



PROPOSED

**Extra-curricular
Athletics Program**



NYSPHSAA



Eleven Sections throughout NYS



Nassau County Section 8



**Superintendents
Council**



**Athletic
Council**



**High School Athletic
Association**





Current Status of Nassau County Athletics

Tentatively scheduled to start Interscholastic Athletics

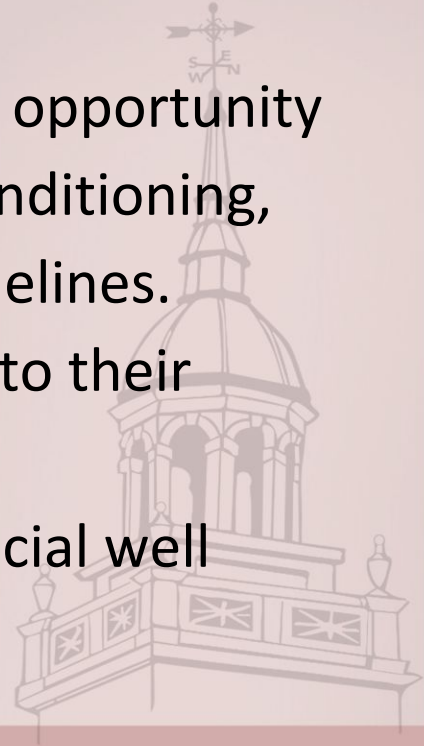
- **Winter Sports** January and February 2021
- **Fall Sports** March and April 2021
- **Spring Sports** May and June 2021





Why would we like to have an Extracurricular Athletics Program?

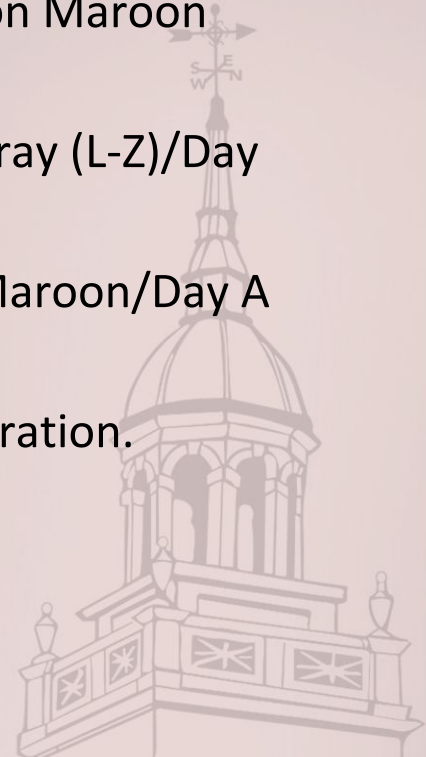
- Provides our 7th-12th grade students an opportunity for after school athletic participation, conditioning, and game play adhering to the DOH guidelines.
- Reconnect to school, to their peers and to their coaches.
- Physical fitness, emotional health and social well being.





Guidelines

- Participation is open to all students.
- NO CUTS
- Maroon (A-K)/Day A students will participate on Maroon (A-K)/Day A.
- Gray (L-Z)/Day B students will participate on Gray (L-Z)/Day B.
- Remote Students will be placed in either the Maroon/Day A or Gray/Day B cohort.
- Participation is not required for future consideration.
- Daily Attendance is required.
 - Accountability
 - Contact Tracing
- Organized by skill level.





Program Schedule:

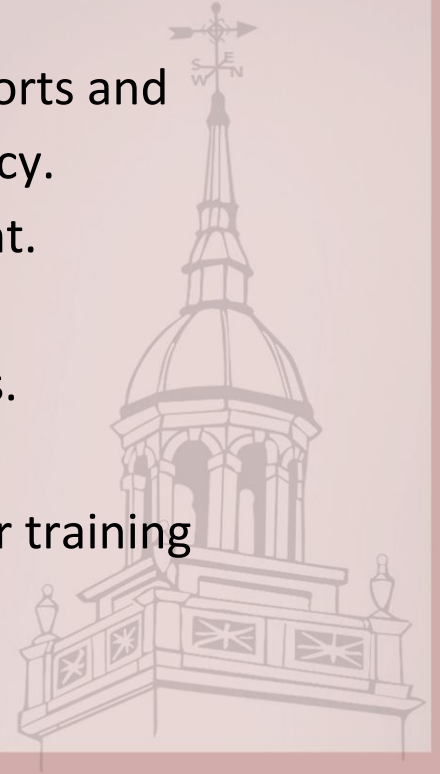
- **Start on or about October 1st.**
- **Week 1 and 2-** Conditioning, individual skill development and small group activities within cohort.
- **Week 3 and 4-** Continue with fitness and individual skill development. Increase level of intensity for small group activity.
 - Possible blending of cohorts in certain sports.
 - Introduce large group tactics.
- **Week 5-** Continue with fitness, conditioning, individual skill development and small group activities.
 - Possible blending of cohorts in low risk sports.
 - Large group tactics and scrimmages may be considered.





What will it look like?

- Similar to pre season.
- NYS Department of Health- Guidance for Sports and Recreation During Covid 19 Health Emergency.
- Safety of our students and staff is paramount.
- Locker Rooms are closed.
- Students must bring their own water bottles.
- Transportation home will not be provided.
- Students will be dismissed immediately after training concludes.





Logistical Needs:

- Sign up Requirements
 - Sign up on Family ID
 - Covid 19 Parental Release
 - Health Examinations are not required.
- Transportation and facilities use
 - Swimming at the N.C. Aquatic Center before school.
 - Tennis and Golf TBD
- Garden City High School Fields
 - Boys and Girls Soccer, Field Hockey, Football, Cross Country.
 - Kickline and Sideline Cheer
- St. Paul's- students would walk .54 miles.
 - Boys and Girls Volleyball- outside
 - Additional space for soccer, cheer and kickline if necessary

