

District 7 Athletic Directors met last Friday and will again this Friday. Lincoln County resides in the East Region.

We are currently in Phase I. No region in the state has met all 4 matrix to move into Phase II. District 7 is currently operating within the parameters of Contingency A since we are still in Phase I. This means that Cross Country, Volleyball, and Girl's Soccer will be starting their practices on February 15th. Football will begin on February 10th because they need additional practices which include 3 practices in no pads. Each of these season 1 sports have specific guidelines to follow whether indoor or outdoor. All participants in each sport along with coaches are required to mask up and monitor student-athletes daily keeping them in specific pods. Football requires 10 practices while the other three only require 5 to compete.

Competitions are allowed in XC in Phase I while football, soccer, and volleyball need to be in Phase II to compete. XC will have their first meet on Saturday, February 20th. All meets will be on Saturdays maximizing start times with the better weather and giving parents an opportunity to either transport the child to the meets or allowing coaches to drive district vehicles transporting those not having parent rides. As of right now, all sports in season 1 must compete with masks.

Middle school sports are scheduled to begin on February 22nd. XC will have their first HS meet on February 20th while the middle school will have their first meet on February 27th. The same day high school will have their second meet. End of season 1 sports will be April 3rd. If by February 22nd the east region enters Phase II, contests will begin for soccer, volleyball, and football on March 1st with the season ending on April 10th.

Season 2 includes our normal spring sports, Baseball, Softball, Golf, Tennis, and Track and Field. If we continue in

contingency A, their seasons will start March 29th and end May 15th. If we have to go to contingency B, their seasons

will begin on April 5th and end on May 15th.

Season 3 will include Basketball and Wrestling. If we are operating in either contingency A or B, their seasons will begin on

May 10th and end on June 19th.

We have scheduled and re-scheduled season 1 athletic events many many times. It is crucial that our athletic department

work very close with our transportation department as trip drivers are at an all-time low.

WIAA is giving districts permission to move seasons however they fit better for individual districts. A waiver must be

submitted and granted for that to occur. Culminating post-season events probably will not be at the state level but either at

the league or region depending upon number of teams and the number of contests able to participate in.

Current times are difficult to say the least. We must give our kids hope and some sort of a season if possible to give them

somewhat of a normal career while they are in either middle school or high school. We are currently offering a P.E. extension

from 2:00 p.m. to 3:00 p.m. daily for students to work on their muscular endurance/strength, agility, and cardio-respiratory

endurance in preparation for season 1 practices and hopefully competitions.