Governor public schools are closed until May 15.

UCPS Remote Learning Plan: Phase 4: Click here to find out about **Phase 3**, which we are in at this time. Phase three is through 4/19/20/. Beginning the week of April 20, UCPS will transition into **phase four** of the Remote Learning Plan. During this week, new learning of new standards will begin for all students. The work will be optional. However, students are encouraged to stay engaged and participate in learning opportunities. **For high schools, new learning with new standards will begin Monday, April 20.** While district leaders continue to seek guidance from the North Carolina Department of Public Instruction about grades, teachers will track participation, provide ongoing feedback and communication with students. **Additional information about schedules and coursework will be communicated by the end of the week.** Parents should contact teachers if they have questions about how to access assignments, the level of rigor of assignments or remote learning coursework/materials. As a reminder, the [EmpowerED Family Portal](#) is available for free learning resources for all grade levels. Click [here](#) to review the UCPS Remote Learning Plan. **Technical Support: A Special technical support line has been established for student technical support, device troubleshooting, and maintenance issues: Student Technical support may be accessed at studenthelpdesk.ucps.k12.nc.us.** Students should check their UCPS email DAILY!

Board of Education approves changes to graduation requirements for Class of 2020: During the April 7 Union County Board of Education meeting, board members approved changes to graduation requirements for the UCPS Senior Class of 2020. The changes, which were adopted because of COVID-19 and the associated March 16 – May 15 school closure, align with the amended graduation plan approved by the NC Board of Education on March 27. As part of the updated graduation requirements, UCPS high school seniors are now required to have a minimum of 22 credits by their originally scheduled graduation date. Prior to Tuesday's vote, current UCPS seniors would have been required to have a minimum of 28 credits to graduate with a high school diploma. Parents of high school seniors will receive more detailed information this week.

Devices and Wi-Fi access: UCPS is working to ensure that all high school grade students have access to a Chromebook. High schools will distribute devices on Thursday, April 9. Principals will contact parents about the distribution process and time. If your student is in need of Wi-Fi access, a nearby school can be a resource. Internet access is not only available inside school buildings. Wi-Fi connectivity can be accessed from school parking lots. As a reminder, school buildings are closed and staff will not be on campus to assist with any technology matters. To keep areas safe, deputies and officers will patrol campuses to enforce social distancing guidelines.

Spring Break: UCPS will follow the scheduled spring break calendar (April 9-17). April 9 is an Optional Teacher Workday and April 10 is a UCPS Holiday. Teachers and staff will not provide remote learning opportunities during this time.

Meal schedules during spring break: UCPS will continue this service during spring break, but meals will not be provided on Friday, April 10, which is a UCPS Holiday. Families will receive an additional meal on Thursday, April 9. The meal service will operate on its normal schedule during spring break, April 13-17, from 11 a.m. to 1 p.m. at the four sites. As a reminder, meals are no longer served on weekends. Click [here](#) for a list of community organizations that are providing meals and other resources for families on Saturdays and Sundays.

More Important Information on the next page.



More Information from Page One

PTSO Needs You. We would like to ask for volunteers for positions on the board: President, VP, secretary, membership, fundraising (only 1 per year event) and a member for the Performing arts from the dance and MPRA academies. Please contact Nicole D'Amico at this email, noledoc2@comcast.net

Here's what you need to know from CATA at this time:

- **If you need to contact a school counselor, then there is a page in this edition for assistance.**
- **UCPS is serving free lunches to those 18 years and younger during the closure. Please look for locations in this edition.**
- **Extended Learning Opportunities from UCPS website:** <https://www.ucps.k12.nc.us/Page/7313>

Testing Updates:

- The May 2nd **SAT** has been canceled. Any student that has signed up for this SAT will get a refund from the College Board. The June 6th SAT is still scheduled at this time.
- **AP Classes:** Students can go to the College Board sites for review and a schedule is posted in this edition. This is a full course schedule for the free, live online AP classes available, along with information about what will be covered this week. Links to upcoming classes are [here](#):
- **CATA's Test Prep partner, Future Prep Educational Services,** is offering online **SAT prep** options for students wishing to prep for this important test while they are at home. Future Prep currently has availability for one on one and small group tutoring through the Zoom platform. You can contact them directly at 704-307-8975 or customerservice@futureprep.com to discuss what will work best for your student.

