



# 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 January 5, 2021. All 10 sports will be held within the second semester of the 2020-2021 school year using a condensed schedule format. Depending on coach and facility availability, fitness conditioning possibilities may occur at the middle school level during the first semester once students can enter the building (hybrid or full attendance model). Students will receive additional information from their schools as it becomes available.

- **Season 1: Girls Basketball and Wrestling**  
January 5–29 (First Contest January 20)
- **Season 2: Boys Basketball**  
February 1–26 (First Contest February 17)
- **Season 3: Volleyball and Football**  
Volleyball: March 1–April 1 (First Contest March 24)  
Football: March 1–April 22 (First Contest March 25)
- **Season 4: Girls Soccer**  
April 6–April 28 (First Contest April 19)
- **Season 5: Girls & Boys Track, Boys Soccer, and Softball**  
April 29–May 24 (First Contest Track: May 11; Soccer and Softball: May 12)

### 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.