



August 12, 2020

To the Saints Community,

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Each school year brings excitement and new opportunities for our students, but let's be honest, this year feels different. We have all had to navigate challenges over the past several months and for me, it has been a time to reflect on the importance of health, fitness, and physical activity. The benefits sports provide are many: health and wellness, peer mentorship/relationships, time management, improved academics, accountability, and responsibility. Today, the social aspects of sports are needed now more than ever in this everchanging COVID-19 environment.

Throughout the past several weeks and months, Saint Mary's has collaborated with other independent boarding and day schools from around the southeast, the North Carolina Department of Health and Human Services, the North Carolina Association of Independent School (NCAIS), and the North Carolina Independent School Athletic Association (NCISAA) to develop plans and guidelines for interscholastic sports for the new school year.

Because the health and safety of our students and community remain our top priority, Saint Mary's School has made the decision to follow the social distancing/physical guidelines for our fall sports and afternoon Triangle Fitness program. Golf, tennis, and cross-country will participate in interscholastic events, as these have been deemed low impact sports that allow for physical distancing. Field hockey and volleyball, which have been deemed moderate risk sports, will **NOT** participate in interscholastic events as they do not allow for adherence to social/physical guidelines; **HOWEVER**, we will be offering skill development and conditioning for these sports on a regular basis this fall. Our fall coaches are excited to be working with their teams to maintain high standards and build camaraderie and team unity. The NCISAA has made the decision to **NOT** allow fans/spectators at any fall athletic event.

In addition, we are expanding our Triangle Fitness program to include additional opportunities for our girls to stay active, engaged, and connected. The list of offerings is included on the sign-up form. [Click here](#) to sign up for fall sports and Triangle Fitness. **Sign-ups are DUE by Wednesday, August 19, at 4 p.m.** We will continue to follow Governor Cooper's Phase 2 order and monitor any changes in status throughout the school year.

For student athletes: important reminder to complete information in Magnus Health forms:

Please submit your required forms (Physical Examination Form; Consent to Treat; Health Insurance card; NCISAA Pre-Participation Physical Form; NCISAA Student-Athlete Concussion form; and the NCISAA Student-Athlete Consent to Participate form) in Magnus. **Students will not be able to participate in any sports until all these forms are completed in Magnus.** These forms are required by both the state and Saint Mary's before a student may participate in a sport. If you have any questions, please contact Magnus Parent Help Desk at 877-461-6831 or the Binder Health Center at nurses@sms.edu. THANK YOU for your cooperation in helping us provide appropriate care for your daughter.

Sincerely,

Robert A. Wertz, CMAA
Director of Athletics