Online Class Information: Students enrolled in NC Virtual Public School (NCVPS) or South Piedmont Community College (SPCC) classes are expected to continue working during this time. Please contact your professor with questions and concerns. Students enrolled in Union County Virtual (UCV) and APEX courses work has been suspended through March 30.

More Registration Information: Students interested in taking a class next year at SPCC but who are not currently taking classes at SPCC please make sure to apply to SPCC as soon as you can by going to SPCC.edu and click Apply Online. Registration for new students is not scheduled until April 20.

Scholarships:

It is that time of year to **REPORT your SCHOLARSHIPS!** Please send a copy of your scholarship letter to Ms. [Ashley Cole](#)- even those scholarships you are not going to use- by Friday, May 8. Your scholarship totals will be listed in the Scholarship Slide Show. Please continue to review scholarship opportunities on the CATA School Counseling Website. If you have questions please ask your assigned counselor.

The Performing Arts Academy at Central Academy Presents our Spring Musical "In the Heights" Tickets are \$10.00, but online sales are postponed at this time. We have rescheduled for May and more information will be forthcoming.

Senior Class Cap and Gown Photo- Tentative New Date- Friday, May 22 at 10:20 AM in the gym. This occurs during second block and you must be present and in appropriate attire (cap and gown) to be included in the picture (be here prior to the start of 2nd block if you flex). Pricing and Brochures will be sent closer to the even.

Junior/Senior Prom 2020: The prom's new tentative date is Saturday 5/23 at Rolling Hills from 8pm to midnight. Ticket sales will be available the week we return to school. Tickets are \$70. Students who have already purchased tickets must click [HERE](#) to complete the purchase form. This form is what allows students to get into the prom. Complementary tickets will be given out once the student has checked in at the door. Past due student fees must be paid for admittance into the prom. Students who are bringing a non CATA student as a guest must fill out a Prom Guest form. Forms are located in the front office and are due on Wednesday 5/20.

2019-2020 Yearbooks: Yearbooks are now \$85.00. Send check or cash to Ms. Christensen in The Den or order online at yearbookforever.com (search for CATA).

Please take time to read over this newsletter. The Cougar Chronicle, in addition to our website, will be the main form of communication from school to home. Go Cougars! Ms. Merritt



New Football Coach

For immediate release: [Please Click here to see a CATA football video](#)

Central Academy of Technology and Arts (CATA) would like to welcome our new head football Coach Shane Griffin. Coach Griffin comes to CATA after spending the past two seasons as the offensive line and run game coordinator for the Forest Hills Yellow Jackets. Coach Griffin will be entering his 20th year in the field of education and coaching as he takes over the CATA football program again in 2020. Coach Griffin will teach Physical Education and Weight Lifting at CATA this coming fall. Coach Griffin holds a BS in Parks & Recreation Administration & minor in Coaching from Wingate University. He also holds an MA in Education & Special Education from the University of Phoenix as well as an MA in School Administration from Gardner Webb University.

In 2017, he served as the offensive coordinator for Central High School (Pageland, SC). This will be Coach Griffin's third stint with the CATA football program as he was the head coach during the 2015 & 2016 seasons. In 2015, Griffin lead the CATA football program to the first ever 4-0 start in school history. He also served as the offensive line coach in 2012. Coach Griffin spent two seasons 2013 & 2014 at Anson High School as the offensive line coach and offensive coordinator. Coach Griffin has worked in a variety of capacities throughout his career from offensive coordinator to defensive coordinator as well as position coach for offensive and defensive line, running backs, linebackers and quarterbacks. The last 19 years of experience has taken Coach Griffin from North Carolina to New Jersey, and back to North Carolina and South Carolina respectively as a football, track and field, golf and softball coach at the high school level.

