

Chesapeake High School STEM Academy

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Dear Student Athletes and Parents,

Chesapeake High School Athletics Program has some exciting news to share for the start of the 2020 school year. We will have the opportunity to provide student athletes with the time to build relationships with coaches and fellow teammates virtually for the first semester of the school year. Now that the MPSSAA has announced that the Fall and Winter seasons have been postponed the BCPS Office of Athletics has submitted a two semester Return of Athletics Plan which aligns with the guidance submitted by the MPSSAA.

During the first semester, there will be 100% Virtual Coaching. The semester will be divided into each of the three athletic seasons allowing coaches to engage with their student athletes virtually. This allows student athletes the opportunity to participate in one or all seasons without having to choose.

Fall Season	Winter Season	Spring Season
September 14 th to October 23 rd	October 26 th to December 11 th	December 14 th to January 29 th

Virtual Coaching weekly schedule example:

All Virtual Coaching will occur at 3:00PM or later to avoid interference with the school day.

Monday	Tuesday	Wednesday	Thursday	Friday
-Weekly Schedule -Weekly Goal Setting -Workout routine	-Social/ Emotional Check in	-Assign sports specific workout -Coach checks with teachers regarding attendance/ performance	-Social/ Emotional Check in	-Grade/Progress Review -Reflect on goals Achievements

Our expectations are for coaches to engage in all the areas of focus for approximately three to four hours each week. During that time, they should be:

1. Tracking social emotional needs of student athletes through virtual platforms.
2. Monitoring and providing academic supports through progress sheets and connecting with student teachers if needed.
3. Providing conditioning programs that are body weight based that can be done from home.
4. Assisting with the College Recruiting process when necessary.

In addition, the Office of Athletics will be providing four virtual workshop opportunities for high school student athletes through our partnership with PCA Positive Coaching Alliance. These opportunities will take place once a month from September – December and will be provided to the student at no cost. Details regarding these workshop opportunities (i.e. Topics and Dates) will be given soon. This activity will provide opportunities for student athletes to reconnect virtually with their peers, personal growth, and a platform to discuss issues that are directly related to being a student athlete.



Participation Requirements:

We will continue with our normal procedure of collecting athletic permit and parent permission slips. Physicals and other necessary paperwork are required to confirm student health, safety and participation.

1. Students must get a **new physical** from primary care doctor, Express Care, Patients First, CVS etc.

Wellness physicals will not be offered at this time due to school buildings being closed.

Physical forms:

[physical and covid forms\Physical Evaluation and Covid 19 forms.pdf](#)

Spanish version:

[physical and covid forms\Spanish version with Covid 19.pdf](#)

2. **Students must register on Form Releaf:**

<https://app.formreleaf.com/organizations/chesapeake-high-school>

Please include new physical dates when registering on Form Releaf. The school needs a copy of all physicals as well. Please scan an email to sdowney2@bcps.org

If you have any questions, please reach out to me by email.

Thank you,

Shaun Downey

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Chesapeake High School

Athletic Director

