



Fight Song



300 Violins



Winter Sports Town Hall
November 23, 2020
6:30 PM

Westfield Staff Here Tonight

Director of Student Activities

Terri Towle - tktowle@fcps.edu

Assistant Director of Student Activities

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Certified Head Athletic Trainer

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Westfield Athletic Program

- **Objective of tonight's program is to answer the following questions.**

What are we allowed to do right now?

What will winter tryouts/season look like?

What protocols are in place?

Remember: Trying out or participating in sports is optional. We are trying to make sure you have the information you need to make that decision. Information changes constantly.

Current Conditions

- Phase 3 – FCPS implemented Sept 8, 2020 allows off season workouts to take place (limited to 50 people)
- Coaches have been trained. Paperwork is required. Health screening and temperature checks done every workout. Masks. Equipment is disinfected at beginning and end and every 45 minutes.
- Sport specific equipment for individual development. Limited items available
- Eleven programs are involved in outside conditioning. The conditioning sessions are optional for each program and athlete.

Where are we now?

- VHSL has developed the championship +1 plan to allow 3 condensed seasons to happen (Winter, Fall, Spring...in that order)
- VHSL created a Return To Play (RTP) document can be found at vhsl.org
- FCPS has RTP guidelines in place. Both are working documents
- You can participate if you select virtual.
- All eligibility rules still apply (grade, age etc)
- Several districts across the state have canceled winter sports.

Important Dates

Season 1 – (Winter) Last State event on Mar 3

- Dec 7th Girls and Boys Basketball
- Dec 14th Wrestling, Swim & Dive, Gymnastics, Winter Track

NOTE: There are practices and games over the Winter Holiday

Season 2 (Fall) – Last State event on May 1

- Feb 4 - Football & Cheer
- Feb15 -Field Hockey, Cross Country, Volleyball, Golf

NOTE: There are practices and games over Spring Break

Season 3 (Spring) – April 12 – Last State event June 26

- April 12- Baseball/Softball, Boys & Girls Lacrosse, Boys & Girls Soccer, Track & Field, Tennis and Crew

Note: Graduation is June 8, Last Day of School is June 11

WINTER SEASON



Virginia High School League FY 2021 Athletic/Academic Activity Calendar

Season 1 – Winter Sports

Activity	Number of Contests	MPR	First Practice	First Contest	Region Start	Region Deadline	VHSL Semi-Finals	VHSL Finals
Basketball	14	8	12/07	12/21	02/08	02/13	02/16	02/20
Gymnastics	6	8	12/14	12/28	02/01	02/06	NA	02/12-13
Indoor Track	6	8	12/14	12/28	02/01	02/06	NA	3/1-3/3
Sideline Cheer	NA	20	12/14	01/06	NA	NA	NA	NA
Swim & Dive	6	8	12/14	12/28	02/03	02/06	NA	02/13
Wrestling	8	8	12/14	12/28	02/01	02/13	NA	02/18-20

FALL SEASON

Season 2 – Fall Sports								
Activity	Number of Contests	MPR	First Practice	First Contest	Region Start	Region Deadline	VHSL Semi-Finals	VHSL Finals
Competition Cheer	3	20	02/04	03/01	04/05	04/10	NA	04/17
Cross Country	6	8	02/15	03/01	04/12	04/17	NA	04/23-24
Field Hockey	10	8	02/15	03/01	04/12	04/17	04/20	04/22-24
Football	6	15	02/04	02/22	04/07	04/17	04/24	05/01
Golf (Boys)	8	NA	02/15	03/01	04/12	04/15	NA	04/19
Golf (Girls)	8	NA	02/15	03/01	NA	NA	04/21-22	04/26
Volleyball	12	8	02/15	03/01	04/12	04/17	04/20	04/23-24

SPRING SEASON

Baseball	12	8	04/12	04/26	06/14	06/19	06/22	06/26
Lacrosse	9	8	04/12	04/26	06/14	06/19	06/22	06/26
Soccer	10	8	04/12	04/26	06/14	06/19	06/22	06/26
Softball	12	8	04/12	04/26	06/14	06/19	06/22	06/26
Tennis	10	8	04/12	04/21	05/20	06/05	06/07	06/11-13
Track & Field	9	8	04/12	04/26	06/7	06/12	NA	06/18-19

New Registration

- All families must create an account and register for sports they wish to tryout for.

