



Henderson South Middle School

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June 4, 2020

Mrs. Stanley,

On behalf of both North and South Middle School, I am presenting to you both our individual and collective proposals for student re-entry into athletics at the middle school level. We as a group at our recent meeting on Monday agreed that at this time it would only be beneficial for our cross country programs in the "Low Touch" category to try and get started during Segment 1 that begins June 15th. I have attached with this letter a written plan from each school for how each individual coach would approach having students on campus for practice within the provided guidelines from the state and the KHSAA. Also, at this time both Middle School's agree that we will keep all other sports on a modified dead period until July 6th. We will still allow coaches to communicate with their student/athletes via phone or virtually if desired or needed to give guidance for conditioning or skill development the student can be doing on there own at home. Once we have further guidelines provided to us from the state and KHSAA later this month for July we will revisit the other fall sports participating at that time with July 6th set as our target date. Thank you for your consideration with this matter.

Clay Bolin

Clay Bolin, CAA
Athletic Director

South Middle School Cross-Country
Proposal for Practices
Submitted June 3, 2020

June 15th – June 28th

- Practices will be held outside in groups of 10 or less with 1 Coach
- These practices are voluntary
- There will be a designated place for drop off and for pick up
- Athletes will wear masks upon arrival to practice
- Upon arrival temperatures will be taken and screening questions will be asked and information documented
- Anyone with a temperature of 100.4 or higher will be sent home
- Athletes will be asked to bring their own water bottles but water bottles will be available to be dispensed by the Coach to runners if needed.
- During instructions, warm-ups, and work-outs we will adhere to social distancing guidelines
- Athletes will be allowed to wear a mask during work-outs if parents want them to
- Athletes will wear masks when dismissed from practice for pick up

June 29th – July 12th

- Practices will be held outside in groups of 50 or less with up to 3 Coaches
- These practices are voluntary
- There will be a designated place for drop off and for pick up
- Athletes will wear masks upon arrival to practice
- Upon arrival temperatures will be taken and screening questions will be asked and information documented
- Anyone with a temperature of 100.4 will be sent home
- Athletes will be asked to bring their own water bottles but water bottles will be available to be dispensed by the Coach to runners if needed.
- During instructions, warm-ups, and work-outs we will adhere to social distancing guidelines
- Athletes will be allowed to wear a mask during work-outs if parents want them to
- Athletes will wear masks when dismissed from practice for pick up

Guidelines for returning to practice for Cross Country Season 2020

All Practices will be held at NMS in the track area behind the school

Parents/Guardians:

First, we are so glad to see you! **Second**, all practices are voluntary for the time being. You will not be penalized for not coming (we don't do that anyways). If you still want to work out and don't feel comfortable coming to practice, I can send you some workouts. **Third**, this is new to us as well, please have patience with us as we get through this together.

There are some new guidelines for us coming back this season. We ask that you follow these as they are set out by our school board, athletic directors, the CDC and state governing body (KHSAA). We will follow these guidelines until further notice. If you have any concerns or questions, please feel free to get ahold of myself, NMS AD, or NMS principal. Thank you for your continued support and assistance in this matter!

1. There will be no gathering of more than 10 athletes. If we have more than 10, we will separate into two groups or have two shorter practices. This will be tricky at first, but we will figure it out.
2. Everyone must stay 6 feet apart. We will have room, so this should not be a problem.
3. There will be temperature checks EVERY PRACTICE. If you have a temp of 100.4, we will ask that you leave and get checked out. If you have come in contact with someone who is ill, please let us know.
4. Parents, please keep your athlete in the vehicle until scheduled practice time. We want to keep congregating to a minimum. Please, stay in your vehicle as well, unless you absolutely must communicate with us. Feel free to text me at any time with questions.
5. No hugs, high fives, fist bumps, etc. This hurts our hearts as well, but it is necessary. You can wave, bow, salute, etc to show mutual respect.
6. Everyone must have their own water bottles. There will be none handed out and no should be shared. We will have a mister to cool everyone off if needed and it will be used for students to run through during practice (No congregating).
7. We will have hand sanitizer of some sort available. If your athlete brings their own, please instruct them not to share with others. We don't need multiple people handling one bottle.
8. Please wear masks (cloth ones are acceptable) to practice. We will NOT practice with masks on. Coaches will have them on at all times.
9. Please make sure that your athletes wash their clothes and shower as soon as possible after practice.

This is the plan for now. Please remember that this is a fluid situation and we may have to make changes along the way. If you have any questions about these or other guidelines, I can give you the link from KHSAA.

We will communicate soon when we plan on starting practice for sure, but our plan is to start June 29th-July 24th Mondays-Wednesdays 5:30-6:30.

We will then pick back up August 12th after school starts. Practice will then be after school till 5pm.

Thank you everyone for understanding!

Coach Christopher & Coach Jen

270-724-0005 (jennifer.connell@henderson.kyschools.us) Coach Jen