Coach Griffin played college football at Wingate University ('99) where he was a three time All South Atlantic Conference (SAC) performer at offensive tackle and also a finalist for the Jacobs Blocking Trophy awarded yearly to the best offensive lineman in the SAC. Coach Griffin is a native of Union County and spent his high school playing days at Forest Hills High School ('94) playing for Coach John Lowery. While at Forest Hills, Coach Griffin was a three year varsity athlete and all-conference offensive lineman his junior and senior year. While playing at Forest Hills the Yellow Jackets had a combined record of 36-0 against conference opponents. Coach Griffin was also named to the All-State football team ('93) and was selected to the McDonalds East/West All-Star game ('94). Coach Griffin is 43 years old and has been married to his wife Jennifer, for 16 years. Together they have three children: Jacob (14), Jordyn (12) and Jett Mike (6). Coach Griffin is excited to be back at CATA and is ready to get back to work. His passion is for helping kids reach individual goals while understanding the dynamics of being a part of a team working together to achieve the very best.



UCPS Remote Learning Guide

Union County Public Schools Remote Learning Guidance

As we work together to educate our children in this time of challenge, Union County Public Schools has established some guidelines to support parents and students during the transition to a remote learning environment. While there is no substitute for a nurturing, relationship-driven classroom, we believe that with your assistance, we can continue to provide students with meaningful learning opportunities.

Students in grades 6-12 have been learning in a blended (face-to-face combined with online learning) classroom in Union County Public Schools for the last decade. Students will continue to work, complete activities, and access instruction in Canvas, just as they have done in their face-to-face courses. By working together to support our students, we know we will be able to overcome the challenges we are currently facing. You should receive additional school/class specific information from your child’s school and/or teacher at some point next week. In the interim, here is some general guidance that may assist all parents as we transition to this platform for learning.

Student Expectations/Activities			
Daily Learning Expectations		Types of Learning Activities	
 Time	 Assignments	 Computer Based (6-12)	 Blended (PK-5)
<p>High School: No more than 90 minutes on activities for each subject per week</p> <p>Middle School: No more than 60 minutes on activities for each subject per week</p> <p>Elementary School: No more than 30 minutes on activities for each subject per week</p>	Number of assignments for each class/course will vary by content area and level. During this transition phase to a remote learning environment <i>no required assignments or grading is to occur</i> . Additionally, attendance for students will not be officially recorded during the remote learning transition phase.	Access course materials daily through Canvas to: <ul style="list-style-type: none"> -communicate with classmates -access instructional videos posted by teachers -online instructional activities (videos, review material, resources, etc.) 	Printed worksheets, activities, projects, etc. Schools have been provided with three weeks’ worth of material for students. Work is not to be graded or returned; it is merely for review. All packet information and supplemental digital materials can be found on the EmpowerED Family Portal . Contact school via email if more material is needed.

Continued on the Next Page.....



UCPS Remote Learning Guide

Parent Involvement			
 Ensure Access to Materials	 Establish Daily Schedule for Student	 Monitor Student Progress	 Provide Support and Assistance
Assist students while navigating online courses, completing review packets, setting learning schedules, and provide students access to basic school supplies.	Create and maintain a daily "school" schedule and ensure students have a quiet place to learn and work. Please remember that no attendance for students is required during this phase.	Check in daily to make sure students are meeting due dates for both their print and/or digital activities. Monitor completion of online tasks through Canvas .	Provide assistance and help students ask and answer questions.

Grades 9-12

- Assignments will be posted in Canvas by 8:00 a.m. each day.
- Students will spend no more than 90 minutes on activities for each subject per week
- Students should receive instruction, assignments, and/or activities in each course for which they are currently enrolled.
- Students/parents should direct questions to teachers in their class team or other methods as directed by their teacher.
- Teachers will maintain "remote" office hours for a minimum of 2 hours on designated office hours days and should respond to student/parent inquiries within 24 hours to the greatest extent possible.
- Teachers will maintain "remote" contact with all students to monitor student participation and progress.

Technical Support

- Special technical support line has been established for student technical support, device troubleshooting, and maintenance issues.
- Teacher Technical support may be accessed at helpdesk.ucps.k12.nc.us
- Student Technical support may be accessed at studenthelpdesk.ucps.k12.nc.us

Based on feedback from stakeholders, the proposed schedules below have been designed as an optional model for consideration in order to allow the greatest flexibility for teachers, students, and parents. No times have been assigned to any course so that students may work at their own pace and teachers may support as needed.

