



December 1, 2020

Dear DePaul Prep Families,

Due to the state-wide Tier 3 Resurgence Mitigations that started on Friday, November 20th, all DePaul Prep athletic activities were put on pause for Thanksgiving week. As we get back into the swing of things with school, and only 3 weeks left until Christmas Break, the athletic department is searching for new ways to keep students active. We want to fulfill our stated goal of keeping students physically active and socially engaged with teammates/classmates through collaborative team activity. Tier 3 mitigations for school athletic departments allow for the following: One-on-one indoor student/coach training for in-season athletes (only one coach and one athlete in a gym at a time), Outdoor training for 9 students and one coach (a group of 10), Any virtual meetings/training.

With these restrictions in mind, Strength Coach and Head Football Coach Mike Passarella and I came up with the following plan for the short term.

- Starting Wednesday, December 2nd, and ending December 18th, student-athletes will be invited to participate in zoom workouts from 3:30 - 4:30 every Monday, Wednesday, and Friday.
- Coach Passarella will run the zoom sessions for the boys, and Assistant Strength Coach Kelly McClearn will run the zoom sessions for the girls.
- Students will receive further instructions on how this will work and zoom links from their respective coaches. Some coaches may choose to run their own zoom workout sessions, some coaches may add additional workouts to the zoom sessions, and some coaches may opt-out of workouts to let their students focus on academics.

As the cliché goes, “there is no playbook” for what we are trying to navigate at this time. We are all doing our best to get through. Attendance will not be taken during these zoom sessions. It is an honor system and meant to help students stay physically active and hopefully connected with others. We will continue to do our best to keep you informed with updates as they are made available to us.

Be Positive! Pass It On!

Patrick M. Mahoney

Director of Athletics