

# Middle School Athletics

SMS & PSMS Spring 2021

Return to Athletics Plan

# Return to Middle School Athletics Plan

Surveyed our students for interest in athletics and for availability

- ❑ Goal is to get athletes moving, involved, and active
- ❑ Sport specific skills, training, and conditioning
- ❑ Want to provide options and cover a variety of sports

Taking this information the following Plan has been developed:

- ❑ Offer two seasons/rounds (4 weeks each)
  - ❑ Cohorts of Monday/Tuesday & Thursday/Friday
  - ❑ No athletics on Wednesdays (to focus on work completion)
  - ❑ Season #1 Spring Sports Information:
    - ❑ March 15-25, April 12-23
    - ❑ General Conditioning & Indoor Sports (Volleyball/Basketball)
  - ❑ Season #2 Spring Sports Information:
    - ❑ May 3- May 28
    - ❑ Outdoor Sports (Soccer, Football, Track & Field)

# Middle School Athletics

## SMS & PSMS Spring Return to Athletics Plan

### Spring Sports Season #1

- ❑ Sports Being Offered
  - ❑ Basketball
  - ❑ Volleyball
  - ❑ General Conditioning
- ❑ Cohort Days
  - ❑ Monday/Tuesday
  - ❑ Thursday/Friday
- ❑ Cohort Times
  - ❑ 3 pm - 4 pm
  - ❑ 4:15 pm - 5:15 pm

### Spring Sports Season #2

- ❑ Sports Being Offered
  - ❑ Soccer
  - ❑ Football
  - ❑ Track & Field
- ❑ Cohort Days
  - ❑ Monday/Tuesday
  - ❑ Thursday/Friday
- ❑ Cohort Times
  - ❑ 3 pm - 4 pm
  - ❑ 4:15 pm - 5:15 pm

# Example Schedule for Season #1

## **Sports Round #1 (Indoor & General Conditioning)**

*Dates: March 15-26 & April 12-23*

<b>Monday/Tuesday</b>	<b>Gym</b>	<b>Outside</b>
3:00pm-4:00pm	Basketball	General Conditioning
4:15pm-5:15pm	Volleyball	
<b>Thursday/Friday</b>	<b>Gym</b>	<b>Outside</b>
3:00pm-4:00pm	Volleyball	General Conditioning
4:15pm-5:15pm	Basketball	

\*Coach stipends: \$500 per session (12 hours of time)

\*Each session is 1 hr + screening/set up (15 min) & clean up (15 min)

1.5 hours x 8 sessions = 12 hours

# Middle School Spring Sports #1 Sign Up

What: Indoor and General Sports Conditioning

When: March 15-26, April 12-23

Who: 7th and 8th grade students

Options: Two activities can be selected (only one per cohort)

Student's Last Name

Your answer

Student's First Name

Your answer

What is your student's current grade level (we are not currently offering sports for 6th graders)

7th

8th



The school your student attends:

- Port Susan Middle School
- Stanwood Middle School
- Lincoln Academy

Basketball Sign-Ups (can select two sports, but only one for each Mon/Tue OR Thur/Fri cohort):

- Monday/Tuesday 3pm-4pm
- Thursday/Friday 4:15pm-5:15pm
- N/A

Volleyball Sign-Ups (can select two sports, but only one for each Mon/Tue OR Thur/Fri cohort):

- Monday/Tuesday 4:15pm-5:15pm
- Thursday/Friday 3pm-4pm
- N/A



General Conditioning Sign-Ups (can select two sports, but only one for each Mon/Tue OR Thur/Fri cohort):

- Monday/Tuesday 3pm-4pm
- Thursday/Friday 3pm-4pm
- N/A

Parent/Guardian Consent: I will provide transportation to and from skills/conditioning practice in a timely manner. I will abide by the health expectations for when to keep my child home.

- Yes
- No

Parent/Guardian Name:

Your answer

Contact Phone number:

Your answer

Parent/Guardian email address:

Your answer



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