Teachers should update their Canvas pages by 8 a.m. each day (M-Th) so that students have access to the most recent supplemental/review materials available. Additionally, professional development/support opportunities will occur in an asynchronous format (i.e. not real-time) so that staff may adjust their daily schedules to meet their individual needs.

High School Remote Learning Model (to begin Monday, March 30, 2020)

Monday	Tuesday	Wednesday	Thursday	Friday
First Block	Third Block	First Block	Third Block	Office Hours
Second Block	Fourth Block	Second Block	Fourth Block	

Recommendations

- On Mondays and Wednesdays, students may elect to focus on their first and second block courses
- On Tuesdays and Thursdays, students may elect to focus on their third and fourth block courses
- Flexibility is key- instruction and activities will be at the student's pace/learning style; students should not be expected to be online with teachers at a specific time
- Office hours are driven by the teacher/student as needed – students and teachers may be online together
- Each subject should have no more than 90 minutes worth of supplemental materials/activities made available each week



Counseling Center Assistance & Lunches

Hello, Cougars! We want to let everyone know that we are still here to support you during this break. Our students' mental and physical health and wellbeing is always our top priority. Please know you can reach out to your counselor if you need to. We have also listed some resources in case you or anyone you know should need them. Make sure you are checking your email and school & county social media pages so you can stay informed about what is happening.

- Optum has a toll-free 24-hour Emotional Support Help Line at 866-342-6892 for people who may be experiencing anxiety or stress related to COVID-19.
- Cardinal Innovations (mental health referrals - multiple languages) 1-800-939-5911
- Mobile Crisis 1-866-275-9552
- The National Suicide Prevention Hotline (1-800-273-TALK) offers free and confidential support for people in distress, prevention and crisis resources 24/7
- Text HOME to 741741 to connect with a Trained Crisis Counselor 24/7
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517)
- 911 when someone needs help right away because of an injury or an immediate danger

Please stay safe and know we are here for you!

The CATA Counseling Department

ashley.lawson@ucps.k12.nc.us - Medical and Transportation Academies

ashley.cole@ucps.k12.nc.us - Dance, Theatre, and Pre-Engineering Academies

sarah.goodwin@ucps.k12.nc.us - Information Systems and MPRA Academies

FREE DAILY MEALS DURING CLOSURE

Beginning Tuesday, March 17 • 11 a.m. to 1 p.m.

📍 Health Sciences Academy
at Monroe Middle
601 E. Sunset Drive
Monroe, NC 28112

📍 Rocky River Elementary
500 N. Rocky River Road
Monroe, NC 28110

📍 Sardis Elementary
4416 Sardis Church Road
Monroe, NC 28110

📍 Wingate Elementary
301 Bivens Street
Wingate, NC 28174





UCPS FAQs for Remote Learning

Frequently Asked Questions for UCPS Remote Learning Guidelines

1. What are the daily learning expectations for students during the school closure?

Please refer to the remote learning guidelines that were distributed on Thursday, March 26. Click [here](#) for the most recent guidance. We will continue to use our normal means of communication as updates/ changes are made to our guidelines.

2. How is remote learning defined in UCPS and in the State of North Carolina during the school closure?

In North Carolina and Union County Public Schools, remote learning is defined as learning that takes place outside of the traditional school setting using various media and formats, such as but not limited to: video conference, telephone conference, print material, online material, or learning management systems.

3. What is the expectation for grades and required assignments during the school closure?

All schools in UCPS are prepared to provide remote learning opportunities to engage all students, continue academic growth, and respond to social and emotional needs. It is paramount to remember the unprecedented condition students are learning in and to focus on engagement more than evaluation or grading. As such, UCPS is not requiring any assignments or grading at this time.

