



# Roslyn Athletics Middle School

December 14, 2020

Dear Roslyn Families,

Beginning on January 11, 2021, the Roslyn Middle School Athletic Department will offer an **Athletic Conditioning Program** to all students grades **7** and **8**. This program is being offered in place of the Winter 1 and Winter 2 interscholastic athletic seasons.

At this time, most sports being offered by Section VIII at the middle school level are high-risk competitive sports (volleyball, basketball, and wrestling) that have **not** been approved by the NYS Governor's office. They are unlikely to be reauthorized, and even if they were, there are several obstacles that would make competitive seasons at Roslyn Middle School unsustainable. We would be forced to put a strict limit on the number of students who would be able to participate, and our facility space wouldn't be adequate for social-distance recommendations.

This alternative program will provide fitness conditioning and offer students the opportunity to hone their athletic skills. Students will participate after school, on their assigned in-person learning days. Select Remote students are also eligible to participate; they will be assigned a schedule by the Roslyn Athletic Office upon completion of their registration.

All interested students will register through FamilyID. Select Remote students will also be required to complete a health survey and have a temperature check as they enter the building. Staff and students will be required to wear masks at all times, except when they are 12 feet apart and outdoors. All students must adhere to our safety procedures; any non-compliant students will be removed from the program.

We will provide two seasons of athletic conditioning workouts as follows:

**January 11, 2021 - February 10, 2021**

Boys Basketball - Main gym  
Girls Volleyball - Aux. gym  
Boys Winter Track - Outside  
Girls Winter Track - Outside

**February 11, 2021 - March 19, 2021**

Girls Basketball - Main gym  
Boys Volleyball - Aux. gym

Boys Winter Track - Outside  
Girls Winter Track - Outside

**Times:**

***Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays***

2:25pm to 3:25pm

Late bus at 3:35pm

**Basketball**

Basketball athletic conditioning will focus on skill development in individual and distanced group training and will not run any offensive or defensive drills. Skill development will focus on dribbling, shooting and general conditioning. Each student will be provided a recently cleaned basketball to use during their session. Athletes will not be permitted to scrimmage or share equipment. Students must wear a face covering and remain 6 feet apart during the athletic conditioning session.

**Volleyball**

Volleyball athletic conditioning will focus on skill development in individual and distanced group training. Athletes will not share equipment and each athlete will get a personal volleyball to use for each session. Athletes will not be permitted to take part in scrimmages during athletic conditioning. Athletes must wear a face covering and remain 6 feet apart during the athletic conditioning session.

**Winter Track**

Winter Track will focus on the traditional winter track events and run outdoors. Students are encouraged to dress for athletic conditioning outdoors. In the case of inclement weather, winter track will be canceled for that day. Athletes who can stay 12 feet apart while outdoors, will be permitted to remove their face covering. Once athletes are less than 12 feet, they must wear a face covering.

Continuation of the Athletic Conditioning Program is contingent upon Federal, State, and local guidelines and conditions as it pertains to COVID-19. All coaches have completed the NFHS COVID-19 For Coaches course and will follow the guidelines as outlined for physical education. Please be reminded that the program may need to be suspended due to changing circumstances.

We are excited to offer this alternative program for all our student-athletes and we're confident that we can provide a safe and enjoyable environment. If you have any questions, please do not hesitate to contact the athletic office at 516-801-5160.

[Click here for frequently asked questions](#)

**REGISTER NOW**

Powered by FamilyID<sup>®</sup>

**Go Bulldogs!**

Sincerely,

Michael Brostowski, Ed.D.

Director of Physical Education, Health & Athletics

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