<https://westfield-ar.rschoolday.com/>

- **Registration Includes:**

- Hard Copy of VHSL Physicals – SLPartner@fcps.edu
- Online Concussion Ed for Parent / Guardian & Student
- Emergency Care Card
- Weight room waiver
- Driving Forms

Now more than ever it is important that we know who is interested and who is showing up! We have capacity numbers for each space used.

Coaches Contacts

Basketball-Boys

Head Coach: Doug Ewell
DPEwell@fcps.edu

Basketball-Girls

Head Coach: Noel Klippenstein
Nklippenstei@fcps.edu

Gymnastics

Head Coach: Melissa Mills
swiss77@msn.com

Indoor Track & Field

Head Coach: David Groff
DAGroff@fcps.edu

Swim and Dive

Head Coach: Russell Ramey
rdramey@fcps.edu

Wrestling

Head Coach: Keith Sholders
KMSholders@fcps.edu

Tryout Schedules

Connect with the head coach: westfieldathletics.org

Starting Dec 7* - confirm all times the week before

Boys Varsity BBall 3:30-5:30

JV Boys Basketball 3:30-5:30

Girls Varsity & JV Basketball 5:30-7:30

Freshmen Boys & Girls Bball 7:30-9:30pm

Starting Dec 14

Winter Track 3:30-5:30

Wrestling 4:30-6:30

Swim & Dive (Cub Run) 4:30-5:30

Gymnastics 5-7:30

Note: No locker room access, come dressed and ready, wear your mask, bring your own water (labeled) at least 32 ounces, check in will happen in your car. There is an enter and exit for each program. Example: Bball enter door #11, will exit door #13. Parents pick up promptly. Winter track is OUTSIDE. Swim has limited lanes and numbers.

Tryouts Continued

- Complete paperwork and register at our new link
- FCPS guidelines has a minimum of 3 day tryout
- Space limitations, based on guidelines and sport (ie swim is 5 per lane, wrestling 12x12 square, gym 100 sq feet)
- Transportation to WHS during tryout week exploring options. This is only during the week of your teams tryout. Only 23 allowed on bus. 3 situations: tryouts, practices and games

Health Protocols

Daily Health Questions and Temperature checks.

- Coaches and staff wearing masks at all times. Athletes wear mask enter/exit. They can remove their mask when exercising.
- Separate entrances and exits, keeping them grouped
- No sharing water bottles - everyone has to have their own at least 32 ounces, label your bottle.
- Hand sanitizers placed at entry and exit and in practices.
- Equipment: balls, head gear, mats are disinfected before, periodically and after practices.
- Custodians disinfecting high touch doors and bathrooms
- Wrestling: keep them within their weights, small workout groups, 24 in the room, sanitize hands every 10 minutes.

Health Protocols

- We have procedures in place with FCPS work with the health department on how to proceed with known cases or possible exposure.
- We will be working closely with the HD regarding:
pausing a group and when to pick up again
- Potential for pauses in the season, possibly for a team, a program, a school.
- Please stay home if you have a temperature or feeling any symptoms.

Post-Season

- Regular Season is about 60% of a normal season. ie basketball 14 games.
- Currently not scheduled to have district tournaments, hoping to crown team champions based off regular season.
- “All-in” Regional Tournament for bracketed sports
- Regional qualifying events for programs such as track, swim & dive. No regional/state qualifying times.
- 4-Team State Tournament (1 rep from each region)

Spectators

- Decision is currently pending

Options: No Fans, Fans up to 25 people, Phase in Fans

Phase in: No fans in December, Allow fans in Jan (right now the spectator number is 25 per Governors order)

Charge for admission? - Currently being discussed within Districts and FCPS

Live Streaming

A camera for live streaming is being installed in every FCPS high school gymnasium and stadium. Purchased by FCPS, would allow streaming of events at no cost to the viewer the first year.

Thank You

Thank you for joining us. We hope that this has been informative and helpful. Have a great Thanksgiving weekend.

Questions:

**Please contact Terri Towle tktowle@fcps.edu - DSA
Isaac Bumgardner ijbumgardner@fcps.edu - ADSA
Shandi Partner spartner@fcps.edu ATC**

GO BULLDOGS!