4. How is the NC Department of Public Instruction addressing matters related to seniors who are expected to graduate?

On Friday, March 27, the North Carolina State Board of Education issued guidance on how school districts should proceed with regards to spring grading practices for NC K-12 public schools. Seniors will not be penalized as a result of the school closure order issued by the governor and will pass a course if they were passing the class on March 13.

If seniors had a grade of 'F' in a course as of March 13, they will get a withdrawal code for the class, meaning they won't receive credit. However, UCPS will put practices into place to give these seniors a chance to pass the course.

More information will be shared with schools as district staff have an opportunity to review the State Board of Education's recently issued guidance.

5. If my student was enrolled in Advanced Placement courses, how can he/she continue with online learning during the school closure?

AP updates for schools impacted by COVID-19 can be found by clicking [here](#). The College Board is providing online instruction for [AP courses](#) and is working on an at-home testing option.

For each AP course, there will be a "secure 45-minute online free-response" exam. The exams will focus on the content most schools completed by early March. Students can take the exams on a smartphone, tablet, or computer, and will also be able to write the responses and submit a photo.

Free online AP review courses are now available. Click [here](#) for the course schedule.

6. How will UCPS address remote learning for elementary students?

Please refer to the remote learning guidelines that were distributed on Thursday, March 26. Click [here](#) for the most recent guidance. We will continue to use our normal means of communication as updates/ changes are made to our guidelines.



UCPS FAQs for Remote Learning

7. How can my student contact his/her teacher for assistance?

Please contact your child's teacher via email if you have specific questions/concerns about your student's progress. If you are unable to make successful contact with your child's teacher, please contact your school's principal. Email contact information for all school-based employees can be found on each school's website.

8. What conferencing platforms are approved for students and teachers to use during the school closure?

As teachers increase their communication with students remotely, it is essential that Board of Education Policies are followed in this new setting.

The Union County Public Schools Board of Education Policy Manual addresses the manner in which employees are expected to engage in electronic communications with students. Click [here](#) for the applicable policy governing Staff-Student Relations in an electronic setting. Please know that UCPS staff are continuously reviewing current policies and practices and assessing how best to meet the needs of our learners in a remote learning environment.

[Most Recent Guidance Link for Remote Learning](#)

[Advanced Placement Updates](#)

[Online Instruction for AP Courses](#)

[AP Course Schedule](#)

[UCPS Policy on Conferencing Platforms](#)



College and Career Corner

Class Information from the Guidance Counselors

[Counseling Twitter @CATA_Counseling](#)
[Counseling Instagram @CATA.counseling](#)

Attention Seniors Class of 2020

Graduation is on Thursday, June 11, 2020 at 1:00 PM at the Winthrop Coliseum in Rock Hill, SC

The [Fall Senior Letter](#) is on our website. Senior students & parents [click here](#)

The Spring Senior Letter will come out once we have more information.

Sign up for College Visits [Click Here](#)

Dates for College Visits are posted in this Newsletter on the [Around CATA Page](#)

[Scholarship Spotlight– Click HERE for more scholarships](#)

SAT—All juniors will be taking the SAT. The original date was 3/25. **A new date will be communicated at a later date.**

"**Builders Bridge Internship Program** is now accepting applications. This is an 8-week program in a homebuilding skilled trade. Pay ranges from \$10-15/hr and interns will work 30-40+ hours a week. More info and application links are on the Opportunities for Students page on our website."

****Attention Juniors ****

If you are interested in applying for a semester internship your senior year, Click [here](#) for online application. Qualifications:

- Have completed at least two CTE courses (preferably in the same career cluster/academy such as Health Science I & II)
- Good attendance record (no more than 7 absences in a semester for the last 2 years)
- Reliable transportation
- No suspensions or serious disciplinary actions on your high school record
- At least a 2.5 GPA
- Able to commit to attend at least 8 hours a week during your internship

Here is the link to apply: (must be logged in to your google account to access this form)

Please email Ms. Corbett with any additional questions @ adriane.corbett@ucps.k12.nc.us

CATA Guidance Department

A high school guidance department can help your student with a LOT during high school—counseling during a problem/or stress, college planning, career/college questions, interview skills, problem solving with classes/teachers, friendship/social issues. Counselors also help with scheduling and what courses to take. Counselors are available to answer parent questions as well.

