



# Central Academy of Technology & Arts Cougar Chronicle

Volume 8

Issue 6

August 26, 2020

Link to CATA  
Social Media Sites  
Click the Crest



Instagram



Dear CATA Family,

The PTSO is sponsoring their annual giving campaign called **Invest in Excellence**. This program raises funds to enhance our school for your students immediately this year. [Click here to give to our PTSO annual giving campaign that provides direct resources for our school.](#) The giving form is on page 8.

**Remote Classes on Fridays:** This is a reminder that attendance is taken on Fridays. All teachers will communicate with their students what the expectations are for each Friday. Students should check in with their teachers and complete school work.

**Class of 2021, it is time for you to sign up for your Senior Night!** [Click here to register.](#) This virtual event will be held on Tuesday, 9/8 at 7:00 pm. The Google Meet Link will be sent to you 30 minutes prior. If you cannot attend, no worries, we will be recording the event and placing the Google Slide Presentation on the CATA School Counseling Page afterwards.

**Summer Read:** Students will participate in an online virtual summer read discussion this **Friday 8/28 at 1:00 PM**. Teachers will set up an online platform for book discussions and notify their assigned students. Students who attended CATA last year chose their book at the end of the year last year. Those students can check their student email for their reading assignments. The Freshman and new to CATA sophomore book is *The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy.

**Senior Class of 2021 Senior Parking Painting:** Senior students who have purchased a parking space may paint their space with no fee. [Click here](#) for the guidelines and art form. Complete the form and scan and email to [josh.wall@ucps.k12.nc.us](mailto:josh.wall@ucps.k12.nc.us). An email will be sent to your UCPS account once your artwork is approved. Please submit artwork by Friday, 8/28. Painting is **the week of 8/31 to 9/4- any time between the hours of 4:00 PM and 6:00 PM.**

**Student Life Organizations and Clubs:** We will have a Student Life Fair the week of **9/8 to 9/15**. All organizations will meet remotely this Fall. Please [click here](#) for a list of student life organizations and check back periodically for updates and new organizations. We will have a full presentation for clubs and organizations on display digitally and at the school.

**Class of 2021 Information about your senior portraits:** Click on the link for a video from Cady Studios. Watch the entire video and fill out the contact form, so you will receive information on how to schedule your senior portraits. [cady.com/2021](https://cady.com/2021). You must fill this out to schedule your senior portraits.

**Yearbooks** are on sale for \$70.00. On 8/29 the price will go up to \$75. Order online at <https://yearbookforever.com/>. Enter CATA as the school name. **Senior tributes** are on sale. If you are purchasing a tribute, then please fill out this form: <https://bit.ly/CATASenior>. **Spirit Wear:** Stay tuned for information about spirit wear to be launched soon.

**Beginning of Year Forms for Plan D Remote Learners:** [Click here](#) to find the list of forms: Scroll down and click on Announcements, then scroll for the beginning of year forms. We will place a bin outside the front of the school for parents or students to drop off the forms until 9/7.

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



## Items to Remember

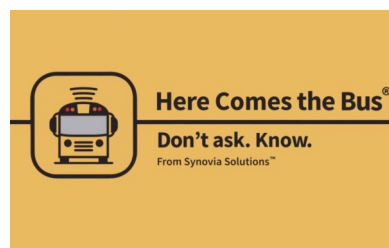
**Attendance** will be taken for student participation on their assigned day at school and virtually each day in Power School. School is in session and students are expected to be in class or logged into a class session at the appropriate time each day unless otherwise stated.



**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 Mrs. [Andrea Nahum](#).



**Bus Transportation** : Parents should email Ms. Tweed ([tammy.tweed@ucps.k12.nc.us](mailto:tammy.tweed@ucps.k12.nc.us)) 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](#)



### 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.





## Yearbooks, UCPS Meal Options, College Color Day, Technology Assistance

**Click on  
the  
yearbook  
ad to  
purchase  
a  
yearbook**

**Yearbooks on sale >>>**  
Remember the year forever, buy the yearbook or ad today!

**Yearbooks are on sale now  
for the lowest price until  
8/29/2020  
Senior tributes are also on sale!**

Yearbooks are \$70.00 and the price goes up to \$75.00 on 8/29/2020.

