

Hello!

I am Lynne Higdon and I will be coaching the girls' basketball team this year at Blacksburg Middle School. I am excited to get to know the girls and their families this year. To get ready for the upcoming season, I will begin preseason basketball workouts. We will follow the social distancing guidelines given to us. At this point, we will be keeping a distance of 10 feet between athletes in practice. Students will be developing individual skills in workouts. They do have permission to pass a basketball, so there will be some sharing of equipment. We will do our best to keep everything as clean as we possibly can.

There will be a google sign up sheet for email and another one to sign up for workouts. You must sign up for a workout so we can keep the number of athletes down to keep the gym safe for all athletes. I ask that you sign up for one time slot per week at the present time. Students must wear a mask to enter the gym. Students will line up outside while waiting to come in. Students will be asked the following questions before they are able to participate that day.

Screening Questions:

- Have you been exposed to someone who has been diagnosed with Covid-19 or is being tested?
- Have you experienced any of the following symptoms in the past 24 hours: fever 100.4+ - persistent cough - difficulty breathing OR at least two of these symptoms: chills - repeated shaking with chills - muscle pain - new loss of taste or smell - headache/sore throat along with one of the symptoms listed above
- Have you traveled on vacation recently? When?
- Did you regularly wash your hands?
- Did you physically distance yourself (6 feet) from others outside your household?
- Did you wear a face-covering whenever physical distancing was not possible?
- Did you avoid crowds?

Students should bring a water bottle to practice. They may also want to bring their own hand sanitizer for the end of practice. I look forward to getting started this year. Look on the MCPS webpage for signup information. Feel free to send me an email if you have any questions or if you would like to be on the email list, but are not yet ready to come to practices.

I am looking forward to a great season together!

Sincerely,

Lynne Higdon