



# Central Academy of Technology & Arts Cougar Chronicle

Volume 8

Issue 24

January 21, 2021

Link to CATA  
Social Media Sites  
Click the Crest



Instagram



Dear CATA Family,

- ◆ Our **CATA Crawls** to promote Central Academy to the community are being held virtually on 1/25 and 1/27 from 6:30 to 8 PM. Please look at the ad to the right and share.
- ◆ **Poetry Out Loud:** Congratulations to Ashline Arnaud for winning at the county level this year! Ashline recited John Greenleaf Whittier's "In School Days" and "BLK History Month" by Nikki Giovanni. Ashline will represent Union County at the state level competition in Greensboro. The runner up for Union County was Stephanie DiMeo.
- ◆ **Congratulations to the CATA Swim teams!** The AquaCougs traveled to Phieffer University and won the Rocky River Conference Meet this past Friday night. The Men's Team won the Championship Title and our Women's swim team came in 2nd. Our AquaCougs together earned: 7 Bronze Medals, 17 Silver Medals, and 14 Gold Medals. Several of our swimmers will travel to the regional championship meet in Greensboro, NC on February 6.
- ◆ The **Cross Country Cougars** had a state qualifier for the upcoming state meet on 1/22: **Grace Lane**. Grace placed 3<sup>rd</sup> in our Regional Meet this past Saturday.
- ◆ **The Third Six Weeks A and A/B Honor Roll and Academic Bars and Letters** will be posted in the coming weeks.
- ◆ **Second Semester Expectations for Plan B and D students and our academic and attendance early detection plan** are found at this [link](#).
- ◆ The **Fall Senior Letter** is [posted here](#) and is on page 3 of this edition. We are working on the details and hope to update more in the coming weeks. **Our graduation date is on Friday, June 4, at 8 AM, at Walter Bickett Stadium.**
- ◆ **The ACT** will be administered for ALL Juniors on Tuesday, 2/23.
- ◆ **Future Prep online ACT and SAT Review Classes starting this month.** All classes are provided online through Zoom. All classes are priced at only \$299 (this is \$100 off the normal price of \$399 - please make sure that students use coupon code "CATA2020" at checkout to receive this discounted pricing for CATA students), and include a course book, 6 lessons, and 2 full length proctored practice test sessions. More details are in the Guidance section of this edition.
- ◆ **Athletics:** Please see our athletics pages in this edition for information on our yearly schedule. Please check out page 10 on how to **live stream CATA football, basketball, soccer, volleyball, and wrestling**. **Subscribe today! Please visit our Athletics Page in this edition for information on how to give to specific sport fundraisers.**
- ◆ **CATA Cougar Spirit Wear is NOW AVAILABLE for sale online: Please [click here](#) to purchase.**

**Our Academies**

- Information Systems
  - Computer Engineering
  - Cyber Security
  - Software Development and Game Design
- Medical Sciences
- Performing Arts
  - Dance
  - Theatre
  - Music Production and Recording Arts
- Pre-Engineering
- Transportation Systems
  - Automotive Technology
  - Collision Repair

Join us for a virtual CATA Crawl to:  
Learn about our academies  
Hear from faculty  
Ask questions

January 25 & 27 | 6:30-8pm  
A link will be posted on the CATA homepage

**CATA CRAWLS**

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



## School Safety, Attendance and Notes, Parking Passes, Bus Information, Daily Schedule

**School Protocols Safety– [Click Here](#)**

**Click [here](#) for state Guidelines**

### **Second Semester Expectations for ALL Students Plan B and D and the Early Detection Program: [CLICK HERE](#)**

**Attendance** will be taken for student participation on their assigned day at school and virtually each day in Power School. School is in session and students are expected to be in class or logged into a class session at the appropriate time each day unless otherwise stated. Students on Plan B will be counted absent if they are not in attendance on their assigned day.

**Attendance and Absence Notes:** Absence notes must be **emailed** and/or scanned to [Mr. William Smith](#) our data manager upon the student's return to school in order for the absence to be considered excused. Absences will be coded unexcused in PowerSchool until an email excuse is received. Please allow 24 hours for excusal notes to be coded in PowerSchool. Students may fail if they have 8 or more unexcused absences per class. Attendance is taken each class period. Students will have a chance to recover some unexcused absences.

