



Hello Students and Parents,

Fall Tryouts will take place **July 30** for all fall sports except women's Golf. During tryouts, **all** winter and spring sports will be in a **dead period (July 30 - August 19)**. To get up-to-date information regarding the tryout schedules, be sure to join the SportsYou code for the sport you are interested in.

In order to work out or try out, students will need the following:

- **Current physical** on NCHSAA form: <https://bit.ly/nchsaaphysical24-25> (Please note, only NCHSAA physicals will be accepted. Doctor office forms will not be accepted.)
 - Fastmed, Urgent Care, Primary doctors, etc., can complete your physical form
- **Dragonfly account:** <https://bit.ly/POBathletics>
- Dragonfly accounts should be at 100% to attend workouts or tryouts. **(DO NOT PAY** the participation fee. - This is only paid once you make a team.

Who is eligible for workouts and tryouts?

- Student must be **academically eligible** and have a **completed** Dragonfly account with physical. They must have a **2.0 for the fall semester**. This is **NOT** the Overall GPA that is shown on Infinite Campus. Spring semester GPAs will count for all students (10-12).
- To be eligible to play a sport in a semester, a student must attend at least 85% of the school days from the previous semester.
- Any student who is not a transfer student to POB this school year (24-25 school year). If you have transfer questions, please reach out to me.
 - Have a **completed Dragonfly account** with a NCHSAA physical form uploaded.
 - Completed Dragonfly accounts must have residency information uploaded.

*****Any student who does not have a completed Dragonfly account and does not meet the academic requirement will not be able to participate in workouts or tryouts.**

What is the tryout schedule for Fall Sports?

All tryouts will take place Wednesday, July 30 through Friday, August 1. Students are expected to attend all 3 days.

- **Cheer -**
 - **4:30 - 8:00 PM**

- Meet in the front of the gym
- **Cross Country -**
 - 6:30 - 8:00 PM
 - Meet on the track
- **Football -**
 - 7:30 - 11:00 AM
 - Meet at the football field
- **Men's Soccer -**
 - 6:00 - 8:00 PM
 - Meet at the football field
- **Women's Tennis-**
 - 6:00 - 7:30 PM
 - Meet at the tennis courts
- **Women's Volleyball**
 - 4:45 - 7:00 PM
 - Meet in the main gym
- **Women's Golf** tryout information will be sent out at a later time. Tryouts will not occur until the week of August 25. More information to follow.

How do I get communication from the coaches or Athletic Director?

- Join SportsYou for updates. There is a General Athletic SportsYou (**SEE Below**) that allows you to get updates from me, the Athletic Director (Mrs. Barnes-Parkins), or you can email me at tricia.parkins@cms.k12.nc.us
- Team SportsYou will allow you to get updates and communication from coaches.

What are the SportsYou codes for all the sports?

Fall sports offered:

- **Football - 9th Grade-** GNM2-38PB
- **Women's Golf -** TAERQJUZ
- **Volleyball -** UUTZKPPZ
- **Cross Country -** RHVUVDZA
- **Men's Soccer-** 7AVZFELD
- **Cheerleading-** 2AAVE3XZ
- **Women's Tennis-** PWCBT53T

Winter sports offered:

- **Women's Basketball-** 3J5ZYWCR
- **Men Basketball-** 6L2JDZSJ
- **Men's Wrestling -** CQ8C4EP6
- **Women's Wrestling -** PZHKK2JS

- **Indoor Track** - RHVUVDZA
- **Swimming** - Q68SBDFX

Spring sports offered:

- **Baseball** - 82XTBXEW
- **Softball** - QC2CBLXW
- **Track and Field** - 2AAVE3XZ
- **Men's Golf** - S5PANA2V
- **Women's Soccer** - YQKNMHT7
- **Men's Tennis** - VGDADCLC

How do I join SportYou?

Join via Website New Users

1. From your computer, phone, or tablet, visitsportyou.com tap **Join**
2. Click Get Started and enter your email
3. Go to your email and click Confirm Your Email
4. Click Enter Access Code to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to sportyou.com and log in
2. In left column, click Join Team/Group.
3. Click Enter Access Code to enter code, then Join Team or Join Group

Join via App New Users

1. On mobile device, download the sportsYou app from the App Store (iOS) or Google Play Store (Android)
2. Open the sportsYou app and tap Create Account
3. Tap Enter Access Code to enter code, then finish set up

Existing Users

1. On mobile device, log in
2. In bottom tray, tap Teams/Groups
3. Tap blue + button, then tap Join Team/Group
4. Enter access code and click Join\