

Elmira High School 2020 "Season 1" Athletic Plan

Our Goal: To provide safe, organized activities for our high school student athletes so that they can be active and stay healthy while following all protocols and regulations. Our hope in doing this is to reach our ultimate goal of having healthy students back in the classrooms and on the courts/fields as soon as allowed by the state.

Note: This is based on CURRENT information and matrix. As those change, so would/will our plan.

- Athletes will need to sign up with FamilyID and complete the following tasks prior to participating in all activities including the non-mandatory activities of Season 1.
 - Starting August 24th, FamilyID will be open.
 - No need to pay the athletic fee until prior to the first practice in the season their sport is scheduled to take place. More information to follow.
 - If you play multiple sports, please make sure and check all sports that apply in your FamilyID registration.
 - Every two years, a completed physical is still required to participate in all activities.
 - Physicals must be completed on the required OSAA form that most doctor's office provide.
 - Completed PACE COVID-19 Activity Waiver on file. (included in FamilyID registration)
 - Current Insurance
 - Eligible through academic and athletic OSAA requirements
- The district and its coaches will not be organizing or participating in any competitions of any form during Season 1.
- Each program will have the opportunity to organize and supervise workouts on site during a four-week "session" based off what season they are typically in. There will be a break in between each "session".
 - Conditioning, agility drills, individual drills, etc. only.
 - Coaches will also contact you with more information prior to the start.
- For athletes who do not have a sport to participate in during a session, we will provide the opportunity to sign up to work with our athletic trainer in the weight room with the potential for agility and conditioning drills, strength training, and sport specific conditioning. There will be separate male/female sessions.
 - Your coach will reach out to you soon to see who is interested. If you do not hear from anyone and would like to participate, please refer to the coaches' contact list on the school website or call/email Sarah Wartenbee at 541-935-8200 or swartenbee@fernridge.k12.or.us.
- Coaches will continue to follow all directives and guidelines stipulated by the district, LCPH, ODE, OHA, CDC, and the Governor's Office.
 - Masks are required
 - Pre-screening will take place prior to entrance to activities/workouts.
 - Athletes must come dressed in the proper clothes for the scheduled workout because locker rooms will be closed. No one can store any gear at school.
 - Bring your own water bottle. Please do not share with others. Coaches will not be providing water and drinking fountains are closed.
 - Hand sanitizer and other methods of disinfecting equipment will be available. Coaches will have cleaner to wipe off equipment and will make sure athletes maintain appropriate social distancing at all times.
 - If you are early to an activity, stay in your car or maintain at least 6 feet of social distance between other athletes and coaches.
- Hour maximums/week during the OSAA Calendar
 - 6 hours max during workout week for in session activities only
 - For dual sport athletes, you still only have 6 hours to divide between the two programs each week.

- 1 hour max during non-workout sessions/weeks for virtual meetings. These virtual meetings can include out of session activities for check-ins with athletes.

Special Notes:

- Senior participation during season 4 is still up for discussion with OSAA on how/what that will look like.
- Again, coaches are not required to organize season 1 workouts, but if they do offer them, they are not mandatory.
- Please understand that things can change quickly and that we all have to be flexible. Our top priority is to keep everyone safe and healthy.
- *If you feel ill in any manner, please stay home!*

Take care, and have a wonderful start to the school year!

Schedule of Athletic Activities for 2020-21 (updated 9/25/20)

Please note: Activities during Season 1 are not mandatory for athletes to attend. This is based on CURRENT information and matrix. As those change, so would/will our plan.

August 31- September 6th: “Quiet” week. No activities.

September 28th – October 9th (Session 1): “Spring Sports”

- Softball
- Baseball
- Agility/Weights/Conditioning – These cohorts are already set and so no one else is able to join at this time.

October 12th – November 6th (Session 2): “Fall Sports”

- Football – use of football protective equipment prohibited outside of Season 3; no contact
- Soccer
- Volleyball
- Cross Country
- Agility/Weights/Conditioning

November 9th – 15th: “Quiet” week. No activities.

November 16th – November 22nd (Session 3): “Winter Sports”

- Basketball - training and conditioning only; no contact
- Wrestling – training and conditioning only; no contact
- “Sideline” Cheerleading – no stunts or contact allowed
- Agility/Weights/Conditioning

November 23rd- 28th: No activities for ALL. Happy Thanksgiving!

November 29th – December 18th (Session 3): “Winter Sports”

- Basketball
- Wrestling
- “Sideline” Cheerleading – no stunts or contact allowed
- Agility/Weights/Conditioning

December 21 – 27th: No activities for ALL. Happy Holidays!

December 28th: Start of Season 2 Winter Sports!

- Rule of 2 in effect for out of season programs.
- 2 practice weeks (Must have 9 days of practice prior to first competition with another school.)
- Revised participation limitations
 - Wrestling – 9 events
 - Basketball – 14 games
 - Sideline Cheerleading
- January 11th : First Contest Date
- January 26th: Sky-Em basketball league play begins.

- March 1st – 6th: OSAA Culminating Week

February 22nd: Start of Season 3 Fall Sports

- Rule of 2 in effect for out of season programs.
- 2 practice weeks (Must have 9 days of practice prior to first competition with another school. Requirement waived with participation in Season 2 with the exception of Football that must have 9 days.)
- Revised participation limitations
 - Cross Country – 9 meets
 - Volleyball – 14 playing dates
 - Soccer – 10 matches
 - Football – 7 games
- March 8th: First Contest date with the exception of Football.
- March 9th: Sky-Em soccer league play begins.
- March 16th and 18th:
 - First Contest date for Football
 - Sky-Em volleyball league play begins. - TBD
- April 26th – May 1st: OSAA Culminating Week; no Football
- May 3rd – 9th: OSAA Culminating Week for Football only

April 19th: Start of Season 4 Spring Sports

- Rule of 2 in effect for out of season programs.
- 2 practice weeks (Must have 9 days of practice prior to first competition with another school. Requirement waived with participation in Season 2)
- Revised participation limitations
 - Track and Field – 9 meets
 - Baseball – 18 games
 - Softball – 18 games
- May 3rd: First Contest Date
- May 11th: Sky-Em baseball/softball league play begins
- June 21 – 26th: OSAA Culminating Week

Fall Sports

Football

Justin Peeler – jpeeler@fernridge.k12.or.us or Elmira.falcons@gmail.com

Website: <https://www.fernridge.k12.or.us/football/>

Cheerleading

Becky Dube – rdube@fernridge.k12.or.us

Volleyball

Greg Haffner – haffnerg@earthlink.net

Cross Country

Eric Carman – ecarman@fernridge.k12.or.us

Boys Soccer

Ryan Chambers – rchambers@fernridge.k12.or.us or 541-362-4287

Girls Soccer

Erin Ellis – eellis@fernridge.k12.or.us

Winter Sports

Boys Basketball

Nick Garman – ngarman@rocketmail.com or 541-942-4983

Girls Basketball

Glenn Norris - gwnsales@hotmail.com

Wrestling

Head Coach TBD

Assistant Coach Justin Peeler – jpeeler@fernridge.k12.or.us

Spring Sports

Baseball

Ryan Wolgamott – ryan.wolgamott@yahoo.com

Softball

Jamie Boytz – jboytz@yahoo.com

Assistant Coach – Paul Witt – paulwitt@epud.net

Track

Kristi Laing – klaing4@gmail.com