

## MSAD #70 Summer Sports

The following contains important information about the status of **summer sports** for Hodgdon Middle High School. Starting July 6th, the Maine Principals' Association will allow coaches to begin working with student athletes in a limited manner. These are state-wide guidelines "developed by the MPA Sports Medicine Committee, aligning with recommendations from the Governor's Office, the Maine CDC, and the Maine Department of Education." Phase one, starting Monday July sixth, will only consist of conditioning and strength work outside on our playing fields. For the first two weeks, sessions will last one hour. These drills will be "no contact allowed" and we will ensure that everyone stays at least the recommended 6 feet apart. This "reopening sports" first phase will last two weeks and during this time no sports equipment can be used or handled. A maximum of 10 student athletes, maintaining appropriate social distancing, can work outside together on conditioning and strength training. These "pods of 10" will be supervised and led by a member of our coaching staff. You must bring your own water in a sufficient quantity to last one hour of conditioning drills. We will have hand sanitizer on site that everyone must use before and after each one hour session.

If you are interested in playing **boys' or girls' High School Soccer or Basketball**, then you are invited to participate in these one hour voluntary workouts **beginning on Monday, July 6th at 7 p.m. on the Hawks soccer field**. In order to organize our phase one summer training in the safest way possible, **it is very important that you contact us immediately** if you would like to participate in our summer sports conditioning sessions. Coaches will lead you in a great workout that will improve your conditioning and strength. Starting on Monday, July 20th, we are expecting to move into phase two of our summer sports program which will progress into small group individualized training using sports equipment (soccer and basketballs). More information on this second phase will be forthcoming.

To reserve your spot in these voluntary training sessions beginning Monday, July 6th, **please call 207-532-9228**, email us at [matthewoliver@msad70.org](mailto:matthewoliver@msad70.org) or [jasonlittle@msad70.org](mailto:jasonlittle@msad70.org), **text Coach Oliver at 207-944-1529**, or **direct message Coach Little or Coach Oliver on Facebook**. Before you attend the first summer workout session, we need to email you and your family some important health screening checklists and other information pertaining to safety protocols. Please contact me anytime if you have questions or concerns about our sports reopening plans. Please remember that these sports reopening guidelines are in effect throughout all high schools in the state of Maine.