**[Class of 2021 Senior Tributes CLICK HERE:](#)** If you would like to purchase a senior tribute for the yearbook, then click the link for pricing and to learn about the process!

### **Family Contact Information**

All parents should complete the CATA Contact Form with contact info. This is required.



**[Click here](#)**

### **New Meal Option for 2020-2021**

**Monday – Friday  
11 a.m. – noon**

#### **Curbside Pickup Locations**

- Cuthbertson High
- Forest Hills High
- Health Sciences Academy at Monroe Middle
- Parkwood Middle
- Porter Ridge Elementary
- Rock Rest Elementary
- Rocky River Elementary
- Sardis Elementary
- Shiloh Valley Primary

UCPS will open regional meal sites during lunch to serve students who are learning virtually and/or on remote learning days.

Open to all enrolled students. Lunch or student ID numbers are required.

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

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

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

**Help Desk for Students:**  
Monday 8:30AM – 10:AM  
Tuesday 12PM – 1:30PM  
Wednesday 8:30AM – 10AM  
Thursday 12PM – 1:30PM



### **Links**

**[UCPS Technology Help Desk](#)**  
**[UCPS Technology](#)**  
**[Chromebook Start Up Link](#)**



## College and Career Corner

### Class Information from the Guidance Counselors

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

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

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

COLLEGE  
COLORS WEEK

Next week is College Colors Week!  
 Plan B students, wear your college colors  
 on the day you're at school.  
 Plan D students, wear your college colors  
 any day next week.

Send us a pic in your college shirt/colors  
 and we'll feature you on our page!

VIRTUAL  
SENIOR  
NIGHT

We'll talk about:  
**College Applications**  
**Scoir**  
**Scholarships/Financial Aid**  
**Resumes**  
**Recommendation Letters**  
 and more!

The link to sign up is on our homepage, in our bio, and  
 our Canvas page.

### 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





## College and Career Corner

### 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.



## UCPS is now using Scoir!

UCPS has chosen SCOIR to help you navigate the college selection and application process!

Scoir helps you do this and more!

- ✓ Research colleges and save them as favorites
- ✓ Track all college applications
- ✓ Take virtual college visits
- ✓ Request letters of recommendation

**Students - check your UCPS email on August 3rd for an invitation to Scoir!**



Scoir student experience video  
<https://bit.ly/Scoir4students>



Download the Scoir student app!

### SCOIR INVITATION

An email was sent to every student about Scoir. You must accept this invitation in order to have access to Scoir. Please accept in the next 72 hours before the invitation expires.

### SCHOLARSHIPS

The following scholarships have been posted to our website:

**Morehead-Cain (UNC)**

**Park (NC State)**

**Robertson (UNC and Duke)**

Check in to our scholarship page weekly to stay updated on available scholarships

## 11th graders that are eligible for the PSAT

this year received an email directly from Ms. Lawson on Tuesday, August 25th. The

PSAT will be given to the selected 11th grade students on Wednesday, October 14th beginning at 9:00 am. To be eligible to take the PSAT this year you must have earned within the 90th percentile on the PSAT your 10th grade year (score of 1170). No 10th graders will be taking the PSAT this school year. If you have any questions or concerns please reach out to Ms. Lawson.

**PSAT/NMSQT™**



CollegeBoard



NATIONAL MERIT  
 SCHOLARSHIP CORPORATION



# PTSO- The Cougar Council

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

Website- [CATA Performing Arts Parent Committee](http://www.cataptso.org)

Click [HERE- PTSO APPLICATION/INVEST IN EXCELLENCE FORM](#)

Click [HERE- Online Invest in Excellence Donation Website](#)

**Welcome CATA Families!!** Please visit our CATA PTSO website [www.cataptso.org](http://www.cataptso.org) for information including Invest in Excellence, Senior Packages, PTSO Membership and more. Congratulations to our new CATA PTSO Board for the 2020/2021 school year and a big thank you to our outgoing PTSO Board. 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. Stay tuned for more information about our monthly board meetings that are open to all PTSO members and our first general PTSO meeting to be held next month. All meetings will be virtual.

