

Fall Sports Meet and Greet: Notes from AD Video presentation. July 27th, 2020.

1. Welcome to the **Fall Sports Meet and Greet video**. For our new families, I am Athletic Director Dave Witthun and what we do before all our Meet and Greets is start the meeting with a prayer.
2. Lord, thank you for blessing us with Fall Sports and we are looking forward to a fun, exciting and safe season. St Joseph the worker, Pray for us! AMEN.
3. Due to the Covid-19 pandemic, It's a new world for our athletics. **To** be able to participate safely, everyone will have to work together following our SJCA policies and procedures for the 20-21 school year.

I am happy to say, we are off to a very good start on the re-opening of athletics. The Covid athletic safety procedures and protocols that we started on **July 1st** for the weight room and the Fall Sport teams Contact days are working!

I am very proud of how the athletes and coaches have executed the protocols every single day.. So, we will continue with the weight room, team contact days and Open workouts for the month of August.

I believe that **if** we all continue to accept and follow our safety protocols, we will be able to continue into the Fall and have a full season.

Policy and procedures for the Fall Season.

Frank Matrise Fitness Center and Madrigano Gymnasium:

1. No more than 10 athletes at a time and one coach per session.
2. Coaches must wear a mask at all times
3. Athletes' masks are optional.
4. Temperature Checks of all coaches and athletes before entering. Temp. of 100.3 or higher will be **unable** to participate and you will be sent home.
5. All participants will bring their own water bottles. No sharing.
6. Whenever possible athletes will distance six feet from each other.
7. Sanitation of all equipment before, during (every 30 minutes) and after each workout session.

8. Hand sanitizer stations are available at the door and inside the facility.
9. Student-athletes must exit the facility immediately after workout or practice.
10. Nightly sanitation of the entire fitness center and gym , with a deep clean once a week.

Changing for practice in the building:

Once regular season practice starts, we will be splitting up the teams into different areas in the school for the teams to change.

1. All student/athletes will wear masks entering , while changing and exiting the changing area.
2. Hand sanitizer stations will be available outside and inside all changing areas.
3. **Temperature Checks of all coaches and athletes before starting practice .** Temp. of 100.3 or higher will be unable to participate and you will be sent home.
4. **Athletes Must** bring all clothing home to be washed every day. Do not leave anything in lockers overnight.

Changing areas for Fall Sports:

1. Cross Country- Frank Matrise Fitness Center (using the two bathrooms).
2. Pom Team- Theater room
3. Boys Soccer- Visiting Locker Room
4. Football - Boys Locker room
5. Volleyball - Girls Locker room
6. Girls Tennis- Gym lobby bathroom.

Training room: Garrett Vucenic - LAT (Aurora) Garrett.Vucenic@aurora.org

1. We will be utilizing the training room as well as the gym balcony for our training facility. All athletes are required to wear masks, social distance and will participate in temperature checks..
2. Concussion testing will be done online. Our Trainer, Garrett, will email out the test directly to our athletes.

Transportation :

1. Buses will be provided to and from competitions. Coaches and athletes will be required to wear a mask , use hand sanitizer , and space between seats. One person per seat and each athlete will be seated on the Aisle or by the window in a Zig -Zag formation. . Every other seat... Whenever possible they will skip a seat between them and continue the Zig-Zag formation.
2. If you are uncomfortable with your child taking team transportation you may drive your own child to and from the contest. You may only **drive** your child and will have to fill out and sign our **SJCA Athletic alternate transportation** form. Please turn in the form to the Athletic Office and communicate your transportation plans with the Head Coach.

Our policy and procedure information is fluid and we will continue to update and communicate any new CDC or Sports Advisory Board information that affects our Sport programs or student-athletes. All of the information on this video will also be published and available on our athletic website.

Zoom Meetings:

Tonight each Head Coach will have online ZOOM team meetings. Everyone that registered for a Fall Sport will **be sent** an invitation link today for their Sport team meeting. If you are unable to attend, I have all the coaches contact information on our athletic website at sjcalancers.com

Registration:

4. Fall **Registration** is open and you must register and pay the \$150 sport fee before you can participate.
5. We must have a **copy of your student/athletes current physical** on file in our office before you can **practice**.
 - A. A current physical is a physical taken **ON or AFTER April 1st** of 2019. Your physical will be good for **this** 20-21 School Year. Now, If you took one **ON or After April 1st** of 2020, this year, your physical is good

for the next **two SCHOOL YEARS. 20 - 21 and 21-22**. Any questions on physicals please contact **Mr. Gricar** in the athletic office.

6. If you are an **incoming Freshman or Transfer Student** you are required to watch the six- minute Risk Management video before you go to your first practice. This Video is on our website at **sjcalancers.com**
7. Transfer students please make sure you double check your eligibility status with me or Mr. Gricar.

Student/Athletes. Things that can affect your season.

- A. **Grades-** No **D-'s or F's**. I will check every Monday starting week three of the semester. Please refer to the Athletic Handbook for Academic Requirements.
- B. **NO** tobacco, alcohol, or vaping use or paraphernalia. NO bullying.
- C. Classroom behavior, Habitual tardiness, out of dress code, or not shaving.
- D. **Sportsmanship** -- Showing good Sportsmanship is everyone's responsibility. Thank you all for being class acts and following the Lancer Value System! Let's keep that going this season! Please watch the Sportsmanship Videos on our Athletic website. **sjcalancers.com**

Thank you for taking the time to watch, remember to take a look at the athletic website for updated information and let's have a great season!

If you have any questions, please feel free to email the Athletic Director at dwitthun@sjcawi.org or call the athletic office 654-8651 Ext. 140.

Any questions on physicals. Contact K-8 Athletic Director Joe Gricar at jgricar@sjcawi.org or call 262-654-8651 Ext 133.

Any questions about our training room or our Licensed Athletic Training protocols please contact LAT- Garrett Vucenic (Aurora) Garrett.Vucenic@aurora.org