**Bus Info:** Parents should email [Ms. Tweed](#) if they need bus transportation. Bus riders and parents should sign up for the **Here Comes the Bus App**. This app allows you to view the real-time location of your child's school bus on your smartphone, tablet or computer. Be sure that your child is at their bus stop at least **20 minutes** before the scheduled arrival time. [Bus App Letter English](#) [Bus App Letter Spanish](#)

**Parking Passes** One cannot drive and park at the school if they have not purchased a parking pass. Parking in any lot other than the student parking lot is not permitted. The process for purchasing parking pass is on FamilyID this year, an account will need to be created if you do not already have one. [Click here for FamilyID](#). Parking passes MAY NOT be purchased by any student who has outstanding fees. After completion of the application, CATA will review your submission. The student will then receive a link to pay for the pass once the application has been approved via student UCPS email. Parking passes are \$45. If you have any questions, please email Ms. [Robin Viar](#).

### **Daily Schedule**

<b>First Period:</b>	9:05 to 10:35
<b>Second Period:</b>	10:40 to 12:10
<b>Third Period:</b>	12:15 to 2:10
<b>Lunch A:</b>	12:10 to 12:35
<b>Lunch B:</b>	12:42 to 1:07
<b>Lunch C:</b>	1:14 to 1:39
<b>Lunch D:</b>	1:46 to 2:10
<b>Fourth Period:</b>	2:15 to 3:45

**Friday Schedule:** Each student must check in with their teachers on Friday. Each teacher has been asked to communicate with students the expectations for each Friday. Attendance is taken on Friday, so students must complete assigned tasks for each teacher to be counted present. This information should be posted on each teacher Canvas page.

**Monday and Tuesday–** Last name A-K  
**Wednesday and Thursday–** Last name L-Z

### **Technology Help Desk– Mr. Eddins**

**[Click Here for Assistance Form](#)**

Email [James.eddins@ucps.k12.nc.us](mailto:James.eddins@ucps.k12.nc.us)

### **Links**

[UCPS Technology Help Desk](#)

[UCPS Technology](#)

[Chromebook Start Up Link](#)

[Canvas Help](#)



### **Help Desk for Students:**

Monday 8:30AM – 10:AM

Tuesday 12PM – 1:30PM

Wednesday 8:30AM – 10AM

Thursday 12PM – 1:30PM



## Fall Senior Letter

Dear Class of 2021,

Congratulations on making it to this point in your academic career. We are proud of you and encourage you to finish your journey strong. We would like to provide you some preliminary information this fall for your senior year. Please keep in mind that we are having to make changes to traditional plans and will have more information as the year progresses. We are making plans and will communicate as soon as those plans are solidified.

**Graduation:** Our graduation date is on Friday, June 4, at 8 AM, at Walter Bickett Stadium.

**Caps and Gowns:** Students will pick up their caps, gowns, announcements, and yearbooks at CATA in May. We will send specific information about this event to your school email and through the school ConnectEd System. Remember that you must have a cap and gown if you intend to walk at graduation in 2021. If you still need to order it's easy! [Click the link here](#) OR CALL Josten's at 910-895-8471.

**Graduation Practice:** We will send more specific information about graduation practice in the Spring Senior Class of 2021 Letter. Last year we did not have a practice and we may not have one this year. Please stay tuned for details. We will communicate specific information about procedures if we do not have practice.

**Attire:** We will send more specific information about graduation day in the Spring Senior Class of 2021 Letter.

**Senior Cap and Gown Picture:** We will send more specific information about the picture in the Spring Senior Class of 2021 Letter.

**Senior Week:** We will send more specific information about Senior Week in the Spring Senior Class of 2021 Letter. This will be in May.

**Senior Academic Signings:** We will send more specific information about academic signings in the Spring Senior Class of 2021 Letter.

**Graduation Speeches:** Each academy has one senior give a speech at graduation. A committee of the faculty and staff of Central Academy chooses the individuals for graduation speeches. Students may audition for consideration in May. Please pay attention for the audition date and procedures in the Spring Senior Letter.