Please see the list of counselors by academy:

[Ashley Lawson](#): Medical Science, Transportation & Guidance Department Chairperson

[Ashley Cole](#) : Pre-Engineering and Performing Arts (theatre & dance)

[Sarah Goodwin](#): Information Systems (Cybersecurity, Computer Engineering, Software & Game Design) and Music Production & Recording Arts



Media Center (The Den) News & AP Information

The Den Digest

April is...

National Poetry Month-<https://poets.org/national-poetry-month>

School Library Media Month-School Library Month is the American Association of School Librarians' celebration of school librarians and school libraries.

School Librarian Day-April 4.

National Assistant Principals Week—April 6-10. Feel free to contact Dr. Wall and Mr. Stewart to tell them they are appreciated!

Administrative Professionals Week-April 20-24. Thank you to Mrs. Nahum, Mrs. Viar, Mr. Smith, Mrs. Tweed, Mrs. Riley, and all those who play such important roles in our schools!

CDC Information About the Coronavirus-<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Visit our website for many resources: <https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/>

We have a special section just on Evaluating News Resources:

<https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/online-resources/identifying-fake-news>

AP[®] Classes and Review YouTube Live



DAILY COURSE SCHEDULE — ALL TIMES ARE EASTERN TIME

youtube.com/advancedplacement

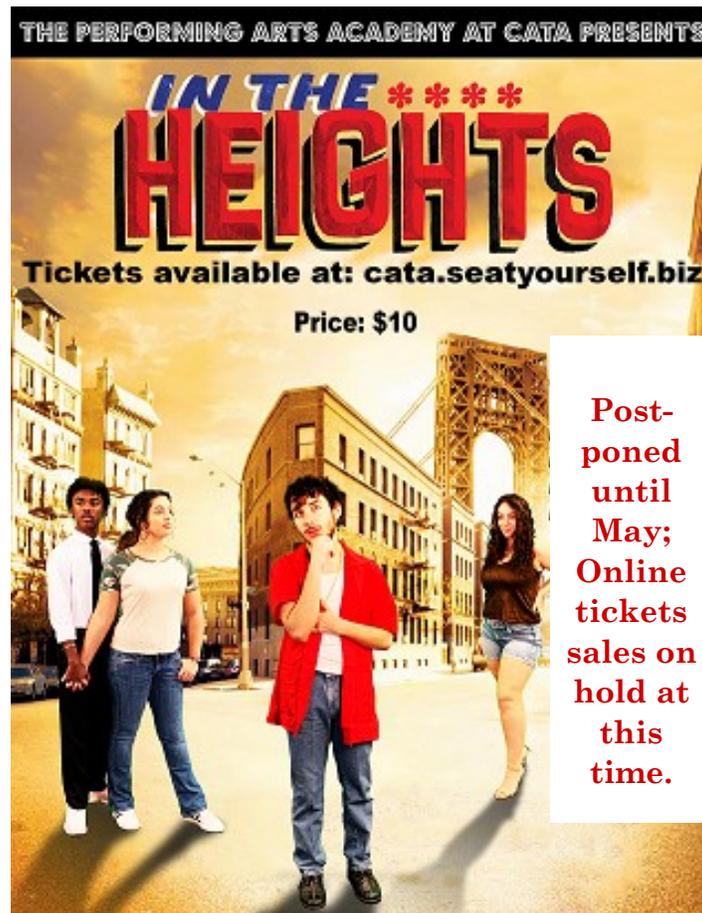
Period	Eastern Time	Live Stream 1	Live Stream 2	Live Stream 3	Live Stream 4	Live Stream 5
Period 1	9-9:45am	Calculus BC	*	*	*	*
Period 2	10-10:45am	Chemistry	Music Theory	*	*	*
Period 3	11-11:45am	Physics C: Mechanics	U.S. History	European History	*	*
Period 4	12-12:45pm	English Lit	Physics 1	Italian	*	*
Period 5	1-1:45pm	Art History	Environmental Science	German	*	*
Period 6	2-2:45pm	Statistics	Spanish Lit	Calculus AB	*	*
Period 7	3-3:45pm	Spanish Lang	Microeconomics	U.S. Government and Politics	English Lang	*
Period 8	4-4:45pm	Biology	Psychology	Comparative Government & Politics	Computer Science A	Japanese
Period 9	5-5:45pm	Chinese	Physics 2	Human Geography	Macroeconomics	*
Period 10	6-6:45pm	World History: Modern	Physics C: E&M	French	Latin	*



