

HICKSVILLE PUBLIC SCHOOLS

180 Division Avenue, Hicksville, NY 11801
Department of Health, Physical Education, Athletics,
Recreation and Driver Education
Phone: (516) 733-2245 Fax: (516) 733-6672

Dear High School Parents and Students,

As you may already know, Section VIII, Nassau County's governing body of Athletics, has postponed all athletic seasons until January, 2021. The Hicksville School district believes that high school athletics are more than just an extracurricular activity for our students. They also serve as a foundation for physical and mental health, provide a diversion/relief from stress, and help to cultivate school culture.

As a result, the Hicksville Athletics Department has developed a comprehensive intramural program that allows any student in grades 9 through 12 to participate in a fall athletic activity should they wish to do so. **Students who are virtual / remote may attend as well.** This program will follow all NYSDOH and NYSED Physical Education COVID-19 guidelines, and is permissible under the current NYSPHSAA regulations. Please note that **this is an intramural program, not an athletic team** program. As such, coaches will focus primarily on conditioning, sports specific training & individual skill work.

- **DATES:** Our intramurals program will run from Monday, October 12th, through Tuesday, December 13th. (Weather permitting)
- **DAYS OFFERED:** Intramurals will be offered on Monday, Tuesday, Thursday and Friday's, and will be canceled if we encounter inclement weather. (NO WEDNESDAYS)
- **TIME:** Sessions will be held from 2:45 pm to 4:15 pm (except Kickline and Tennis) and will be led by a member of the Hicksville Varsity coaching staff. **You may arrive at any time during the Intramural and join in. You do not have to be there at the start as we understand students must get to and from the facility.**
- **LOCATION:** All events will take place outside on the HS campus. (Depending on the numbers for Cheer and Kickline, Indoor facilities may be used where social distancing at 12 feet with a mask can be accommodated.)

****Attendance at these team workouts is completely optional and participation will have no impact on the student's making the team when the official season begins. All sessions are open to all students regardless of the sport that is listed. For example....If you child is not a soccer player but wishes to attend the first half of the Monday Soccer session which includes CV Training, Strength and Endurance exercises they may do so.**

- The first half of each session will provide CV Training, Strength and Endurance exercises
- The second half of the session will encompass sport specific skill training/Offensive and Defensive strategies.
- **Purpose of Program:**
 - To provide HS students with the opportunity to prepare both mentally and physically for the upcoming athletic seasons. Program will provide CV, Strength and Endurance Training as well as Sport Specific skill training.
- **Transportation:**
 - Students **must provide their own transportation to and from** the intramurals.
NO TRANSPORTATION WILL BE PROVIDED
 - Parents must remain in or near their car when picking up their child
 - People will not be permitted to congregate on or around the fields-(Parents may not be spectators at this time)

- **Parental Permission Slip**
 - The Athletic Parental Permission Form will be used- Coaches will provide them on the first day or you may download them from the Athletics Webpage – “Required Documents for Participation”
- **Field/Facility/Equipment Use**
 - High School Track and Fields will be utilized
 - Supplies will be limited but utilized by staff if required
 - Supplies will be sanitized after use and held for 48hrs prior to next use
 - **RECOMMEND that students bring their own soccer balls, volleyballs etc. if necessary. They will not be shared.**
- **CDC/BOH/District Guidelines:**
 - All regulations and protocols with regards to masks, social distancing and sanitizing will be enforced.
 - Any violation of these rules will result in expulsion for the program
- **Locker Rooms (HS):**
 - Locker rooms will be available immediately after school for those students who need to change who are IN THE BUILDING THAT DAY. No student who is remote may come in and use the locker rooms.
 - Students will line up 6ft apart on marked floor outside the locker room to wait for entry – (8 students at a time only)
 - Locker rooms will be supervised by a male (Boys Locker room) and female (Girls Locker room) by a person other than a coach (PE Teachers)
 - Students will not be permitted to enter the building once they have left.
 - Nothing can/will be left in the locker room. All personal belongings must be brought out to the field(s).
 - Restrooms will be open directly inside the doors (located near athletic office)

The weekly schedule for the program is outlined below:

SCEHDULE OF INTRAMURALS

MONDAY 2:45-4:15	TUESDAY 2:45-4:15	THURSDAY 2:45-4:15	FRIDAY 2:45-4:15
BOYS SOCCER	GIRLS SOCCER	BOYS SOCCER	GIRLS SOCCER
CROSS COUNTRY - B&G	VOLLEYBALL-B&G	CROSS COUNTRY	VOLLEYBALL- B&G
SWIMMING	FOOTBALL	SWIMMING	FOOTBALL
KICKLINE - 5:15-6:45	CHEER	KICKLINE - 5:15-6:45	CHEER
	TENNIS - 4:00-5:30		TENNIS - 4:00-5:30

*Students must **bring their own water bottles.**

** Students will **not be permitted back into the building after the session** has ended.

***We ask that if you are picking your child up in the rear parking lot, **please remain in or near your car for your child.** We cannot have individuals congregating on or near the fields. Failure to follow the expectations of this program may result in a student being unable to continue on with this program. Please understand your child’s safety is the overriding concern when planning these workouts.

We hope that all students will take advantage of this opportunity to participate with their classmates and teammates. As much as we would like to move forward with Athletics we must remain diligent and responsible with the directives that have been provided.

Thank you all for your consideration and cooperation.

HIGH SCHOOL - 8 WEEK – ATHLETIC INTRAMURALS

(October 15 – December 11)

(2:45pm - 4:30pm)

(Students must wear masks at all times)

○ HIGH SCHOOL FALL INTRAMURAL STAFF

- FOOTBALL – Joel Cardoza, Ron Modik, Matt Canty
- SOCCER B&G– Scott Starkey, Frank Locascio, Rich Hinnerschietz, Megan Williamson
- VOLLEYBALL B&G – Kevin Bunting, Laura Klimuzsko
- CROSS COUNTRY B&G – Bonnie Stueber, Jeff Tafla
- TENNIS – Henry Chiu
- CHEER – Kim Lastig
- SWIMMING – Sheri Epstien
- KICKLINE – Kate Hueser, Victoria Shannon