## 2020-2021 PTSO Board

**CATA PTSO General Email:** [catacougarcouncil@gmail.com](mailto:catacougarcouncil@gmail.com)

**President:** Megan Huffman [meghuf5@yahoo.com](mailto:meghuf5@yahoo.com)

**Vice President:** Sarah Fazzino [sarah.cataptso@outlook.com](mailto:sarah.cataptso@outlook.com)

**Secretary:** Karen Conklin

**Treasurer:** Jennifer Fabrizio

**Communications:** Carol Taldo

**Performing Arts:** Renee Stainback

**Hospitality:** Dee Swanson

**Membership:** Antoinette Enohmbi

**Fundraising:** Kim Kivimaki

**Senior Activities:** Megan Huffman & Carol Taldo

**Student Representative:** Alex Roets

**Staff Advisor/Liaison:** Deb Christensen

## Senior T-Shirts, Yard Signs and Event Passes

are now available to order through the PTSO website

<https://cataptso.org/> This is a great way to show your CATA Senior Spirit and enjoy special treats throughout the year. If you have any questions, please reach out to PTSO ([catacougarcouncil@gmail.com](mailto:catacougarcouncil@gmail.com)). The PTSO will communicate how passes will be used this year. See the order form on page 7.

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>)

**ATTENTION CURRENT PTSO MEMBERS:** Are you really into details? Do you like long talks on the Zoom? Want to be more involved, but not fully commit with an option to totally ghost at the end? We have just the PTSO activity for you! According to the CATA Cougar Council PTSO By-Laws, these By-Laws are due for a full upgrade. Your mission includes reading and reviewing the three most riveting pages of documentation one could encounter during these tough times, then meeting virtually 2-3 times to discuss and debate changes and revisions. Since there won't be any sports or new television on this fall, this will be the perfect opportunity to brag to all your friends that you worked with an amazingly talented team to create binding legal documentation for an educational institution's non-profit. If interested, contact Sarah Fazzino at [sarah.cataptso@outlook.com](mailto:sarah.cataptso@outlook.com). I can't wait to hear from you!



# CLASS OF '21 ORDERS



## CATA Seniors Class of 2021 Senior Package Form



Senior Events, T-Shirts, Yard Signs and more! In addition to offering senior t-shirts, yard signs and senior week activities, the PTSO Senior Events Committee has planned BONUS activities to make Class of 2021 a year of special memories. These bonus activities may include an ice cream social, dessert bar and other random surprise events during the school day. Entrance into these particular BONUS Senior Events require a Senior Pass. We are offering all senior programs separately or bundled with a \$5-\$10 discount for your convenience.

### PACKAGE PRICING:

Senior Items	Basic	White	Maroon	Navy
Senior Event Pass		✓	✓	✓
PTSO Membership		✓	✓	✓
Senior Class T-Shirt	✓		✓	✓
Yard Sign	✓			✓
PACKAGE PRICING	\$ 25	\$ 35	\$ 45	\$ 60

SENIOR  
YARD SIGN



SENIOR CLASS T-SHIRT  
(black long sleeve t-shirt w/ red text & white scratch)



### ORDER FORM:

PLEASE FILL OUT THE INFORMATION BELOW AND RETURN THIS FORM TO THE FRONT OFFICE OR THE DEN/MEDIA CENTER OR VISIT [WWW.CATAPTSO.ORG](http://WWW.CATAPTSO.ORG)

PACKAGE	AMOUNT	QUANTITY	TOTAL
Basic	\$25		\$
White	\$35		\$
Maroon	\$45		\$
Navy	\$60		\$
Add On To Package Above			
Class Shirt	\$10		\$
Yard Sign	\$20		\$
Event Pass	\$30		\$
TOTAL PAYMENT:			\$

### To place your order:

Order by July 15<sup>th</sup> for Open House Pick Up

**ONLINE** (available now): Order your package online at [www.cataptso.org](http://www.cataptso.org) using your credit/debit card. Please note there will be a 3% transaction fee. Once you have paid you will be directed to an online form to fill out the required student information to complete the order.

OR

**IN PERSON** (available once the building re-opens): Fill out the information below and submit this form with your cash or check payment (checks made payable to CATA PTSO) to the Front Office or The Den/Media Center.

