

November 19, 2020

Dear 7th & 8th Grade Parents,

We are excited to begin the Modified Sports program for the winter 20-21 season. Team practices will begin on Monday, December 7th. In order to stay within the existing cohort structure of each grade level and middle school House, each athlete will practice twice per week in-person from 2:45-4:00 on their cohorted day and will have asynchronous workouts on their team's Schoology page for the rest of the week. The in-person practices will be socially distanced with three factors determining practice groups: cohort, grade, and House. All fully virtual students can attend the in-person practice on their assigned cohort day or complete the asynchronous workouts.

NYS has put a hold on allowing high-risk sports like wrestling and ice hockey to compete this winter. They will allow us, however, to offer fitness training sessions. This winter we will be offering a Strength & Conditioning program for all 7th and 8th grade students. This program will focus on different areas of fitness to keep our athletes active through the winter season. It will consist of a combination of both outdoor and indoor training. Please click on the [SURVEY](#) and submit by November 30th if your 7th or 8th grader is interested.

Students will be dismissed from their classroom to the designated area for their training session at the end of the school day. They will not be able to use the locker rooms to change after school, so please have them come to school dressed in their practice attire. They will also need their own water bottle from home.

If you are still interested in participating please also fill out the [Middle School Sports Clearance Form](#). You can fax it or email it to the Nurse.

Nurse Email: [lfaneca@scarsdaleschools.org](mailto:lfaneca@scarsdaleschools.org)

Nurse Fax number: (914)722- 2850

Sincerely,  
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