



Good evening,

We are quickly approaching the end of our winter sports season as well as the start of our fall alternative and spring sports seasons, so I wanted to share with you some important information about athletics for the remainder of the school year.

Physicals and Pre-Participation Forms

Any student-athlete planning on competing in the fall alternative season or the spring season, must have an up to date [physical](#) and a completed [MSHSAA Pre-Participation Form](#) on file with the Activities Office. Both forms can be found on our Athletics website or through the links in this letter.

Physicals are now valid for two years from the date of the physical examination. However, the [MSHSAA Pre-Participation Form](#) must be completed by a parent or guardian *each year*. Student-athletes cannot practice until both forms are completed and turned into the Activities Office. If you have a question about whether you have an up-to-date physical on file, please see Mr. Hamilton before the first day of practice.

Fall Alternative Sports: Boys Soccer, Cross Country, Softball, Volleyball (Feb. 22-April 10)

Practices and/or try-outs for our four fall sports competing in the alternative season will begin on **February 22, 2021**. Competitions can begin on March 12, 2021 and will last through April 10, 2021. Schedules are currently under development and being finalized. Due to the fluidity of COVID-19 and the spring weather in Missouri, schedules must remain fluid this year and may need to be altered at a later date. All changes will be communicated through our live calendars located on our [Athletics Department website](#).

Spring Sports: Baseball, Girls Soccer, Golf, Track & Field (March 1- June 5)

Practices and/or try-outs for our spring sports will begin on **March 1, 2021**. The spring season will proceed normally, ending with districts and state playoffs in late May through June. Schedules are currently under development and being finalized. Due to the fluidity of COVID-19 and the spring weather in Missouri, schedules must remain fluid this year and may need to be altered at a later date. All changes will be communicated through our live calendars located on our [Athletics Department website](#).

Multi-Sport Athletes

Our coaches are currently working with me to come up with a schedule for practices that allows student-athletes to play both a fall alternative sport and a spring sport at the same time. There is some overlap between these two seasons but we have tried to keep that overlap as minimal as possible while still maintaining as many opportunities for competition for our student-athletes. Most of the spring sport competitions occur after the fall alternative season ends. We may have to make adjustments to practice and game schedules to accommodate our student-athletes who wish to compete in both. Any student interested in playing both a fall alternative sport and a spring sport should reach out to Mr. Hamilton and the head coaches as soon as possible.

St. Louis County Youth Sports Guidelines & Spectators

We will continue to follow the St. Louis County Department of Public Health Youth Sports Guidelines, which categorizes youth sports by high, medium, or low frequency of contact. Under the current guidelines, all of our fall alternative and spring sports are considered medium (baseball, boys/girls soccer, softball, volleyball) or low (cross country, golf, track and field) frequency of contact. Most of the guidelines for medium and low contact sports are similar. The biggest difference in guidelines exist based on the location the sport is played: indoor vs outdoor.

Indoor sport (volleyball) coaches, players, and officials **are required to wear masks at all times during practices and competitions**. This is the same requirement currently being followed by our winter sports.

Outdoor sport (baseball, boys/girls soccer, cross country, golf, softball, track & field) participants **are not required to wear a face covering while engaging in vigorous physical activity** but must wear masks during all other times of a practice or competition. Coaches are required to wear masks at all times. Face covering will also be required for officials and spectators at outdoor events.

We plan to continue to allow two (2) family member spectators at each home game for each Valley Park student-athlete as we have done with winter sports in an effort to maintain social distancing at all of our events.

If these guidelines change or are updated, we will update these plans.

I am extremely excited and pleased to see our student-athletes continue to compete on behalf of our community. Our boys and girls basketball teams have done an amazing job competing in these unique times. I know our fall alternative and spring sport teams will do the same.

Adam Hamilton
Dean of Student Activities