

Important: Middle School Athletic Activities

Based on feedback from middle school principals and athletic directors, any interested middle school student-athletes will have the opportunity to participate in skill development, conditioning workouts and, for some sports, intramural competitions beginning in the second semester.

This means contests and games between schools will not be held. Circumstances will continue to be reviewed as conditions change.

Students will be able to participate in athletic activities **only** on days when they are in school for face-to-face instruction. Schools will reach out to virtual academy students to determine interest in participating.

Athletic Directors and Principals will work together to assign interested Virtual Academy students to cohorts, with the intent of keeping participation numbers similar across the three cohorts.

All participants will need to have an up-to-date pre-participation exam (physical). The North Carolina Department of Public Instruction has granted an extension for pre-participation exams for the 2020-2021 academic year. All exams with a doctor's signature dated on or after March 1, 2019 remain valid through the end of the 2020-2021 academic year. All students planning to participate will be required to submit an updated **Athletic Participation Form** through the online registration platform, which will be open for a window of time prior to each of the three seasons.

Activities and Schedule

Basketball, Cheerleading and Football will be able to hold skill development and conditioning workouts.

Soccer, Volleyball, Track & Field and Softball will have the option of also offering some intramural competitions.

Here is the schedule:

- Season 1/Winter Sports - Basketball, Cheerleading - Jan. 25-Feb. 19
- Season 2/Fall Sports - Football, Girls Soccer, Volleyball, Cheerleading - Feb. 22-March 26
- Season 3/Spring Sports - Track & Field, Softball, Boys Soccer - April 7-May 14

FAQ

Why can only some sports offer intramurals?

The [N.C. Department of Health and Human Services](#) has determined that football, basketball and cheerleading are higher risk sports for the transmission of COVID-19. If that designation changes, we will consider allowing those sports to offer intramurals.

Why can students only participate on days when they are in school for face-to-face instruction?

There are two main reasons for this decision:

1. Students entering the school campus in the afternoon and interacting with other students increases the likelihood of COVID-19 transmission. Our ultimate goal is to protect the health and safety of students and staff so our school buildings can remain open for face-to-face instruction.
2. Middle school students have less access to transportation than high school students and therefore have fewer options for getting to school in the afternoons. It is inequitable to have activities open only to those students who have an available adult able to take them to campus in the afternoons.