Name of 2021 Senior: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ T-Shirt Size (if ordering above): \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Package Type: \_\_\_\_\_ Payment: \$ \_\_\_\_\_ ☐ Online ☐ Cash ☐ Check # \_\_\_\_\_





## PTSO Invest In Excellence



### CATA Invest in Excellence & Parent Teacher Student Organization (PTSO) Membership



Dear Parents and Students - We welcome you to Central Academy of Technology & Arts! Although students come from every corner of the county, we work hard to create a family atmosphere at CATA and we need your help. Please join the PTSO, consider donating to our Invest in Excellence campaign and look to volunteer with one of our committees.

1. The Cougar Council, PTSO is responsible for many activities at CATA. In past years we have sponsored events which support all members of our CATA family. We look forward to your membership and support.
  - Recognizing academic achievement through the Student Academic Recognition Program (STAR)
  - Showing Teacher and Staff Appreciation through events & luncheons
2. Invest in Excellence at CATA campaign is a simple, one-time straightforward way for individuals and businesses to invest in the excellence of CATA. 100% of the money donated is invested in CATA. You are making an investment in your child's future. The campaign runs year-round. Invest in Excellence donation includes PTSO Membership.
  - Improved Signage to recognize Central Academy of Technology and Arts on campus and off
  - Individual Academy Funds to specific needs for students, teachers and classrooms
  - Past funds have included: Broadcasting Room Equipment, Science Lab Materials, Handheld Teaching Tools
  - One-time 100% donation with all funds going directly back to the school.

PLEASE FILL OUT THE INFORMATION BELOW AND RETURN TO THE FRONT OFFICE OR THE DEN/MEDIA CENTER

Parent or Guardian Name: \_\_\_\_\_

Student Name (s): \_\_\_\_\_

Grade Level (s): \_\_\_\_\_ Academy: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

☐ Check here to be automatically linked to Harris Teeter VIC card Together In Education program

Please check the committee or activity in which you are interested in helping:

\_\_\_\_ Hospitality    \_\_\_\_ Performing Arts    \_\_\_\_ Membership    \_\_\_\_ Fundraising    \_\_\_\_ Communication

Yes, I want to Invest in Excellence at CATA (includes PTSO Membership)

☐ \$25                      ☐ \$75                      ☐ Other \_\_\_\_\_

☐ \$50                      ☐ \$100                      ☐ Corporate Matching Available

Yes, I want to join CATA Cougar Council PTSO (membership only - no Invest in Excellence donation)

☐ \$10

TOTAL Payment: \$ \_\_\_\_\_

☐ Check # \_\_\_\_\_

☐ Pay Online

PAYMENTS online at [www.cataptso.org](http://www.cataptso.org) (3% convenience fee will be applied) OR Make Checks Payable to CATA PTSO





## The Den (Media Center) & Battle of the Books

# The Den Digest

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? 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>

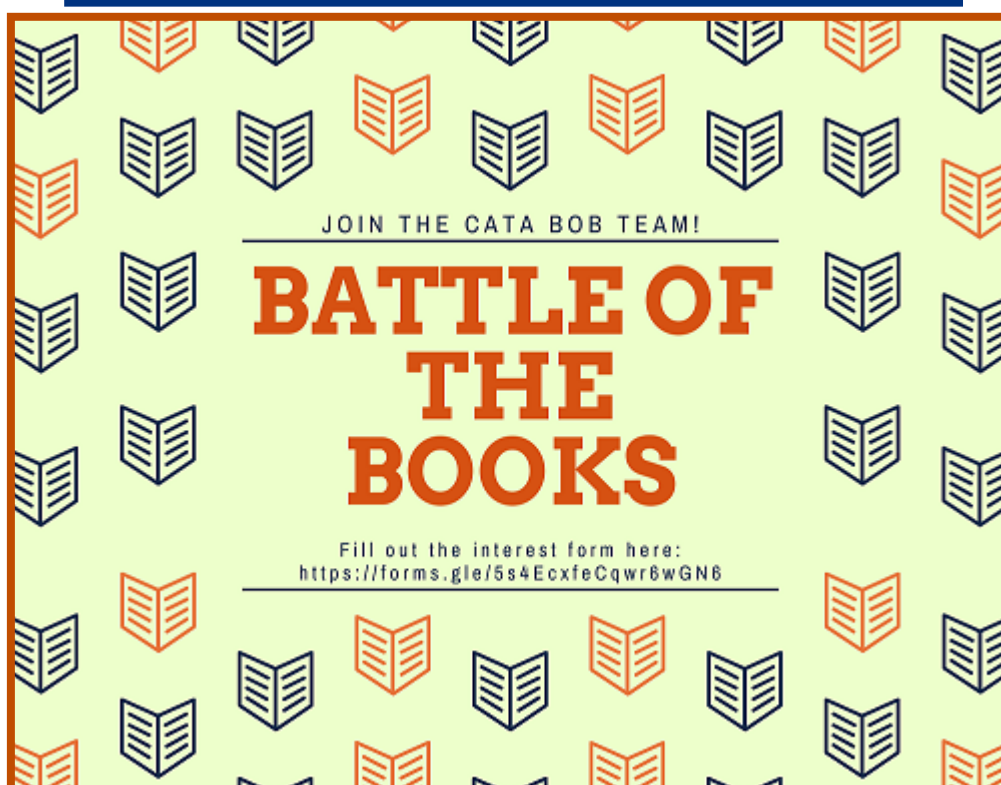
Remember that you can still access e-books and other resources through our online catalog

