



## Fuquay-Varina Youth Sports - Fall 2020

Parents,

Welcome to Youth Sports with The Town of Fuquay-Varina! Due to COVID-19, we have adjusted our fall program offerings. We are excited about the upcoming opportunities and experiences this season has in store for our players and families. Below is important information regarding our programs. Please Read carefully.

### Offered Programs

- Baseball
- Softball
- T-Ball
- Cross Country
- Soccer Skills Development
- Football Skill Development
- Volleyball Skill Development

### Baseball, Softball, and T-Ball Programs

- These three programs will be conducted traditionally with the following exceptions:
  - No end-of-season tournament play
  - Baseball & Softball: 8 regular season games
  - T-Ball: 6 regular season games
  - COVID-19 Safety Guidelines Enforced

### Soccer, Volleyball, and Football Skill Development Programs

- These three programs are designed to help players learn and sharpen their basics, while teaching participants advanced skills for their appropriate age group by the conclusion.
- In addition to skills training, ages 10U and above will contain physical condition training appropriate to their sport.

### New Programs

- **Cross Country** – This 7-week program is designed to teach the sport of cross country. Including all, but not limited to stretching, proper conditioning, necessary nutrition, and correct running practices. The program is designed to teach all these aspects through instruction, running, and entertaining games.
- 1 Training session per week

## **COVID-19 Guidelines for programs**

### **Masks**

- ALL Parents, Coaches, and attendees must wear a mask for the entire duration of the activity they are attending. (Unless under the age of 2)
- Participants will be required to wear a mask upon arrival and any time they are not on the field. Once a participant is on the field of play, they can remove their mask. When exiting, they must put it back on.
- Hand sanitizing stations will be available for use at each park.

### **Spectator Seating**

- All spectators will be required to sit in the designated "Spectator" area. The bleachers will be closed to spectators and will be used for the players to sit.
- Spectator Areas will be designated around the outer portions of your groups's assigned court/field.
- Please bring chairs or blankets if you need seating.

### **Expectations Prior to Attending**

- Parents are required to self-assess their children and additional persons they are bringing before attending each activity. If symptoms are present or attendees have recently been exposed to someone with COVID-19, please do not attend the activity and notify our designated COVID-19 Full-Time Staff contact.
- All attendees are encouraged to stay in their vehicles until 10 minutes before their scheduled activity start time. This will allow the attendees in the prior event time to make their way out of the park.

### **Equipment**

- Baseball, Softball, T-Ball - The Town will be providing each team with an assigned catchers gear set. Players are instructed to bring their own gloves, helmets, etc.
- Soccer – The Town will be providing soccer balls and cones to each coach for their group.
- Football – The Town will be providing footballs and cones to each coach for their group.
- Volleyball – The Town will be providing volleyballs at each activity.
- Disinfecting spray will be available for all coaches.
- Sharing of personal equipment is strongly discouraged.

### **Schedules**

#### **Baseball, Softball, & T-Ball**

- 4 Pre-season practices
- Following these 4 practices, teams will play 8 regular season games; 6 regular season games (T-ball)
- Teams will not have practices once games begin.
- Teams will have 1-2 scheduled games per week.
- There will not be an end-of-season tournament for any age divisions.

#### **Soccer, Football, & Volleyball**

- 7 Weeks of training sessions.
- 1 training session per week.
- Groups will not have multi-team scrimmages or games.

**If you have any questions regarding the upcoming season or coaching with us, please feel free to contact us using the information below.**

**Thomas DeGruchy, Interim Athletic Program Administrator**

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