

**WCPS Athletics & Extracurricular Activity Plan
Semester 1**

Timelines:

Dates	Groups/Teams	Activities Permitted
September 8-25 or During Phase 1 of the WCPS Recovery Plan	Pre-Season Conditioning – All student athletes, all sports included. No sport specific sessions permitted.	Virtual conditioning workouts
September 8-25 (Phase 1)	JROTC Drill JROTC Rifle JROTC Marksmanship JROTC PT	Virtual practice
September 28 – January 29 (Phase 2)	JROTC Drill JROTC Rifle JROTC Marksmanship JROTC PT	Virtual practice In-Person Drill Skill building sessions Activity specific practices Intramurals Inter/intra school-scrimmages (pending approval by the Superintendent of Schools)
September 8-25 (Phase 1)	Band and Band Front	Virtual Practice
September 28- January 29 (Phase 2)	Band and Band Front	Virtual Practice In-Person practice Sectional practices
September 28 – October 31 Phase 2	Spring Sports	Virtual practices In person conditioning Skill building sessions Sport specific practices Intramurals Inter/intra school-scrimmages (pending approval by the Superintendent of Schools)
November 2 – December 9 Phase 2	Fall Sports	Virtual practices In person conditioning Skill building sessions Sport specific practices Intramurals Inter/intra school-scrimmages (pending approval by the Superintendent of Schools)
December 10 – January 29 Phase 2	Winter Sports	Virtual practices In person conditioning Skill building sessions Sport specific practices Intramurals Inter/intra school-scrimmages (pending approval by the Superintendent of Schools)

- These specific extracurricular timeframes and sessions are intended to **reengage student athletes**.
- Specific dates are **subject to change** depending upon current rules and guidelines.
- Face coverings and social distancing should be enforced where applicable.
- Current Physicals, Permission Forms, and all other ancillary paperwork **must be completed** by each student athlete prior to participation.

All activities must follow the current guidance from the Worcester County Health Department, CDC, State of MD and the WCPS Educational Recovery Plan.