**Past due fees:** Past due fees must be paid before students may participate in Graduation. Please make online past year technology payments through the Central Academy Website, and make all other payments at the school with the bookkeeper. Dr. Wall and other staff will be calling about past due fees in an attempt to settle all fees by the end of February.

**Items that need to be returned to CATA:** This includes, but is not limited to Chromebooks and chargers, calculators, textbooks, athletic uniforms, library materials, and other school owned items. We will communicate a date for seniors to return these items to our school in the Spring Senior Letter.

**Tickets and Parking Passes:** We will send more specific information about Tickets and Parking Passes in the Spring Senior Class of 2021 Letter.

Graduating from high school is dependent upon earning the number and type of credits needed to earn a diploma. Participating in the graduation ceremony is a privilege, one that your family will truly value as they have spent a lot of time supporting you in your academic studies. Please take time to ensure that you are eligible to graduate by earning the credits needed. Please take time to ensure that you are able to participate in the graduation ceremony by making good choices for the remainder of your senior year and by making sure that you have taken care of all financial responsibilities.



## The Counseling Department

### Class Information from the Guidance Counselors

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

[Click here to sign up for CATA College Visits](#)

[Scholarship Spotlight– Click HERE SCHOLARSHIP PAGE](#)

[Please click here for all information from our Counseling Department](#)

[CATA Counseling Canvas Page– Click HERE](#)

#### **CATA Tutoring Times - Spring 2020 (This may be updated in the coming weeks)**

CATA will be offering tutoring times each day of the week based on subject. Approved CATA students will be providing the tutoring. If tutoring is needed, then please click the Teams link to join during the assigned times. Tutoring.

[Click HERE FOR THE TUTORING LINKS.](#) Scroll down once on the page and you will see the links for each subject.

- Monday - 3:45 to 4:45 for Social Studies, Math 1 & 2, Math 3, Pre-Calculus, & Math 4
- Tuesday - 3:45 to 4:45 for Science
- Wednesday - 3:45 to 4:45 Math 1 & 2, Math 3, Pre-Calculus, & Math 4
- Thursday - 3:45 to 4:45 English
- Friday - All 5 subjects will be offered from 1:30 - 3:30 in 2 shifts (1:30 to 2:30, 2:30 to 3:30)

#### **ACT Classes Reviewing for the February 23<sup>rd</sup> / April 17<sup>th</sup> ACT Administration**

The ACT classes are preparing students to take both the test that is being offered to all NC public school students on February 23<sup>rd</sup> and the test being offered to the general public on April 17<sup>th</sup>. **Students may register by [clicking here](#) or by calling 704-307-8975.**

##### **Monday Evening Class**

Practice Test #1	Sat, 1/9	8:30AM-12:00PM
Essay	Mon, 1/11	6:00PM-9:00PM
English	Mon, 1/18	6:00PM-9:00PM
Math #1	Mon, 1/25	6:00PM-9:00PM
Math #2	Mon, 2/1	6:00PM-9:00PM
Reading	Mon, 2/8	6:00PM-9:00PM
Science	Mon, 2/15	6:00PM-9:00PM
Practice Test #2	Sat, 2/20	8:30AM-12:00PM

##### **Wednesday Evening Class**

Practice Test #1	Sat, 1/9	8:30AM-12:00PM
Essay	Wed, 1/13	6:00PM-9:00PM
English	Wed, 1/20	6:00PM-9:00PM
Math #1	Wed, 1/27	6:00PM-9:00PM
Math #2	Wed, 2/3	6:00PM-9:00PM
Reading	Wed, 2/11	6:00PM-9:00PM
Science	Wed, 2/17	6:00PM-9:00PM
Practice Test #2	Sat, 2/20	8:30AM-12:00PM

#### **SAT Classes Reviewing for the March 13<sup>th</sup> SAT Administration**

Students may register by [clicking here](#) or by calling 704-307-8975.

