

Mattituck-Cutchogue Intramural Program

Beginning on September 29, 2020 the Athletic Department will open a Fall intramural program. This program will offer the opportunity for students grades 7-12 to participate in after school activities from 9/29/20-11/19/20 M-TH between the hours of 2:45pm and 4:30pm. The activities will include those of the traditional Fall sport season, Tennis, Cross Country, Soccer and Flag Football.

Students interested in participating in the intramural program will only be allowed to participate on the day in which he/she is attending classes for students grades 9-12 or by the designated team color for students in grades 7 and 8. We will follow the school calendar for either a Blue day or Gold day. Students will be required to sign up for their intramural sport through the Family ID registration platform found on the MUFSD website under the Athletic Tab. Once a student has registered for a sport, he/she cannot change to another option.

- Family ID is currently open for registration and will close on 10/16

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

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

Activity Description:

Tennis: Coed Activity, depending on the number of participants students will be divided up into singles or doubles teams to participate in a round robin tournament daily. Students are encouraged to bring their own racket; however, rackets may be provided. Ability levels will vary and there will be little time spent on skill development.

Cross Country: THIS ACTIVITY will be 2:45-3:45, Coed Activity, each day will consist of cardiovascular endurance training, all students should be prepared to run distances based on ability level and up to 7 miles on a single day for advanced runners, this activity will be both on and off campus

Soccer: Coed or not activity, depending on the number of participants students will be divided up into small sided teams to participate in round robin tournaments daily, student groupings will be grades 7-8 and 9-12, game will be modified to allow only seven total players on each half of the field, Ability levels will vary and there will be little time spent on skill development.

Flag Football: Coed or not activity, depending on the number of participants students will be divided up into small sided teams to participate in round robin tournaments daily, student groupings will be grades 7-8 and 9-12, PAL Flag Football rules apply, Ability levels will vary and there will be little time spent on skill development.

Student Responsibility:

- Family ID Registration
- Athletic Clothing and sneakers or sport specific footwear required

- Attestation completed daily and provided to coach
- Full Participation
- Hand Sanitization prior to activity and following
- Personal Water Bottle
- Parent Pick up at 3:45pm for Cross Country and 430pm for all other activities

Not provided:

- Use of locker room
- 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