<https://search.follettsoftware.com/metasearch/ui/105625>

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

Friday, August 28th at 1 pm will be when Summer Reading Groups will meet online.

**Click on the AD to sign up!**





## Bell Schedule, Lunches, Expectations for Daily Learning

### New School Time- 9:05-3:45

1<sup>st</sup> period 9:05 to 10:35

2<sup>nd</sup> Period 10:40 to 12:10

3<sup>rd</sup> Period 12:15 to 2:10 **(Your third period teacher will tell you the lunch time)**

Lunch (one person to a table sitting facing the auditorium, café, small café, outside) Approximately 50 students in each lunch distanced in line.

#### **Lunch Schedules and Times may vary and are subject to change**

A Lunch 12:20 to 12:50

B Lunch 1:00 to 1:30

C Lunch 1:40 to 2:10

4<sup>th</sup> Period 2:15 to 3:45

Students will come to school once a week from Monday to Thursday and Friday will be an online learning day for all.

**Students with last names A-D** will attend school on Mondays, **students with last names E-K** will attend on Tuesdays, **students with last names L-Q** will attend on Wednesdays, **students with last names R-Z** will attend on **Thursdays**, and ALL students will participate in remote learning on Fridays.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Group 1 (At School)	Group 1 (Remote Learning)	Group 1 (Remote Learning)	Group 1 (Remote Learning)	Remote Learning for all Students
Group 2 (Remote Learning)	Group 2 (At School)	Group 2 (Remote Learning)	Group 2 (Remote Learning)	
Group 3 (Remote Learning)	Group 3 (Remote Learning)	Group 3 (At school)	Group 3 (Remote Learning)	Teacher Planning
Group 4 (Remote learning)	Group 4 (Remote Learning)	Group 4 (Remote Learning)	Group 4 (At School)	Office Hours

**Students will follow their schedule in person and/or virtually each day. The schedule is below. If students are at home, then this is the suggested schedule.**

**9:05 to 10:35:** Complete Activities/Assignments for 1<sup>st</sup> Block Class (may include live or on-demand teacher instruction)

**10:40 to 12:10:** Complete Activities/ Assignments for 2<sup>nd</sup> Block Class (may include live or on-demand teacher instruction)

**Lunch based on the time you would eat lunch at school during third block.**

**12:15 to 2:10:** Complete Activities/ Assignments for 3<sup>rd</sup> Block Class (may include live or on-demand teacher instruction). Take note of the time your teacher would have scheduled for lunch.

**2:15 to 3:45:** Complete Activities/ Assignments for 4<sup>th</sup> Block Class (may include live or on-demand teacher instruction)



## School Protocols Safety

Click [here](#) for state Guidelines

Each teacher will answer health screening questions and have their temperature taken each day.

Each student must answer a series of health questions and have their temperature taken each day.

If your child is sick or exhibiting the following symptoms then please do not send them to school.

1. Fever of 100.4 or above
2. New cough
3. New trouble breathing, shortness of breath or severe wheezing
4. New Chills
5. New Muscle Aches
6. Sore Throat
7. Diarrhea
8. New loss of smell, taste, or change in taste
9. Have been within 6 feet of a person with a lab confirmed case of the current novel virus for at least fifteen minutes, or had direct contact with their mucus or saliva, in the past 14 days
10. These protocols may also call for additional measures to be put in place based on future guidelines.

