

Granby Memorial



Fall Sports Update 2020

CIAC Fall Sports Plan

- Primary focus is on health & safety while acclimating our student-athletes back to their respective sports.
- Practices are a gradual progression in small cohorts leading up to full team activities.
- Students are required to wear a mask to and from practice.
- Personal screening of COVID-19 symptoms prior to participating each day.
- Leagues have been split up into smaller cohorts to minimize travel.
- New hand sanitizer dispensers located at all fields.
- All teams have sanitizer spray bottles to clean off equipment before and after use.
- Locker rooms currently used for storage of equipment. Athletes are encouraged to dress in athletic clothing for the school day.
- New Water filling station at Turf Field 2

Cross Country

Aug 29 – Sept 20: (Cohorts of 10)

- Sessions can not exceed one hour. Coaches should design a 3-week conditioning period with runners in cohorts of 10 that can maintain 6 feet of social distancing while training.

Sept 21 – Sept 25:

- Athletes will begin competing in races on October 1, 2020. Coaches should continue to monitor the conditioning progression of their athletes and only enter them into races when they are prepared to run.
- Teams may have full practice for 90 minutes.

Sept 26-Sept 30:

Teams may have full practice for 120 minutes.

Oct 1-Nov 21

- Meets may be held.

Scheduling Cohort

Canton, Suffield, East Granby, Windsor Locks, SMSA, HMTCA

Volleyball

All participants wear masks as a mitigating strategy that addresses the concern of indoor moderate risk sports.

Aug 29 – Sept 20 (Cohorts of 10) 1-hour practice comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 21 – Sept 30 (Cohorts of 10) 90-minute practice comprised of 45 minutes of conditioning and 45 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 21 – Sept 30 (Full Team) 2-hour practices comprised of 45 minutes of conditioning and 75 minutes of skill work. In volleyball, while the activity is anaerobic, skill work should still be conducted in a manner that reflects a progression to full speed play. Playing time for athletes at game speed during the scrimmage should be managed to reflect the completion of a 3-week conditioning progression.

Oct 1 – Nov 21 (Full team) 2-hour practices. Coaches should be aware of student-athletes' conditioning level and account for additional progressions on an individual basis.

Oct 1 – Nov 21 games may be played.

Scheduling Cohort

Canton, Suffield, SMSA, HMTCA

Soccer

Aug 29 – Sept 20 (Cohorts of 10) 1-hour practice comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 21 – Sept 30 (Cohorts of 10) 90-minute practice comprised of 45 minutes of conditioning and 45 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 21 – Sept 30 (Full Team) 2-hour practices comprised of 45 minutes of conditioning and 75 minutes of skill work. In soccer, skill work should be done in small groups with a short field (i.e. 3v3, 5v5, 7v7). Full field skill work or set play practice should be conducted with the understanding that athletes are still building their conditioning capacity. Playing time for athletes at game speed during the scrimmage should be managed to reflect the completion of a 3-week conditioning progression.

Oct 1 – Nov 21 (Full team) 2-hour practices. Coaches should be aware of student-athletes' conditioning level and account for additional progressions on an individual basis.

Oct 1 – Nov 21 games may be played.

Scheduling Cohort

Canton, Suffield, East Granby, Windsor Locks, SMSA, HMTCA

Field Hockey

Aug 29 – Sept 20 (Cohorts of 10) 1-hour practice comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 21 – Sept 30 (Cohorts of 10) 90-minute practice comprised of 45 minutes of conditioning and 45 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 21 – Sept 30 (Full Team) 2-hour practices comprised of 45 minutes of conditioning and 75 minutes of skill work. In field hockey, skill work should be done in small groups with a short field (i.e. 3v3, 5v5, 7v7). Full field skill work or set play practice should be conducted with the understanding that athletes are still building their conditioning capacity. Playing time for athletes at game speed during the scrimmage should be managed to reflect the completion of a 3-week conditioning progression.

Oct 1 – Nov 21 (Full team) 2-hour practices. Coaches should be aware of student-athletes' conditioning level and account for additional progressions on an individual basis.

Oct 1 – Nov 21 games may be played.

Scheduling Cohort

Canton, Simsbury, Avon, Lewis Mills, Southington, Farmington

Cheerleading

August 29 - September 14 - (Cohorts of 10) 1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

September 14 - September 20 (Cohorts of 10) 60-minute practice comprised of 45 minutes of conditioning and 45 minutes of skill work. Skill work can involve 15 minutes of contact intended to demonstrate and teach routines, stunts (if applicable).

September 21 - September 30 (Full team) 2-hour practices comprised of 45 minutes of conditioning and 75 minutes of skill work. Skill work can involve 30 minutes of contact intended to demonstrate and teach routines, stunts (if applicable). The remaining 60 minutes of skill work is non-contact and maintains a social distance of 6 feet for all participants.

October 1 - November 21 (Full team) 2-hour practices maximum. Coaches should be aware of student-athletes' conditioning level and account for additional progressions on an individual basis.

Football

While moving forward with the intent to play 11 v 11 football at this time, that decision is subject to change based on changing COVID metrics, additional conversations with DPH, and alignment between recommendations for interscholastic athletics and non-interscholastic sports.

August 29 – Sept 13 (Cohorts of 10) 1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept 14 – Sept 21 (Cohorts of 10) 60-minute practice comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work can involve 15 minutes of contact intended to demonstrate and teach tackling and blocking progressions.

Scheduling Cohort

SMSA, Windsor Locks, Stafford, Ellington, Coventry, Rockville

Middle School Field Hockey

Sept. 10 – Sept. 24 (Cohorts of 10)

- 1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants.

Sept. 24-Sept. 30:

- 75 minute practices
- Full team practices
- **In field hockey, skill work should be done in small groups with a short field (i.e. 3v3, 5v5, 7v7). Full field skill work or set play practice should be conducted with the understanding that athletes are still building their conditioning capacity.**

Oct 1-Nov 5

- Coaches should be aware of student-athletes' conditioning levels and account for individual progressions on an individual basis.
- Games may be played.

Scheduling Cohort

Canton, Simsbury, Avon, Suffield

Middle School Cross Country

Sept. 10 – Sept. 24 (Cohorts of 10)

• 1-hour practices comprised of 30 minutes of conditioning and 30 minutes of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants. Coaches should design a 3-week conditioning period with runners in cohorts of 10 that can maintain 6 feet of social distancing while training.

Sept. 24-Sept. 30:

- 75 minute practices
- Full team practices
- Coaches should continue to monitor the conditioning progression of their athletes and only enter them into races when they are prepared to run.

Oct 1-Nov 5

- Coaches should be aware of student-athletes' conditioning levels and account for individual progressions on an individual basis.
- Meets may be held.

Scheduling Cohort

Canton, Avon, Suffield, Windsor Locks