##### **Sunday Afternoon Class**

Practice Test #1	Sat, 1/23	8:30AM-12:00PM
Math #1	Sun, 1/24	2:00PM-5:00PM
Math #2	Sun, 1/31	2:00PM-5:00PM
Math #3	Sun, 2/7	2:00PM-5:00PM
Verbal #1	Sun, 2/14	2:00PM-5:00PM
Verbal #2	Sun, 2/21	2:00PM-5:00PM
Verbal #3	Sun, 2/28	2:00PM-5:00PM
Practice Test #2	Sat, 3/6	8:30AM-12:00PM

##### **Tuesday Evening Class**

Practice Test #1	Sat, 1/23	8:30AM-12:00PM
Math #1	Tue, 1/26	6:00PM-9:00PM
Math #2	Tue, 2/2	6:00PM-9:00PM
Math #3	Tue, 2/9	6:00PM-9:00PM
Verbal #1	Tue, 2/16	6:00PM-9:00PM
Verbal #2	Tue, 2/23	6:00PM-9:00PM
Verbal #3	Tue, 3/2	6:00PM-9:00PM
Practice Test #2	Sat, 3/6	8:30AM-12:00PM

##### **Thursday Evening Class**

Practice Test #1	Sat, 1/23	8:30AM-12:00PM
Math #1	Thu, 1/28	6:00PM-9:00PM
Math #2	Thu, 2/4	6:00PM-9:00PM
Math #3	Thu, 2/11	6:00PM-9:00PM
Verbal #1	Thu, 2/18	6:00PM-9:00PM
Verbal #2	Thu, 2/25	6:00PM-9:00PM
Verbal #3	Thu, 3/4	6:00PM-9:00PM
Practice Test #2	Sat, 3/6	8:30AM-12:00PM

#### **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 & Re-cording Arts





## The Counseling Department– Page 2

### Class Information from the Guidance Counselors

**Counseling Twitter** @CATA\_Counseling  
**Counseling Instagram** @CATA.counseling



### COUNSELING DEPARTMENT PROCEDURES

To ensure the safety of students and staff we are implementing the following procedures for the 2020-2021 school year.



#### MEETING BY APPOINTMENT ONLY

Email your counselor to schedule an in-person or virtual appointment. If a student is in crisis they will need permission from their teacher to visit a counselor.



#### SAFETY MEASURES

One student in a counselor's office at a time  
 Masks are required  
 Remain 6ft apart  
 Entrance doors will remain shut

#### REASONS TO CONTACT US

**COUNSELORS**  
 Ms. Lawson, Ms. Cole, Ms. Goodwin

**CAREER DEVELOPMENT COORDINATOR**  
 Mrs. Corbett

**COUNSELING SECRETARY**  
 Mrs. Tweed

To discuss academic, social/emotional, and career questions. This includes, but is not limited to: Class selection, college/career choices, scholarships, and friendship/relationship/family issues.

To discuss career fields and job qualifications. To discuss internship options within the county. Students enrolled at SPCC can discuss class options. Students interested in SPCC can discuss how to get enrolled.

The first person you see when entering our office. Mrs. Tweed can provide transcripts and bus passes. She can help with most school-related questions and can help students determine if they should meet with a counselor.



### Parents can now access Scoir!

#### What can you do with a Scoir account?

1. See which colleges your child is following.
2. Suggest colleges for your child to follow.
3. Complete a personalized financial aid calculator to receive a custom price estimate.

#### How do you get a Scoir account?

Your child must invite you!

#### Students should:

- Log in
- Visit "My Profile"
- Click on "Invite a parent"

Students will need their parent's email address.

Parents

+ Invite a Parent

For more info, visit <https://bit.ly/onlinecollegetools>.

@UCPSCollegePrep



Click on the  
Ad to register

### 2020-2021 UCPS Parent College Readiness Webinars

For more info and to register visit  
<https://bit.ly/collegereadynwebinars>

Paying for College.....	September 21, 2020
Getting Ready for College.....	October 19, 2020
College Entrance Exams 101.....	November 16, 2020
College Recruiting for Athletes.....	December 8, 2020
Scoir for Underclassmen Parents.....	January 11, 2021
Paying for College.....	February 8, 2021
College Entrance Exams 101.....	March 8, 2021
College Recruiting for Athletes.....	April 19, 2021

All webinars will be held at 6:00 pm.  
 Dates are subject to change.

