

MATTITUUCK-CUTCHOGUE U.F.S.D.
OFFICE OF ATHLETICS, HEALTH & PHYSICAL EDUCATION

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Jill Gierasch
Superintendent of Schools

Greggory Wormuth
Director of Health, Physical Education and Athletics



January 7, 2021

Dear Mattituck-Cutchogue Families,

The Mattituck-Cutchogue Athletic Department is ready to offer the next selection of intramurals. We understand that we cannot replace the experience of being on an Athletic team. However, we hope to provide the next best thing while also adhering to current regulations for physical activity. Over the next two months, we will offer the following activities and there is a calendar of those activities on the additional pages included. Activities being offered are:

- JH Boys Basketball
- JH Girls Volleyball
- JH Boys and Girls Winter Track (Outdoor)
- Yoga (Grades 7-12)
- Speed and Agility (Grades 7-12)

The intramural program will operate in accordance with the NYSDOH Interim COYID-19 Guidance for Sports and Recreation:

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/SportsAndRecreationMasterGuidance.pdf>

Students interested in participating in intramurals must register through the Family ID registration platform that can be found on the school website under the Athletics tab, or by clicking the following link:

<https://www.familyid.com/organizations/mattituck-cutchogue-athletics>

Some activities are designated for specific grade levels only, while others include all students grades 7-12. This design will allow students an opportunity to participate in several activities should they choose to take advantage. All activities will take place at the Mattituck JH/SR HS between the hours of 2:45pm-4pm. All students can be picked up from the West side Gymnasium Entrance at the end of their activity.

Student Responsibility:

- Family ID Registration
- Athletic Clothing and sneakers or sport specific footwear required
- Full Participation
- Hand Sanitization prior to activity and following
- Personal Water Bottle
- Parent Pick up at 3:45pm for Yoga or 4pm for all other activities

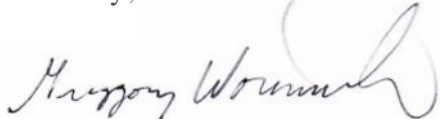
Not provided:

- Water
- Transportation

Expectations:

- Complete cooperation from student and coach
- Continuous use of face mask during all activities
- Sanitization of all equipment prior to and after all activity
- Athletic Trainer on Site
- Security on Site

Sincerely,

A handwritten signature in cursive script that reads "Gregory Wormuth". The signature is written in black ink and is positioned above the printed name.

Gregory Wormuth

January

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Speed & Agility 2:45-4 (Grades 7-12) Girls Volleyball 2:45-4 (JH Only)	12 Yoga 2:45-3:45 (Grades 7-12) Boys Basketball 2:45-4 (JH Only)	13 Speed & Agility 2:45-4 (Grades 7-12) Girls Volleyball 2:45-4 (JH Only)	14 Yoga 2:45-3:45 (Grades 7-12) Boys Basketball 2:45-4 (JH Only)	15 Girls Volleyball 2:45-4 (JH Only)	16
17	18 Martin Luther King Jr. Day School Closed	19 Yoga 2:45-3:45 (Grades 7-12) Winter Track 2:45-4 (JH Only) Boys Basketball 2:45-4 (JH Only)	20 Speed & Agility 2:45-4 (Grades 7-12) Winter Track 2:45-4 (JH Only) Girls Volleyball 2:45-4 (JH Only)	21 Yoga 2:45-3:45 (Grades 7-12) Winter Track 2:45-4 (JH Only) Boys Basketball 2:45-4 (JH Only)	22 Winter Track 2:45-4 (JH Only) Girls Volleyball 2:45-4 (JH Only)	23
24	25 Speed & Agility 2:45-4 (Grades 7-12) Winter Track 2:45-4 (JH Only) Boys Basketball 2:45-4 (JH Only)	26 Yoga 2:45-3:45 (Grades 7-12) Winter Track 2:45-4 (JH Only) Girls Volleyball 2:45-4 (JH Only)	27 Speed & Agility 2:45-4 (Grades 7-12) Winter Track 2:45-4 (JH Only) Boys Basketball 2:45-4 (JH Only)	28 Yoga 2:45-3:45 (Grades 7-12) Winter Track 2:45-4 (JH Only) Girls Volleyball 2:45-4 (JH Only)	29 Winter Track 2:45-4 (JH Only) Boys Basketball 2:45-4 (JH Only)	30
31						

February

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Speed & Agility 2:45-4 (Grades 7-12) Winter Track 2:45-4 (JH Only) Girls Volleyball 2:45-4 (JH Only)	2 Yoga 2:45-3:45 (Grades 7-12) Winter Track 2:45-4 (JH Only) Boys Basketball 2:45-4 (JH Only)	3 Speed & Agility 2:45-4 (Grades 7-12) Winter Track 2:45-4 (JH Only) Girls Volleyball 2:45-4 (JH Only)	4 Yoga 2:45-3:45 (Grades 7-12) Boys Basketball 2:45-4 (JH Only)	5 Girls Volleyball 2:45-4 (JH Only)	6
7	8 Speed & Agility 2:45-4 (Grades 7-12) Boys Basketball 2:45-4 (JH Only)	9 Yoga 2:45-3:45 (Grades 7-12) Girls Volleyball 2:45-4 (JH Only)	10 Speed & Agility 2:45-4 (Grades 7-12) Boys Basketball 2:45-4 (JH Only)	11 Yoga 2:45-3:45 (Grades 7-12) Girls Volleyball 2:45-4 (JH Only)	12 Boys Basketball 2:45-4 (JH Only)	13
14	15 Winter Break	16 Winter Break	17 Winter Break	18 Winter Break	19 Winter Break	20
21	22 Speed & Agility 2:45-4 (Grades 7-12)	23 Yoga 2:45-3:45 (Grades 7-12)	24 Speed & Agility 2:45-4 (Grades 7-12)	25 Yoga 2:45-3:45 (Grades 7-12)	26	27
28						