

Marist Catholic HS 2020 Season 1 Athletics Plan

Goal: To provide safe, organized athletic activities for our high school student-athletes so that they can stay active and healthy while following all guidelines and regulations.

- Because the OSAA requirements begin August 31, athletes must have current physicals to participate in the non-mandatory activities of Season 1, August 31 to December 27.
- Coaches must be current on all OSAA certifications and the Marist CASE training to work with athletes prior to starting Season 1 activities.
 - Coaches are not required to organize any activities during the OSAA Season 1 for their programs if they choose. This is an opportunity and is voluntary.
- The athletic programs for each sports season will have a focused (primary) opportunity to organize and supervise athletic workouts and practices at Marist for a 5 week period/session during the fall, OSAA Season 1 .
 - During training, conditioning and scrimmaging coaches and athletes will follow all Marist guidelines established from the OHA, OSAA, CDC, ODE and Governor's office directives and guidelines.
 - There is to be no physical contact between participants. (OHA K-12 School Sports, Limited Return to Play guidance).
 - Participants must wear a face covering when six feet of distance cannot be maintained in outdoor sports. For most outdoor sports, participants will come into less than 6 feet of space so face coverings will be required for many drills or scrimmage-like activity. For indoor sports, participants must wear a face covering at all times.
 - Coaches must minimize activities that allow athletes to be within 6 feet of physical distance.
 - Coaches must follow Marist health check and sanitation protocols.
 - Student-athletes will
 - Wear a face-covering for check-in
 - Fill out self-screening questionnaire: <https://www.marisths.org/covid.html>
 - Have a temperature check
 - Proceed to workout when cleared
- There will be weight room sessions offered Monday-Friday for all interested student-athletes to participate in to increase strength and agility, to help build athleticism, and to reduce injuries.
- There may be opportunities to play competitions against other HS teams with certified OSAA officials following the OHA--Return to Play guidance.
- OSAA practice model and all rules are in place (1 practice session per day, 9 practice days to compete).
- For student-athletes that do not have a sport to participate in during the OSAA Season 1 spring, fall, and winter sessions, Marist will provide time for strength and conditioning work with the athletic staff. Out of session sports can meet 1x per week.
- Multi-sport athletes can participate in athletic activity up to 3 hours per day plus 1 hour of weight training.
- Because of the condensed calendar for the OSAA sports Seasons 2, 3, and 4, tryouts, practices, and games will take place during the winter, spring, and summer holiday breaks from school.

Schedule of Athletic Activities During OSAA Calendar 2020-2021

OSAA Season 1 (Beginning of School to Dec. 28)

Sept 10--Oct 16 Spring Sports Session Focus

1. Spring sports can schedule 3, 1.5-2 hour sessions per week for a total of 5 hrs per week.
2. Winter and Fall sports can schedule a session on Wednesday and/or Friday for 1.5 hours.
Primary Sports: Softball, Baseball, Track & Field, Tennis, Golf, Lacrosse

Oct 19--Nov. 20 Fall Sports Session Focus

1. Fall sports can schedule 3, 1.5-2 hour sessions for a total 5 hours per week.
2. Winter and Spring Sports can schedule a session on Wednesday and/or Friday for no longer than 1.5 hours
Primary Sports: Football, Volleyball, Cross Country, Soccer, Water Polo

Nov. 23--Dec. 24 Winter Sports Session Focus

1. Winter sports can schedule 3, 1.5 hour sessions per week for a total of 5 hours per week.
2. Fall and Spring sports can schedule a Wednesday and/or Friday session for no longer than 1.5 hours.
Primary Sports: Basketball, Swimming, Ski, Sideline Cheer

OSAA Season 2

Dec. 28--March 7 OSAA Winter Sports

1. First Practice Date Dec. 28, 9 practices prior to competition
2. First contest date, January 11 (Swim 8 Meets, Basketball 14 games, Sideline Cheer only, Ski)
3. Qualifying Date Feb. 28, OSAA Culminating Week March 1-6
4. Practice Limitation Rule of 2

OSAA Season 3

Feb 22--May 1, May 8 OSAA Fall Sports

1. First Practice Date Feb. 22 (9 practices prior to competition for athletes not in Season 2, Football still 9 practices)
2. First Contest Date, March 8, March 16 (Cross Country 9 Meets, Volleyball 14 play dates, Soccer 10 matches, Football 7 games, Water Polo)
3. Qualifying Date, April 25, or May 2; OSAA Culminating Week April 26-May 1, May 3-May 8
4. Practice Limitation Rule of 2

OSAA Season 4

April 19-June 26, OSAA Spring Sports

1. First Practice Date April 19
2. First Contest Date May 3 (Golf 14 Nine-Hole rounds, Tennis 12 play dates, T&F 9 Meets, Baseball/Softball 18 games, Lacrosse TBA)
3. Qualifying Date, June 20; OSAA Culminating Week June 21-26
4. Practice Limitation Rule of 2