@UCPSCollegePrep

Find the college  
for you at the

Jan. 31

College Fair

Click on the  
Ad for Info.

NACAC  
Virtual  
COLLEGE FAIRS

Sign up now for FREE!  
[virtualcollegefairs.org](https://virtualcollegefairs.org)

All high school  
juniors, seniors,  
transfer  
students, and  
families are  
welcome.





## The Career Development Corner

### Career Development Corner

**Students and Parents:** Ms. Bartell, your Career Development Coordinator, would like to start advertising to our students where local businesses might be hiring high school students! Below are two companies that are hiring currently (**Swim Club Management on the left and AquaTech Pools on the right**). If you know of any places where our students can learn wonderful job skills and that are hiring please reach out to Ms. Bartell in guidance and let her know!

**WHY WORK WITH US?**

- No experience needed - we train you!
- Competitive wages
- Flexible hours
- Free uniforms

**FOLLOW US ON SOCIAL MEDIA!**






@SCMGCHARLOTTE

**DIVE IN!**

**APPLY NOW!**

LIFEGUARDCHARLOTTE.COM



**AQUATECH**  
POOL MANAGEMENT GROUP

Now hiring lifeguards, pool attendants and pool managers!



**Apply Here!**  
Or visit [aquatechpm.com/apply](http://aquatechpm.com/apply)

**AQUATECH**  
POOL MANAGEMENT GROUP

**NOW HIRING!**

Summer positions available at a facility near you!

- Lifeguards
- Pool Managers
- Pool Attendants
- Pool Service Specialists

**Apply Online Today!**

[aquatechpoolmanagement.com/employment](http://aquatechpoolmanagement.com/employment)



How your resume app uses the QR code above and what the link does appears to be useful!

Charlotte Area: 704-644-2021 | Greenville/Winston-Salem Area: 704-255-4408 | Raleigh/Cary Area: 919-475-8228



## PTSO- The Cougar Council

Website- [CATA PTSO- The Cougar Council](http://www.cataptso.org)

Website- [CATA Performing Arts Parent Committee](mailto:catacougarcouncil@gmail.com)

[Click here for the Cougar Council December Newsletter](#)

[Click here for PICTURES from the CATA Senior Holiday Celebration](#)

**HELLO CATA FAMILIES!!** Please visit our CATA PTSO website [www.cataptso.org](http://www.cataptso.org) for information including Invest in Excellence, PTSO Membership and more. Feel free to reach to us at [catacougarcouncil@gmail.com](mailto:catacougarcouncil@gmail.com) with any questions, ideas or suggestions. We know this year will look very different for us all which is even more reason to get involved and stay informed.

### **NEW - MORE FREE MONEY FOR THE SCHOOL:**

**Publix Partners** has contributed \$37.7 million to more than 4,600 schools across the Southeast and YOU can help CATA receive some of those funds. Participating is easy, simply create or sign into your **Publix account** ([www.publix.com/myaccount/register](http://www.publix.com/myaccount/register)), click My Publix Partners at the top, and Central Academy of Technology & Arts as your school. That's IT! Then enter your phone number or use pay with the Publix app every time you check out. They'll give back to CATA just for shopping at Publix (it does not cost you any more to support CATA). **This is NEW so if you shop at Publix, please take a few minutes to sign up - thank you so much!**

### AmazonSmile in the Amazon Shopping app

You can now support your favorite charity on iPhone & Android phones

#### How to turn on AmazonSmile in the mobile app

- 1**  
**Join AmazonSmile**  
If you are not already an AmazonSmile member, [sign up](#) in your web browser. Simply select your favorite charity to start generating donations, at no cost to you.
- 2**  
**Get the app**  
Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the [App Store](#) for iOS or [Google Play](#) for Android.
- 3**  
**Turn on AmazonSmile**  
Open the app and find "Settings" in the main menu. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile on your phone.

Please consider supporting CATA by linking to these companies when you are shopping next time!

