

Shumate Middle School _____ *Home of the Seahawks*

8/27/2020

Dear Seahawk Families,

Please see below for updated information regarding Volleyball and Cross Country

Volleyball-

We will be starting volleyball **conditioning** starting on Monday, August 31st, Tuesday, September 1st, and Wednesday, September 2nd. We will not be holding tryouts at this time as we await further direction from the state of Michigan and MHSAA.

7th Grade and 8th Grade

When: 4:00-5:30pm

Where: Carlson Football Stadium

Cross Country -

Open to all 6th, 7th and 8th graders at Shumate.

First Week of Cross Country will be Monday, August 31 through Thursday, Sept. 3rd

When: 3:15-4:30pm

Where: Shumate front doors

****Parents will be sent a FAQ regarding cross country information on Monday, 8/31/20 in place of an in-person parent meeting.

Run on your own over the Labor Day weekend, try to get at least 5 miles in over the 4 days

When my athlete reports for tryouts/practice what should they know?

- **All athletes must bring their own water bottles.** Please put their name on it. We will have water available for them to fill it up if necessary.
- There will be **VERY LIMITED** locker room access. They must come ready for practice. Please shower as soon as you return home.
- **ALL athletes must wear a face covering when they arrive.** Please support us in making sure your son or daughter always has a face covering that is worn properly. If students refuse to wear masks in common areas before and after taking the field or court, they may be disqualified from practice or competition that day.

Physicals: Must be on file before tryouts or if there are no tryouts, the first practice. If athletes had a physical for the 2019 - 2020 school year in the Gibraltar School District they do not need a new one. All students without a physical on file must submit a new one.

All students need to complete a 2020-21 MHSAA SPORTS HEALTH QUESTIONNAIRE
2020-21 MHSAA SPORTS HEALTH QUESTIONNAIRE [can be found here:](#)

Athletes must complete this form each day for practice: bit.ly/gsdathletics

If you have any further questions, please contact me at 734-379-7606 or at andersd@gibdist.net

Sincerely,

Dave Anderson

Assistant Principal/Athletic Director