

CARMEL HIGH SCHOOL

ACTIVITIES AND ATHLETICS OVERVIEW

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ACTIVITIES AT CHS

- Currently CHS has 40 Clubs active this school year. There were 30 in 21-22 and 25 in 20-21.
- Student clubs usually meet during lunch. Some exceptions:
 - Mock Trial: practices at 3-5 or 5-7 PM, weekends for competition
 - Model UN: weekend competitions
 - Robotics: weekend practices/competitions
- Co-Curricular Programs have some evening/weekend components.
 - Drama: practice after school 3:00-5:00pm, performances on weekends
 - Band: evening concerts
 - Choir: evening concerts

ATHLETICS AT CHS

- Last school year CHS has 496 students participating in after school athletics which represents 57 % of the overall student population
- CHS offers 25 Varsity level and 25 Frosh/Soph/JV programs
- Over the past three years CHS has expanded programs either with new levels or increased student participation.
 - 2018/2019 203 Girls(48%), 284 Boys(67%)
 - 2019/2020 221 Girls(51%), 269 Boys(63%)
 - 2020/2021 229 Girls(55%), 267 Boys(63%)
- 130 students are engaged in the Sports Medicine CTE program, 40 of which are in the advanced practicum course. In 2021-22 Sports Med treated approximately 80% of athletes and over 6,000 independent injury/training needs.

FALL SPORTS ENROLLMENT

- Currently in 2022-23 there are 355 students in a sport
 - In 2021-22 there were 302 students
 - In 2019-20 there were 289 students

Sport	# of Students
Cross Country	62
Field Hockey	54
Football	96
Girls Golf	11
Girls Tennis	23
Girls Volleyball	39
Boys Water Polo	44
Girls Water Polo	26

CURRENT PRACTICE WINDOWS FOR OUTDOORS

OUTDOORS

Fall Season	Winter Season	Spring Season
3:30-5:30	3:30-5:00	3:30-5:30
5:30-7:30		5:30-7:30

Winter sports use CMS Fields as well due to limited time due to onset of darkness

INDOORS

All Seasons
3:30-5:00
5:00-6:30
6:30-8:30

For indoor winter practices 5 teams are scheduled into the three practice slots along with a 6:30-8:30 slot at CMS

IMPACT OF LATE START

- Little to no impact on Clubs.
- There may be student scheduling challenges for athletes (57% of student body).
- Later practice windows will require lights.
- Reduction in practice windows means less time to warm up and cool down, resulting in more injuries.
- Programs that practice off site cannot take advantage Sports Med staff, locker room and training facilities.
- Some game times may conflict with new school end time meaning some loss of class time.