Performing Arts Events & Spring Musical

<https://cataperformingarts.org/>

The Performing Arts Academy at Central Academy Presents our **Spring Musical "In the Heights"** Tickets will be available at a cost \$10.00 online at a later date.



**Post-
poned
until
May;
Online
tickets
sales on
hold at
this
time.**

2019-2020 Yearbooks

2019-2020 Yearbooks: Yearbooks are now \$85.00. Send check or cash to Ms. Christensen in The Den or order online at yearbookforever.com (search for CATA).

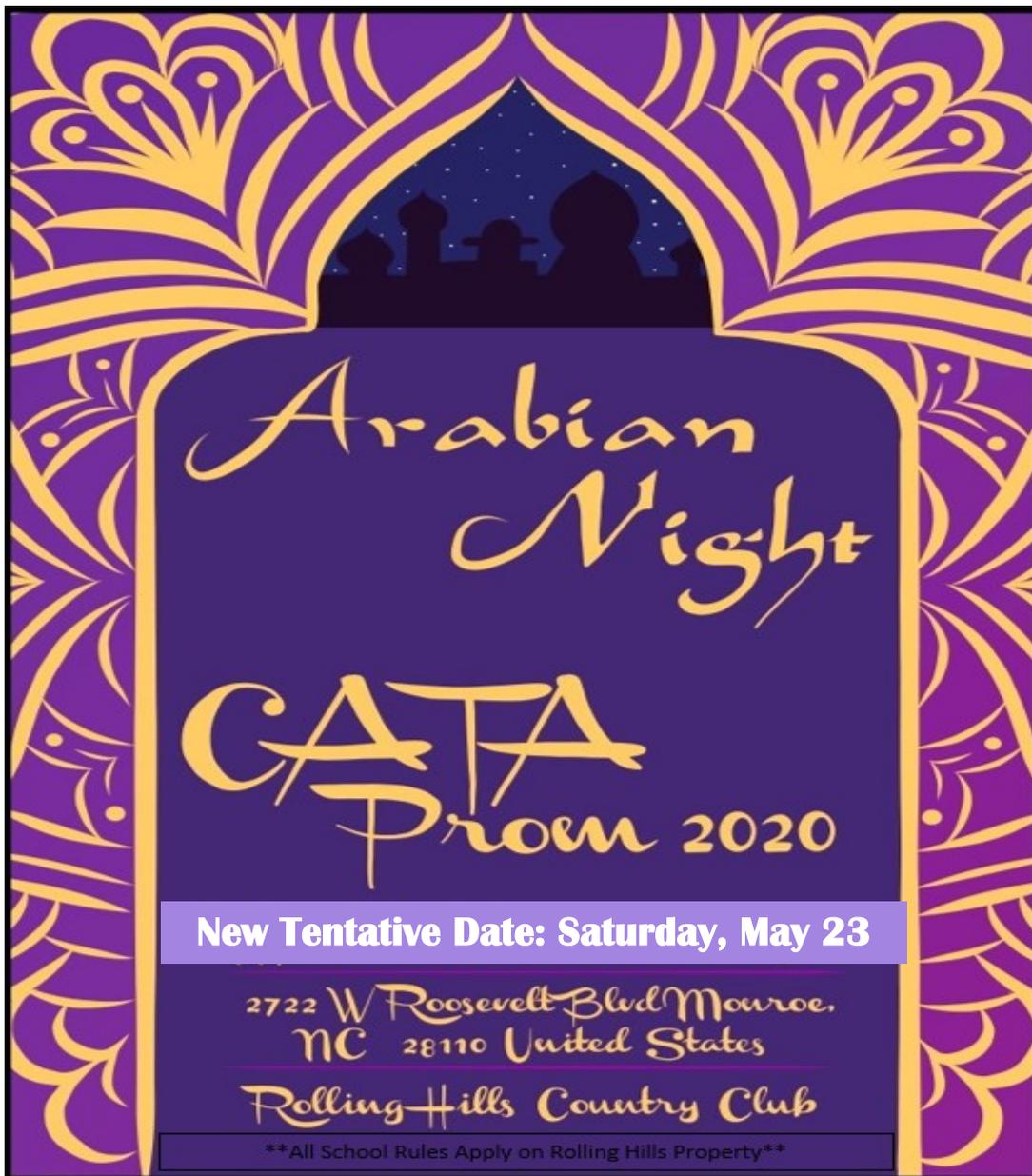
BUY YOUR
Yearbook



Around CATA

Upcoming Events- March

No School at this time until March 30. Please follow UCPS and the NC governor's office for updates.



Our student life organizations are listed on our website. [Click here.](#)



COUGAR ATHLETICS

If you have questions about athletics or want to volunteer to help with athletics, please send an email to Athletic Director, Coach Jay Niessner. Make sure to follow all of CATA's athletic teams on Twitter: [@CATA_Athletics](https://twitter.com/CATA_Athletics)

The North Carolina High School Athletic Association (NCHSAA) has suspended all games, practices, workouts, skill development, and meetings until Monday April 6th. All athletic facilities on the CATA campus are closed to all teams. We will update you as further decisions are made.

New Athletic Attendance Eligibility Requirements: Please [click here](#) for more information. this Spring to be eligible this coming Fall of 2020.

Fall Sports - 2020

Summer Workouts will start on June 15th. Summer workout calendars & schedules will be posted after spring break, please contact your sports coach for more details.