Please do not come to school if you are awaiting a test result for the current novel virus or are living with someone who has the virus even if you have tested negative. Learn remotely until your family member is cleared.

We will have a separate nurses station for students who exhibit symptoms at school.

Everyone at school must wear a mask and keep physical distance of six feet apart or more. Students will be provided washable masks they must keep clean and can wear their own masks.

Our hallways will have a marked one way walking pattern

Student desks will be sanitized and students will rotate the desks and work stations used.

UCPS will provide masks that are washable

Students are encouraged to bring their own personal hand sanitizer

**Students may not enter the building until 8:35 AM**

**All students will go directly to their first period classes**

A student may eat breakfast but will be distanced in line and in the dining area.

We will have distancing measures for the line and eating at lunch.

We will dismiss by car rider, bus rider, and student driver and students must exit the building.

All students should follow the directions of coaches if they are an athlete.

All Student Life Organizations will meet remotely (Clubs)

Morning Protocols

**Bus Lot:** Students must stay on the bus and be dismissed one at a time and then stand on the marked areas outside of the school for health questions and temperature checks.

**Student Parking Lot:** Students must stay in their cars when prompted and stand wait for a school official to ask questions and take their temperature. When students pass the health check and temperature test then they will go directly to first period or breakfast.

**Car Riders: Students must stay in their cars** when prompted and wait for a school official to ask questions and take their temperature. When students pass the health check and temperature test then they will go directly to first period or breakfast.

All IEP and 504 meetings will be held virtually

**We are following the protocols set forth by the [NCDHHS](#).**



## 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](mailto:Coach Jay Niessner). Make sure to follow all of CATA's athletic teams on Twitter: [@CATA\\_Athletics](https://twitter.com/CATA_Athletics)

**The NCHSAA has created a schedule for all Fall, Winter, and Spring Sports. Athletics will not begin until November. [Click here](#) for the calendar. UCPS and CATA will give updates about voluntary workouts in the coming weeks. Please contact our athletic director [Jay Niessner](#) if you have questions.**

### Fall Sports Coaches Contact Information:

**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-[shane.griffin@ucps.k12.nc.us](mailto:shane.griffin@ucps.k12.nc.us)

**Men's Soccer** - Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

**Volleyball** - Stephanie Peacock – [Stephanie.peacock@ucps.k12.nc.us](mailto:Stephanie.peacock@ucps.k12.nc.us)

**Women's Golf** - Nelson Rowell – [nelson.rowell@ucps.k12.nc.us](mailto:nelson.rowell@ucps.k12.nc.us)

**Women's Tennis** - Terry Lewis – [soldbyterrylewis@gmail.com](mailto:soldbyterrylewis@gmail.com)

### Winter Sports Coaches Contact Information:

**Cheerleading** – Ashley Lawson – [Ashley.lawson@ucps.k12.nc.us](mailto:Ashley.lawson@ucps.k12.nc.us)

**Indoor Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Women's Basketball** – Kevin Allran – [kevin.allran@ucps.k12.nc.us](mailto:kevin.allran@ucps.k12.nc.us)

**Men's Basketball** – Sam Smithson – [Samuel.smithson@ucps.k12.nc.us](mailto:Samuel.smithson@ucps.k12.nc.us)

**Swimming** – Sally Goodwin – [sarah.goodwin@ucps.k12.nc.us](mailto:sarah.goodwin@ucps.k12.nc.us)

**Wrestling** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@ucps.k12.nc.us)

### Spring Sports Contact Information:

**Baseball** – Matt Garcia – [matthew.garcia@ucps.k12.nc.us](mailto:matthew.garcia@ucps.k12.nc.us)

**Men's Golf** – Mike Jacobus – [mike.jacobus@ucps.k12.nc.us](mailto:mike.jacobus@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)

**Track & Field** – Kim Inuwa – [kimberly.inuwa@ucps.k12.nc.us](mailto:kimberly.inuwa@ucps.k12.nc.us)

**Women's Soccer** – Jay Niessner – [jay.niessner@ucps.k12.nc.us](mailto:jay.niessner@ucps.k12.nc.us)

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