



Good afternoon,

Earlier this week, athletic directors representing each of the schools in the Metro League met to discuss the recent developments impacting the future of high school athletics in our state, and more specifically, our league. Those developments included both the Governor’s new “Healthy Washington – Road to Recovery” as well as the [WIAA’s announcement from earlier this month](#), where they once again shifted the start date for certain sports.

As part of that announcement, the WIAA gave individual leagues the power to set season start dates that best fit their local communities. With that, **Metro League athletic directors agreed on a plan that would allow the first season to start on February 22.**

For this year only, Metro League schools will distribute sports across two seasons rather than the traditional three. In this model, each season will run eight weeks. The first season would begin February 22 and conclude with a Metro League tournament the week of April 12. The second season will start on April 19 and end with tournament play during the week of June 7.

“I think this calendar goes a long way toward getting our student-athletes and coaches a meaningful experience this year,” shared Sam Reed, Prep athletic director. “The two-season format maximizes the length of each season and allows our student-athletes to spend more time in competition and with their teammates. While this change will force some of our multisport athletes to make difficult choices, the league felt that the ability to have a longer season will provide participants a better overall experience while also protecting the integrity of the season if health and safety issues cause various shutdowns or pauses.”

What does this mean for Seattle Prep? Let’s try to answer a few of the pressing questions:

Q: When will my sport be held?

A: Metro League ADs and Principals agreed on the following schedule, that is dependent on our region reaching Phase 2 of the “Road to Recovery:

Season	Boys	Girls	Co-ed
Season 1 (2/22-4/17)	Football	Bowling Soccer Volleyball Swim & Dive	Cross Country Golf
Season 2 (4/19-6/12)	Baseball Basketball Soccer Swim & Dive	Basketball* Fastpitch	Tennis Track & Field

**Basketball is categorized as a high-risk, indoor sport, and the State has not yet released guidelines on when it can be played.*

The above chart does not include **boys & girls lacrosse**, which are governed by different governing bodies, separate from the WIAA and the Metro League. Dates typically align with spring sports, but both genders are currently slated to begin on April 26. Separately, **boys and girls crew** will run a “pre-spring” season during the first session, with hopes to be able to row in some regattas during season 2.

Q: Can I do two sports during the same season?

A: WIAA rules prohibit participating in more than one sport at the same time. This is done to protect both the individual as well as the team. We know this will lead to difficult choices for some, however Seattle Prep supports this rule, especially in a year where our seasons will be shorter and more compact.

Q: What can we expect in terms of health and safety protocols?

A: Seattle Prep will continue to operate under the guidance of the health and safety experts. Protocols will look different for each sport, but mandatory mask use, spectator restrictions, modifications to locker room access, pre- and post-game meetings and sideline/bench behavior can all be expected. The WIAA is currently working with the Governor’s office on the exact guidelines, and then the Metro League and Seattle Prep will implement from there.

Q: What are the next steps toward returning to play?

A: Metro League sport commissioners will begin working on game schedules that can be adapted to fit within the new seasons, as well as health and safety protocols for competitions. That information will be released to your Program Heads and coaches as it becomes available.

Metro League will continue to allow contact during the Open Coaching Period. As authorized by the WIAA, those voluntary workouts are allowed up until the first season begins. Please contact your Program Head for more information.

As we inch closer toward competition please remember that all participants will need an updated physical examination on file with Student Life. Please also remain aware of COVID-19 protocols surrounding travel and quarantines. Sports will play continuously through holidays and breaks this spring, and families may have to make decisions around travel and participation.

If you have any questions or concerns regarding the new Metro League calendar, please feel free to contact Mr. Reed via e-mail at sreed@seaprep.org.

Mask up. Stay healthy. Stay ready.

Roll Prep!