

## **Middle School Athletics for 7th & 8th Grade**

**We will be having fall sports/intramurals for football, girls volleyball, boys and girls cross country, and girls' tennis. Winter sports for girls basketball and boys soccer will also be this semester. Due to the COVID Pandemic there will be no competitions or games. Practice will focus on skill development only.**

### **Practice specifics:**

- **Starting in phase 2, the tentative date is Sept. 28th.**
- **Fall sports including football, volleyball, girls tennis and cross country will run Sept-28- Nov 6th.**
- **Girls basketball and Boys soccer will run Nov. 9th -Dec. 18.**
- **Group A students will only attend practice Mondays and Tuesdays.**
- **Group B and remote students will only attend Thursdays and Fridays.**
- **There will be no practice on Wednesdays.**
- **This is only for 7th and 8th grade students.**
- **Students will still need a physical signed by a doctor, concussion form, and COVID questionnaire to start practice.**
- **Practice will be 3:15 - 4:45 to start. When we go to phase 3 practice will be 2:50 - 4:30.**
- **Parents are responsible for providing transportation to and from practice.**
- **Students need to come dressed for practice. Lockers will not be issued and locker rooms will not be accessible. During phase 3, students will be issued a locker to put practice clothes and shoes in while in school.**
- **All athletes need to bring their own water bottle or jug.**
- **Students must wear masks while not engaged in drills.**
- **The focus of practice will be on skills/fundamentals for each sport.**
- **Students will still need to meet all academic requirements of passing 5 classes to be eligible.**
- **Students displaying symptoms or not feeling well, will be required to stay home.**

**If you have any questions, please contact Katie Davids, Landon Middle School Activities Coordinator.**

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