

Athletics



Activities

Winter contact days, as permitted by the IESA, may begin November 2nd, and continue through December 18th for boys basketball, girls basketball, and volleyball. There is a 15-day limit on contact days during this time period for any sport not in season.

Coaches must approve these days with the Athletic Director ahead of time and the Athletic Director will post scheduled contact days and times. All programs conducting contact days during this time will follow up-to-date guidance provided by the IESA, which at this time are Phase 4 Return-to-Play guidelines.

Though we are not close to contact days camps and open gyms are allowed during this time following the most up-to-date guidelines.

<https://www.iesa.org/documents/health/IESA-CONTACTDAYS.pdf>

Per IDPH, sports Categorization, to date are:

Category	Sports
High Risk	Competitive Cheer, Competitive Dance, Football, Wrestling
Medium Risk	Basketball, Volleyball, and Soccer
Low Risk	Baseball, Softball, Track and Field, Cross Country, Bowling, Sideline Cheer, Golf, and Swimming

High Risk Sports can conduct no-contact practices, training only

Medium Risk Sports can have intra-squad scrimmages with parental consent

Low Risk Sports can have competitive play

As we move into camps and contact days that does not mean we will actually get to play opposing teams in basketball and volleyball until we move into Phase 5 of Return-to-Play. Tentative practice start days are: Jan. 4th for BBB, Jan. Jan. 11th for VB, and March 8th GBB

TCA will choose to host camps only offered to our students this year due to COVID-19. The following must be followed along with TCA's All Sports Policy.

Student Responsibility and Expectations

- MUST have COVID-19 release form signed
- wear a mask upon arrival to the practice facility
- be screened for and show none of the following signs/symptoms of COVID-19
 - fever 100.4, cough, sore throat, shortness of breath, close contact of someone with COVID-19, chills, muscle aches, runny nose, loss of taste or smell, headache, nausea, vomiting, and diarrhea
- sanitize hands before they enter, during, and leaving the facility
- wear a mask at all times
- wear a mask outside if cannot keep social distancing
- bring and use own water bottle and equipment
- wear proper attire and come in only in what you need-no use of locker rooms
- WILL follow IDPH COVID-19 policy on quarantine and returning to school/play

Workout Guidelines

- no spectators allowed in gym during training sessions
- all coaches and spotters will be masked at all times
- when athletes cannot maintain proper spacing they must be masked
- all equipment will be sanitized before and after each session
- all shared equipment will be sanitized frequently throughout out the session

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Below is a tentative schedule for camps and open gyms. Throughout this time all sessions will generally occur at the same time. Times or day may need to be adjusted due to conflict and will be communicated by the Athletic Director only.

FOR CAMPS: YOU MUST SIGN UP AND BE PRE-REGISTERED AS NUMBERS WILL BE LIMITED TO HOW MANY WE CAN HAVE IN THE GYM AT ONE TIME.

FOR OPEN GYMS: IT WILL BE FIRST COME FIRST SEVER UNTIL THE GYM IS AT CAPACITY.

Sport	Dates	Times	Price
Basketball Camp Dates	Thursdays: October 22, 29 November 5, 12, 19	3:00-4:30 7/8 5:00-6:30 5/6	\$5.00 flat fee
Basketball Open Gym Dates	Saturdays: October 31, November 14 November 7, 21	11-12:30 9:00-10:30	no cost
Volleyball Camp Dates	Tuesdays: October 20, 27 November 3, 10	6-7pm 5/6 7-8pm 7/8	\$5.00 flat fee
Volleyball Open Gyms	Saturdays: October 31st, November 14th	9:00 - 11:00	no cost
Volleyball Contact Days (Team Days)	Wk. of Nov. 16th- 2 practices Wk. of Nov. 23rd- 2 practices Wk. of .Nov. 30th - 3 practices Wk. of Dec. 7th - 3 practices Wk. of Dec. 14th- 3 practices	Time/Date TBD by individual coaches to each team	no cost
Boys Basketball Contact Days (Team Days)	Wk. of Nov. 30th - 2 practices Wk. of Dec. 7th- 2 practices Wk. of Dec. 14th- 2 practices Wk. of Dec. 21st- 1 practice	Time/Date TBD by individual coaches to each team	no cost
Girls Basketball Contact Days (Team Days)	Scheduled at a later date since VB will come first this year		