**Harris Teeter Together in Education**  
(link to CATA using code 3612)

**Amazon Smile**  
(<https://smile.amazon.com/ch/26-1542614>)





# 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](#)  
[Click here](#) for NCHSAA 2020-21 Sports Seasons

## Upcoming Events:

**Friday, January 22<sup>nd</sup>:** HOME – Basketball – Forest Hills – 4:30/6:00/7:30 pm

**Monday, January 25<sup>th</sup>:** HOME – Soccer – Corvian – 4:00/5:30 pm

**Tuesday, January 26<sup>th</sup>:** HOME – Basketball – Montgomery Central - Men Only – 4:30/6:00 pm

**Wednesday, January 27<sup>th</sup>:** HOME – Soccer – Salisbury – 5:30 pm

**Thursday, January 28<sup>th</sup>:** HOME – Basketball vs. Mount Pleasant – Men Only - 4:30/6:00 pm

## Important Upcoming Dates:

First Day of Football Season – **Monday, February 8<sup>th</sup>, 2021**

Contact Coach Griffin for more information – [shane.griffin@ucps.k12.nc.us](mailto:shane.griffin@ucps.k12.nc.us)

**Please support our on-going athletic fundraiser for our in-season sports:**

**Cheerleading:** <https://give.livingtree.com/c/cata-cheerleading-fundraiser>

**Women's Basketball:** <https://give.livingtree.com/c/cata-womens-basketball-fundraiser>

**Men's Basketball:** <https://give.livingtree.com/c/cata-mens-basketball-fundraiser>

**Wrestling:** <https://give.livingtree.com/c/cata-wrestling-fundraiser>

**Parent Check List for Athletics:** The following need to be completed prior to starting a sport at CATA:

- FamilyID – Completed & Approved: [Link Click Here](#)
- CATA Virtual Athlete/Parent Preseason Meeting Sign Off – Completed [Link Click Here](#)
- **Contact** your student's coach. We need to know how many kids are trying out for sports (especially indoor sports) due to limitations on our numbers. Coaches Contact information can be found below

**Virtual Athlete/Parent Preseason Meeting:** Due to limitations on gatherings, we will not be holding any in person preseason meetings. All students interested in participating should follow the link below to our virtual meeting and complete the sign off. This must be done before starting a sport. This only needs to be completed ONE time for the 2020-2021 school year. Teams will hold virtual parent nights after teams are selected.

**Link:** [Click HERE](#)

**UCPS Eligibility – Attendance Matters:** Union County Public Schools will enforce a previously used attendance rule as it relates to athletic eligibility. In order to be eligible for interscholastic athletics participation, students must have been in:

- Daily attendance 85% (No more than 13 absences a semester) of the previous semester and must meet all applicable eligibility standards of the NCHSAA.
- PowerSchool defines daily attendance as being present 2 blocks. Absences recovered through attendance recovery will not change the attendance record and therefore will impact opportunities including the ability to participate in interscholastic athletics.
- Schools will have the opportunity to submit a hardship request based on a legitimate circumstance, such as a medical condition, which may have created an attendance hardship.

**[CLICK HERE FOR 2020-21 SPIRIT WEAR](#)**

**Athletics Coaches Contacts and Important Dates are on the next page.**





# COUGAR ATHLETICS

## Athletic Department Contact Information:

**Athletic Director** - Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)  
**Administrator over Athletics** – Dr. Josh Wall – [josh.wall@ucps.k12.nc.us](mailto:josh.wall@ucps.k12.nc.us)  
**Baseball** – Aaron Hammers – [aaron.hammers@ucps.k12.nc.us](mailto:aaron.hammers@ucps.k12.nc.us)  
**Cheerleading** - Ashley Lawson – [Ashley.lawson@ucps.k12.nc.us](mailto:Ashley.lawson@ucps.k12.nc.us)  
**Cross Country** - Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)  
**Football** – Shane Griffin – [Edward.griffin@ucps.k12.nc.us](mailto:Edward.griffin@ucps.k12.nc.us)  
**Men's Basketball** – Sam Smithson – [Samuel.smithson@ucps.k12.nc.us](mailto:Samuel.smithson@ucps.k12.nc.us)  
**Men's Golf** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)  
**Men's Soccer** - Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)  
**Men's Tennis** – Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)  
**Softball** – Aaron Hammers – [aaron.hammers@ucps.k12.nc.us](mailto:aaron.hammers@ucps.k12.nc.us)  
**Swimming** – Sally Goodwin – [sarah.goodwin@ucps.k12.nc.us](mailto:sarah.goodwin@ucps.k12.nc.us)  
**Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)  
**Volleyball** - Stephanie Peacock – [Stephanie.peacock@ucps.k12.nc.us](mailto:Stephanie.peacock@ucps.k12.nc.us)  
**Women's Basketball** – Kevin Allran – [kevin.allran@ucps.k12.nc.us](mailto:kevin.allran@ucps.k12.nc.us)  
**Women's Golf** - Nelson Rowell – [nelson.rowell@ucps.k12.nc.us](mailto:nelson.rowell@ucps.k12.nc.us)  
**Women's Soccer** – Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)  
**Women's Tennis** - Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)  
**Wrestling** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)

