

Spotsylvania County Public Schools

Athletics & Activities 2020-2021



Spotsylvania County Public Schools, along with the Virginia High School League (VHSL), believes it is essential to the physical and mental well-being of students to return to physical activity and athletic competition. However, in order to ensure the safety of students, coaches, and volunteers, it is critically important that all safety precautions are adhered to in an attempt to mitigate the potential spread of COVID-19. SCPS will follow all CDC, VDH, and VHSL guidance for physical and social distancing, restricting the size of gatherings for both athletes and spectators, disinfecting equipment, and other health and safety precautions. In order to make preparations for each phase transition, SCPS will remain in the previous phase for two (2) weeks before transitioning to a new phase.

MIDDLE SCHOOL

The Middle School Athletic Program will begin on March 8, 2021. This is currently scheduled to be an entire Spring Season with the following sports offered: Softball, Boys Soccer, Girls/Boys Track and Field. Conditioning will be available for these sports ONLY and will be scheduled on coach and facility availability. Students will receive additional information from their schools as it becomes available.

HIGH SCHOOL

On July 27, 2020, the Virginia High School League (VHSL) voted to adopt the following athletic format for 2020-2021 (Model 3 – Condensed Interscholastic Plan).

- **Season 1: Basketball, Gymnastics, Indoor Track, Swim/Dive, & Wrestling**
December 14–February 20 (First Contest December 28)
- **Season 2: Cheer, Cross Country, Field Hockey, Football, Golf, & Volleyball**
February 15–May 1 (First Contest March 1)
- **Season 3: Baseball, Lacrosse, Soccer, Softball, Tennis, and Track & Field**
April 12–June 26 (First Contest April 26)

Barring a change in phase guidance by the Governor, SCPS anticipates the out of season practices/ conditioning for all high school sports to begin September 1, 2020. All athletic teams will follow Phase 2 guidance for the acclimation of student athletes for the two weeks. Phase 3 may begin on September 15, 2020. Any program beginning beyond September 1, 2020, must provide two weeks of Phase 2 acclimation prior to beginning Phase 3 practices/conditioning. Athletes will receive additional information from their schools as it becomes available.

IMPORTANT REMINDERS

- VHSL rules DO NOT allow athletes to play the same sport in different seasons during the same school year.
- Example: If you play private school/out of state sports in the fall you can NOT play VHSL fall sports in the newly announced VHSL Model 3 spring season.
- VHSL rules state that students must have passed five classes the previous semester and MUST be currently enrolled in five classes for credit towards graduation.
- All student athletes MUST have a current VHSL Physical Form dated May 1, 2020 or later in order to participate in any conditioning activities or play any in season sport. They must also complete the SCPS Concussion Education training.