



Athletic Department

Mike Silver, Director of Athletics

Maple Hill High School

1477 SouthSchodack Road

Castleton-on-Hudson, NY 12033

PHONE (518) 732-7701

FAX (518) 732-0494

msilver@schodack.k12.ny.us

Winter Sports First Day of Practice Schedule and Important Information

Here are the Practice Schedules for this week. JV and Varsity Basketball will start today (2/3) and Varsity wrestling will begin on Thursday (2/4).

Wednesday Feb 3rd:

Boys JV Basketball	230-430 HS Gym
Boys Varsity Basketball	430-630 HS Gym
Girls Varsity Basketball	630-830 HS Gym
Girls JV Basketball	5:00-7:00CES

Thursday Feb 4th:

Boys JV Basketball	230-430 HS Gym
Boys Varsity Basketball	430-630 HS Gym
Girls Varsity Basketball	630-830 HS Gym
Girls JV Basketball	3:30-5:30 CES

Friday Feb 5th:

Boys JV Basketball-	230-430 HS Gym
Boys Varsity Basketball	430-630 HS Gym
Girls Varsity Basketball	630-830 HS Gym
Girls JV Basketball	330-530 CES

Varsity Wrestling will practice from 330-530 at the middle school building starting on

Thursday Feb 4th.

Modified Sports will begin on Monday February 8th. More information to follow.

Currently, we are not 100% sure which schools we will be competing with. I am working with other schools in Rensselaer County to develop a schedule, but right now we do not

have any games scheduled. Coaches will communicate future practice times to you this week.

There are a few protocols that we will be asking you to adhere to before, during and after practices. They are as follows:

1. Whether in school or virtual, you will be asked to complete the pikmykid attestation each day before you come to practice. If you completed in the morning for school you do not need to do it twice, but if you are home, you will need to complete it **before 10am!** Along with pikmykid, we will also be checking temperatures before you enter the gymnasium for practices and competitions.
2. **Remember, please do not come to school or practice if you have any symptoms until cleared by the school nurse.**
3. Basketball athletes arriving to practice from home will enter the school through the gym lobby. We are asking that you do not arrive to practice more than 10 minutes before your start time. Teams that have practice right after school will be dismissed over the loudspeaker before practice starts to get equipment, check in for the screening process, and enter the gym.
4. If your practice is at CES you will enter the side door by the gym.
5. Wrestling athletes will enter through the main entrance of the middle school building and after being screened in, will report to the MS cafeteria.
6. We are asking that students come to practice dressed and ready to go. We are limiting locker room use, so coming dressed ready to practice would be ideal. Locker rooms will be used for bathrooms.
7. We are encouraging you to bring your own water bottle with your name on it. This way we are not sharing.
8. No Sharing of any personal equipment
9. Please make sure you are maintaining 6 feet social before and after practice during the arrival and departure time.
10. **Masks are required at all times!**
11. **Students must attend all classes, remote or in person, to be eligible to practice/play.**
12. **ONLY students that have 2:30 practice will be allowed to stay after school. All other athletes must go home after school.**