## Adjusted Sports Season's 2020-2021:

**Swimming:** November 23<sup>rd</sup> – January 28<sup>th</sup>  
**Men's & Women's Basketball:** December 7<sup>th</sup> – February 19<sup>th</sup>  
**Basketball Cheer:** November - February  
**Men's Soccer:** January 11<sup>th</sup> – March 12<sup>th</sup>  
**Football:** February 8<sup>th</sup> – April 9<sup>th</sup>  
**Football Cheer:** February – April  
**Men's & Women's Golf:** March 1<sup>st</sup> – April 30<sup>th</sup>  
**Men's Tennis:** March 1<sup>st</sup> – April 30<sup>th</sup>  
**Softball:** March 1<sup>st</sup> – April 30<sup>th</sup>  
**Women's Soccer:** March 1<sup>st</sup> – April 30<sup>th</sup>  
**Baseball:** April 12<sup>th</sup> – June 11<sup>th</sup>  
**Women's Tennis:** April 12<sup>th</sup> – June 11<sup>th</sup>  
**Track & Field:** April 12<sup>th</sup> – June 11<sup>th</sup>  
**Wrestling:** April 12<sup>th</sup> – June 11<sup>th</sup>



## COUGARS Live Streaming

Central Academy High School is happy to announce the return of our live streaming initiative for the 2020-2021 school year! Our school's automated live streaming cameras will allow student-athletes, parents, and fans to watch hundreds of athletic events throughout the year LIVE and ON-DEMAND from any device.

FOOTBALL – BASKETBALL – SOCCER  
VOLLEYBALL – WRESTLING

### A Subscription With Central Academy Athletics Includes:

- Access to the entire NFHS Network
- JV and Varsity Games
- Watch Live and On-Demand



Annual Pass - \$5.83/mo.  
Billed at \$69.99  
30% Goes Back to Central Academy

Monthly Pass - \$10.99/mo.  
Billed Monthly. Cancel Anytime  
10% Goes Back to Central Academy

Please visit [ucpsathletics.com/livestreaming](https://ucpsathletics.com/livestreaming) to subscribe today and start streaming LIVE.





## Den Digest (Media Center) & Yearbook Information

**Yearbooks** are on sale for \$85.00. Reserve your copy today! Order online at <https://yearbookforever.com/>. **Search for CATA.**

**Take your own yearbook picture:** [Click here](#) and use password cougars20 to upload your photos. You can also download the **Yearbook Snap** app from the App Store or on Google Play.

## The Den Digest

[CATA 2020 Secondary Databases and Extended Learning Resources For Students](#)-click here

- The CATA Media Center website has been transformed into a Virtual Learning Commons. Check out the website and see what is offered. Find links to databases, research help, reading lists, how to evaluate news sources and more.  
<https://sites.google.com/a/ucps.k12.nc.us/cata-media-center/>
- Want to check out a book? Login to Destiny and put one on hold. We will deliver it to you!
- Need a calculator for second semester? Fill out this form and have your parent/guardian sign. We will give the calculator to your math or science teacher. You can still get a calculator if you are in the virtual academy. <https://forms.gle/UopHczyHpjzf6QBb8>
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- Remember that you can still access e-books and other resources through our online catalog <https://search.follettsoftware.com/metasearch/ui/105625>