

MBHS SPRING SPORTS - 2021 MEETING

Chad Brackett - MBHS Athletic Director 778-3561 cbrackett@mtbluersd.org

Amanda Barker - MBHS Athletic Secretary 778-3561 abarker@mtbluersd.org

Heather Mitchell - MBHS Athletic Trainer 692-6421 hmitchell@mtbluersd.org

Students MUST submit the following forms ONCE during a school year to participate in athletics.

- MBRSD Sports Information and Consent Form*
- MBRSD Concussion Information and Consent Form*
- Current Sports Physical from Physician

*downloadable/printable copies can be found at

<https://www.mtbluersd.org/hs/student-life/athletics>

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After this meeting, you will need to attend the team/coach based meeting for your specific sport you will be able to choose your meeting in the “breakout” rooms.

- Coaches will discuss the VERY limited information they have right now
- No official KVAC/regional schedules have been released yet
- Looking for team representatives from each grade level for the Mt. Blue All-Sports Boosters. PLEASE consider.
- Outline what pre-season practices might look like
- Go over important team-based rules and expectations

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Please remember to always follow the proper chain of communication when any concerns arise;

- Student-athlete/Parent speaks to or meets with coach
- Student-athlete/Parent meets with coach and AD
- Student-athlete/Parent meets with AD and Principal
- Student-athlete/Parent meets with AD, Principal, and Superintendent.

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General Health Information

- Eat and drink well and get good rest prior to and during the season. Stay hydrated!
- Always report injuries and illness to coaches and athletic trainer (Heather)
- You MUST bring your own water bottle to ALL practices and games. It can be refilled here at school.
- When scheduled to complete your concussion baseline test, please make sure to do it. No competition until completed. Heather will send an email to your school account.
- Parents - Check out and sign-up for Healthy Roster app. We will be rolling it out in full next fall but sign-up now and see how great it works!

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Maine Principals Association Return to Play Guidelines - Spring 2021

Referencing Orders and Guidelines from the Following Resources

National Federation of State High School Associations

Governor's Office - State of Maine

Maine Department of Education

Maine Department of Economic & Community Development

Maine Department of Health and Human Services

Maine Principals' Association Sports Medicine Committee

General Guidelines for ALL sports this spring:

- Student-athletes, coaches, officials, and spectators must complete and pass a self-screening for signs and symptoms of COVID-19 prior to participation or entrance into a school facility.
- Space players 6 feet apart whenever possible.
- Face coverings must always be worn by athletes, coaches, staff, event officials/staff, and spectators. **(even if you have been vaccinated)**
- Spectators must maintain 6 feet of physical distance between each other and athletes
- Sanitize hands and high touch surfaces as frequently as possible.
- Mask may be removed while hydrating so long as the person hydrating is 6 feet from anyone else in/on the bench area.

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Baseball, Softball, Lacrosse (Boys & Girls) - “Moderate Risk” - involve intermittent proximity but with protective equipment or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants

Track & Field, Tennis - “Lower Risk” - activities are those that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

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Softball - Ron Smith Jr. dreaminbigdj@hotmail.com

Baseball - Nic Koban nicholas.koban@maine.edu

Girls Lacrosse - Jody Harmon & Liz LeClair mharmon@mtbluersd.org
eleclair@mtbluersd.org

Girls Tennis - Griffin Conlogue gconlogue@mtbluersd.org

Boys Tennis - Zac Conlogue zconlogue@mtbluersd.org

Track & Field - Kelley Cullenberg cullenberg.kelley@gmail.com

Boys Lacrosse - Matt Reynolds mreynolds@mtbluersd.org