Summer Dead Weeks NO ATHLETIC: June 29th – July 5th, July 20th – July 26th. All athletic facilities are closed during these dead weeks

Fall sports parent night – Monday, July 27th, 2020 – 6:30 pm

Fall sports will start on Saturday – **August 1st, 2020**, First week of games – **August 17th – August 22nd**

Fall Sports Coaches Contact Information:

Cheerleading - Ashley Lawson – Ashley.lawson@ucps.k12.nc.us

Cross Country - Kim Inuwa – kimberly.inuwa@ucps.k12.nc.us

Football – TBA

Men's Soccer - Jay Niessner – jay.niessner@ucps.k12.nc.us

Volleyball - Stephanie Peacock – Stephanie.peacock@ucps.k12.nc.us

Women's Golf - Nelson Rowell – nelson.rowell@ucps.k12.nc.us

Women's Tennis - Terry Lewis – soldbyterrylewis@gmail.com

Winter Sports Coaches Contact Information:

Cheerleading – Ashley Lawson – Ashley.lawson@ucps.k12.nc.us

Indoor Track & Field – Kim Inuwa – kimberly.inuwa@ucps.k12.nc.us

Women's Basketball – Kevin Allran – kevin.allran@ucps.k12.nc.us

Men's Basketball – Sam Smithson – Samuel.smithson@ucps.k12.nc.us

Swimming – Sally Goodwin – sarah.goodwin@ucps.k12.nc.us

Wrestling – Mike Jacobus – mike.jacobus@ucps.k12.nc.us

Spring Sports Contact Information:

Baseball – Matt Garcia – matthew.garcia@ucps.k12.nc.us

Men's Golf – Mike Jacobus – mike.jacobus@ucps.k12.nc.us

Men's Tennis – Terry Lewis – soldbyterrylewis@gmail.com

Softball – Aaron Hammers – aaron.hammers@ucps.k12.nc.us

Track & Field – Kim Inuwa – kimberly.inuwa@ucps.k12.nc.us

Women's Soccer – Jay Niessner – jay.niessner@ucps.k12.nc.us

**CATA COUGAR
SPIRIT WEAR**
**CATA Spirit Wear will
be on sale online.
Our Band Boosters
sell Cougar Spirit
Wear!**
**Click [here](#) to purchase
online.**

Please call or text Mickie
Carter at 980-257-4174