Lamoille Union Middle/High School

Athletic Department Bulletin (Winter Sports)

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Greetings Lamoille Middle/High School students and families!

We hope this correspondence finds you and yours well as we approach the start of the 2020-2021 winter athletic season. We have all been experiencing many aspects of our lives that have been and will continue to be quite different then past years. Athletics is not an exception. That being said, we are confident and proud to provide a safe and organized athletic opportunity that follows all necessary protocols, guidelines and expectations. With support, teamwork, dedication and yes, patience, from all involved, we can succeed in providing a safe and successful athletic experience in grades 7-12. This was clearly the case during the superb fall athletic season. **(Please review the Roles/Responsibilities Chart included with this mailing.)**

This will be the first of several information sharing efforts that you can expect to receive between now and the start of the winter athletic season on Monday, November 30th or Monday, December 7th. (TBA) Please expect updates from the athletic directors and coaches via our bulletins, our websites, and future correspondence from coaches. **The Week #1 ML/HS Practice Schedules will be posted on the MS/HS Athletic Dept. websites on Monday, December 23rd.**

Additionally, please review the important initial registration information for Winter Sports on the back of this bulletin.

Feel free to contact either of us with any questions you may have related to the upcoming fall sports season.

Go Lamoille!

Stacy Stokes

Tim Messier

Athletic Updates

1. Winter Sports Start Date- **Monday, November 30th  or Monday, December 7th (TBA)**
2. Athletic Dept. paperwork will be distributed at the first practice and can be found for prior completion on the MS/HS Athletic Dept. websites.
3. Facial coverings will be required for all players, coaches, officials, and event staff. Nordic and Alpine skiing may have differing guidelines as long as social distancing can be maintained and staggered starts utilized.
4. **SPECTATORS are not allowed at any indoor athletic events**. **(Practices or Games)**
5. Because of the **“NO SPECTATOR”** rule, efforts are underway to establish options for viewing indoor events. Additional information will follow as we near the start of interscholastic events. **(January 11th, is the presently established start date for interscholastic competitions.)**
6. Additional VPA and athletic department updates including sport specific details and information regarding transportation, practice/game schedules, health screenings, safety protocols and expectations will be forthcoming.
7. Please note that the present information, guidelines, protocols and safety measures shared at this time are subject to change based on the directives from the Governor, Agency of Education and Department of Health.
8. As was the case in the Fall Sports season, there **WILL NOT** be a late bus option for student transportation.
9. As was the case in the Fall Sport season, all student athletes MUST leave campus at the end of their respective school day **(UNLESS THEIR PRACTICE IS IMMEDIATELY AFTER SCHOOL)** and return for athletic practices and games.
10. Due to **COVID** guidelines regarding the usage of space and indoor social distancing requirements, Grades 7/8 will be limiting overall team numbers by incorporating **“cuts”** into the team selection process.

**WINTER SPORTS REGISTRATION INFORMATION- WINTER 2020-2021**

Students in Grades 7 or 8, interested in participating in one of the sports listed below should email Middle Level Athletic Director, Stacy Stokes at sstokes@luhs18.org . Please include your first and last name, phone number and the grade level/sport you would like to sign up for. The desired registration deadline is Friday, November 20th. That being shared, please register via email as soon as possible.

Grade 7 Girls’ Basketball

Grade 7 Boys’ Basketball

Grade 8 Girls’ Basketball

Grade 8 Boys’ Basketball

Grades 7/8 Nordic Skiing

Grades 7/8 Dance

Students in Grades 9-12, interested in participating in one of the sports listed below should email High School Athletic Director, Tim Messier at tmessier@luhs18.org . Please include your first and last name, phone number and the fall sport you would like to sign up for. The desired registration deadline is Friday, November 20th. That being shared, please register via email as soon as possible.

Girls’ Basketball- JV/Varsity

Boys’ Basketball - JV/Varsity, JV B Boys (Status Pending)

Boys’/Girls’ Alpine Skiing

Boys’/Girls’ Nordic Skiing

Dance- JV/Varsity

Boys’ Ice Hockey- Host School MMU

\*As a reminder, all sports offerings are dependent upon suitable and adequate participation numbers.

**Lamoille Union Athletic Department roles/responsibilities for fall sports opportunities:**

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| **SCHOOL*** Distribute athletic training protocols.
* Train and educate all coaching staff on protocols.
* Provide adequate stage/gym space for social distancing.
* Ensure each coach/player has a mask in their training bag in case a situation arises where it is needed.
* Effectively and timely communicate any changes to the protocols and guidance given by the state, school administration or other governing bodies.
 | **COACH*** Compete VOSHA Training VOSHA
* Complete NFHS Course, COVID-19 for Administration and Coaches ([www.nfhslearn.com](http://www.nfhslearn.com))
* Coach must wear a mask throughout the entirety of the practices, games and bus rides.
* Follow and enforce all protocols.
* Coach is ONLY person to set up and tear down training equipment.
* Ensure drills/exercises provide for adequate social distancing.
* Respect players, parents, and families by accommodating those that may not yet be comfortable returning.
* Please encourage your players to clearly communicate all practice and game drop off and pick up times.
* Notify your Athletic Director (Tim or Stacy) immediately if of your players become ill for any reason after a practice or game.
* Coach will conduct health screens for those athletes that were not on campus, left campus or did not conduct a home health screen.
 | **PARENT/GUARDIAN*** If you are not comfortable with sending your child to participate, DON’T. You are the only one who will make the decision when your child returns to school opportunities.
* **If your child was not on campus in an in seat learning classroom environment on the day of practice or game please conduct a home health screen/temperature check. Please use forms provided.**
* Notify your Athletics Director (Tim or Stacy) immediately if your child becomes ill for any reason after attending a practice or game.
* Supply your child with and individual hand sanitizer and facemask.(The school will also have these supplies on hand)
* When transporting a student to or from a practice or game please remain in your vehicles. Please encourage your child to clearly communicate all practice and game drop off and pick up times.
 | **PLAYERS*** If you are not feeling well enough to attend school, practices, or games please stay home.
* Adhere to all protocols and follow the coach’s directions.
* Wash hands thoroughly before and after training. **Bring your own person hand sanitizer.**
* Do not share water, food or personal equipment
* Respect and practice social distancing.
* Place equipment, bags, etc. at least 6 feet apart from teammates’ equipment.
* No high 5’s, handshakes, knuckles, or group celebrations.
* Players must wear a face covering when arriving and departing. Players will also wear a face covering during practices, games and bus rides.
* No spitting
* If you were not on campus in an in seat learning environment or left campus on the day of practice or game please conduct a home health screen/temperature check. Please use forms provide.
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