



THE MASTER'S SCHOOL

Celebrating 50 Years of Education from the Inside Out

August 10, 2020

Hello from The Master's School. I'd like to take this opportunity to introduce myself. I am Heather McIlroy, the new Athletics Manager at TMS. I have been with the school for two years as an Upper School teacher and an assistant coach for Girls Varsity Soccer and Basketball. I am really excited to take on this new role and look forward to growing and rebuilding the Athletic program.

According to the Connecticut Interscholastic Athletic Conference (CIAC), "The COVID health metrics in Connecticut, and the playing of youth sports in our state since June 20, support that a return to in-person instruction, education-based interscholastic athletics, and other cocurricular activities are critical to the cognitive, physical, social, emotional, and mental health of our students."

After careful consideration of safety concerns related to the ongoing COVID-19 pandemic, the Heads of the Housatonic Valley Athletic League (HVAL) have decided, regrettably, to cancel the fall 2020 HVAL season. Decisions about winter and spring seasons will be made as the school year progresses. While there is no league play, The Master's School continues to plan fall athletics with the intent of scheduling games as long as it is safe to do so.

The following indicates how we will restart TMS Athletics this fall. This plan includes guidelines for all student athletes and families. This document will be updated as new information is available.

Adhering to the following guidelines for students and families will help mitigate overall exposure as much as is reasonably possible for our TMS community. I appreciate your commitment to help protect the health and well-being of everyone associated with The Master's School community.

Please note that this Back to Athletics Plan is presented with the understanding that new applicable restrictions from the Farmington Valley Health District or an Executive Order from the State of Connecticut could force us to deviate from this outline.

Serving with you,

Heather McIlroy
Athletics Manager
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Upper School Athletics

- First practice will take place the first day of school, Wednesday, September 2.
- Practice will be every day after school. Scheduling TBD. There will be no competitions for a minimum of the first two weeks of school to assure good health and to rebuild our fitness and conditioning.
- Our intent is to have 8-10 games starting the end of September.

Middle School Athletics

- First practice will take place the second day of school, Thursday, September 3.
- Practices will be three days a week. Scheduling TBD. There will be no competitions for a minimum of the first two weeks of school to assure good health and to rebuild our fitness and conditioning.
- Our intent is to have 4-6 games starting the end of September.



Preventative Measures

- Before the start of each practice, coaches will do a health check-in with each player.
- Masks are to be worn when not actively participating in sport and social distancing cannot be maintained.
- Athletic equipment will be sanitized after each practice.
- Locker rooms will be in use; however, there will be a limited number of students allowed at any given time. Masks must be worn at all times and coaches will be supervising locker room usage.
- We will not be traveling as a team on the bus. Parents/students must make their own arrangements for travel to and from away games.

Spectators

- Due to the restrictions on public gatherings, spectators will be limited. The limit will be decided at a later date.
- Masks must be worn when social distancing cannot be maintained.
- We will do our best to live stream any competitions, if it is possible to do so.