



## WOODBURY MIDDLE SCHOOL

67 Washington Avenue, Woodbury, CT 06798 Phone: 203-263-4306

William Nemec, Principal

Suzi Greene, Assistant Principal

Hello WMS Families,

We are excited to offer your child an opportunity to get involved with our after school intramural program. This Fall we will be offering two different programs; Soccer and Cross Country/Fitness training. Each program will have a certified coach who will plan lessons, supervise and lead our student athletes. To become a certified coach our staff completes 45 hours of coursework, are certified in CPR/First Aid and lastly are certified in sudden cardiac arrest and concussion management. We have also gone over and reviewed policies related to Covid 19 to assure that our kids are engaging in as safe of an environment as possible.

I am sure that you have many questions and concerns regarding this endeavor so here are some details and insight into what this will look like:

- Intramurals will be held every Monday and Thursday from 2:35-3:35pm starting Monday 9/28 and ending Thursday 10/29 (5 weeks) at WMS.
- Only students that are physically present in school that day can participate (limited to 1x per week).
- Parents must login and register their child at [www.familyid.com](http://www.familyid.com) (see attached welcome letter) and must also have an up to date (within the past 15 months) physical on file with the school nurse.
- Each student athlete will be assigned to a group of students (not to exceed 10) from their grade level with whom they will train.
- Student athletes must wear masks at any time they are not being physically active.
- Student athletes will not be allowed access to locker rooms so they will need to wear appropriate clothing to school on the days they have intramurals. There will be time for kids enrolled in soccer to change into soccer socks, shin guards and cleats outside while distancing from others.
- Student athletes will need to provide their own water bottles as our hydration station is not available at this time.
- XC/Fitness and soccer will train and condition only. There will not be any scrimmaging / physical contact at this time unless guidelines change.
- Parent pick up will take place in designated locations (behind the cafeteria for soccer and in front of the building for cross country/fitness training).

If you have any questions please reach out at any time. The best way to contact me is via email at [cmcgrath@ctreg14.org](mailto:cmcgrath@ctreg14.org) .

Thank you,

Chris McGrath