



Athletics and Recreational Activities, Fall 2020

Welcome back, returning students and welcome aboard new MHS students.

Now that you have seen the calendar and weekly schedule, we would like to share with you our plans for **athletics and recreational activities** for this school year. Given the requirements and restrictions around team sports, social distancing, and sharing of equipment we have designed a new set of offerings for this Fall season.

Our priorities and goals are:

- To ensure that all students have the opportunity to be physically active on a regular basis, with an opportunity to choose something that fits their interests.
- To ensure that our athletes have an opportunity to continue to improve their skills, connect with teammates, and participate in as much “play” as is safely possible.
- Whenever possible, to provide students with the opportunity to be outside!
- To keep everyone safe with smaller groups, individualized equipment, large spaces, and clear protocols.

During this 2020-2021 school year:

All students who are on campus

- **Will be required to select a physical activity during each season.**
- Unlike the past, students will not be required to take an athletic team sport during one of the seasons. Each season, you may choose either an **athletic** offering or **recreational activity** offering.
- Involvement in theater ensemble, does not count for your athletic/recreational activity.

While students are away from campus, they are expected, with their family, to develop a healthy routine for physical activity.

Fall 2020 athletics and recreational activities will begin on September 21st and will continue through November 20th. When we return to campus in January, we will begin the Winter season, offerings to be determined.

Please log into your MyBackpack account to fill out the attached Form expressing your preference for the Fall Season. We will try to honor everyone’s first or second choice. Forms are due by Monday, August 10th. If we do not receive a form, we will place you in an activity.

The offerings for this fall season are:

Athletics: These are open to students of all levels of experience

Soccer – Monday, Tuesday, Thursday, and Friday 4 p.m. - 5:30 p.m.*

Volleyball (outdoor) – Monday, Tuesday, Thursday, and Friday 4 p.m. - 5:30 p.m.*

Cross-Country – Monday, Tuesday, Thursday, and Friday 4 p.m. - 5:30 p.m.*

* These times allow for possible cancellations due to rain, and coach's discretion for Friday practice.

Recreational Activities: These are open to students of all levels of experience

Tennis – 2 days/week for 90 minutes (This is open for beginners up to team members. **Tennis Team members may participate** because regulations for off-season play have been changed for this school year.)

Yoga – 2 days/week for 90 minutes

Barre/Strength – 2 days/week for 90 minutes

Guided Dance Party – 2 days/week for 90 minutes

Archery – 1 day/ 2 hours

To ensure safety and appropriate distancing, all activities will be kept to a smaller size. Before the season begins, you will be informed of the safety protocols for your particular activity. We are confident that we can have both a safe and fun season!

If you have any questions, please reach out to either of us. We know this is all new!

Sincerely,

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