

Middle School 7th and 8th Grade Basketball

Parents/Guardians,

The three Portland MS AD's want to provide you with information as we are in the process of trying to get 7th and 8th Grade Boys and Girls Basketball up and running. Hopefully we will have a season, but that will depend on Cumberland County staying Green and our schools staying in our current hybrid status or better.

Our plan as of now as long as Cumberland County keeps a Green Designation is as follows:

November 30th

Signups will take place starting the week of Nov 30th

December 7th

Tryouts will begin on Dec 7th. These tryout sessions will be one day a week with drills and skills being emphasized. See attached sheet for Tryout/Skills and Drills Schedule

January 8th

By Jan. 8th, 7th and 8th Grade School Teams will be selected

January 11th

Team Practices will begin January 11th.

Team Practices will be held in the afternoon/evening, four days a week (Mon/Tues/Thurs/Fri - Times TBD). **Players will need to go home after school and return for their individual practice times.** Prompt pick up will be required as there will be a short window between practices and we do not want players standing around.

January 25th

If a limited regional league schedule is generated Team Games will start the week of Jan. 25th and go through Feb. 26th.

Player & Parent/Guardian Guidelines

- Masks will be mandatory during all practices
- Students wanting to make the school team must attend two (2) of the Skills/Drills sessions
- After school programming will use morning health screening for participation
- For Evening Practices, the Parent/Guardian will screen students at home as they would before school and only send players if they meet the proper health screening criteria.
- Parents will need to provide transportation to and prompt pick from evening practices.

We want to point out that things will be run very differently this year as our number one priority will be to ensure a safe environment for your child and allow them to participate in an activity they enjoy.

We too, again, are fully transparent! There are many obstacles that could still prevent these programs from happening. One critical piece is that Cumberland County remains in the green, if our designation changes to yellow all programming will be placed on hold.

Sincerely, Phil Darasz - Lyman Moore, Mark Maclauchlan - Lincoln, Duke Madsen - King

BASKETBALL PRACTICE/TRYOUT SCHEDULE FOR LINCOLN MIDDLE SCHOOL

TEAM	TIME	Dates of Practice/Tryouts
Cohort A: 8th Grade Basketball Boys	2:45- 4:00	12-7, 12-14, 1-4
Cohort A: 7th Grade Basketball Boys	5:00- 6:15	12-7, 12-14, 1-4
Cohort B: 8th Grade Basketball Boys	2:45- 4:00	12-8, 12-15, 1-5
Cohort B: 7th Grade Basketball Boys	5:00- 6:15	12-8, 12-15, 1-5
Cohort A: 8th Grade Basketball Girls	2:45- 4:00	12-10, 12-17, 1-7
Cohort A: 7th Grade Basketball Girls	4:15- 5:30	12-10, 12-17, 1-7
Cohort B: 8th Grade Basketball Girls	2:45- 4:00	12-11, 12-18, 1-8
Cohort B: 7th Grade Basketball Girls	4:15- 5:30	12-11, 12-18, 1-8
Remote Academy 7th and 8th Grade Girls	3:45- 5:00	12-9, 12-16, 1-6
Remote Academy 7th and 8th Grade Boys	5:15- 6:30	12-9, 12-16, 1-6

All practice/tryouts will take place in the Lincoln gym. Students should enter through the silver doors in the back of the school. Students will not be permitted in the gym until the gym is emptied out from the previous practice. Students will wear masks during practice. Locker rooms will not be available at this time. Students are encouraged to wear their practice gear under their regular clothes. At this time parents and guardians are asked to wait outside for their child, please do not come into the school. Thank you for your cooperation with this, there may be more info added at a later date. Any questions email me at maclam@portlandschools.org.

SPORT: Basketball

Cohort A _____ Cohort B _____

PORTLAND PUBLIC SCHOOLS ATHLETIC PERMISSION FORM – Sport/Activity Warning, Agreement to Obey Instructions, Report Injuries, and Parental Permission

I understand the dangers and risks of playing or practicing in the above co-curricular activity includes the risk of serious injury. Therefore, I recognize the importance of following coaches'/advisors' instructions regarding playing and training techniques, team or program rules, etc., and agree to obey such instructions.

I agree to report all injuries to me to my coach, advisor, or principal within 24 hours of their occurrence.

Signature of Student: _____ **Date:** _____

I, the parent/guardian of _____, understand the dangers and risks
Name of Student

involved in the co-curricular activity as indicated above. Recognizing those dangers and risks, I give permission for my son/daughter to participate in the above co-curricular activity/sport. I also understand that before a student can participate in athletics a physical clearance for sports participation from a physician must be on file at the school.

Signature of Parent/Guardian: _____ **Date:** _____

Co-Curricular Code of Conduct – District Policy

The Portland Public School Co-Curricular policy can be found on this link:
<https://www.portlandschools.org/common/pages/DisplayFile.aspx?itemId=7044882>

PORTLAND PUBLIC SCHOOLS CO-CURRICULAR ACTIVITIES CODE OF CONDUCT AGREEMENT

By their signature, students and their parents acknowledge that they understand and agree to adhere to the PPS Co-Curricular Handbook and Athletic and Co-Curricular Activities Code of Conduct for Middle and High School Students. Disciplinary action taken under this code by a coach, activity advisor, or co-curricular administrator may be appealed to the principal of the school. It is recognized that individual activity advisors or coaches may have additional rules and regulations for their students in areas not covered by the code.

Note: This form is for student participation in extramural or intramural co-curricular activities. It must be signed and returned to the student's Co-Curricular Administrator **before the student is eligible to participate** in the sport/co-curricular activity.

I Have Read and Understand the Code of Conduct and by my signature agree to abide by it.

Signature of Student: _____ **Date:** _____

I HAVE READ AND UNDERSTAND THE CODE TO WHICH THE STUDENT IN MY CUSTODY HAS AGREED TO BY HIS/HER SIGNATURE

Signature of Parent/Guardian: _____ **Date:** _____

PPS Assumption of Risk and Waiver re. Communicable Diseases & COVID-19

Please read, sign and return before the first day of Intramurals

By signing this agreement with PPS, I acknowledge the risks associated with participation in athletic/co-curricular activities and the possible contraction of COVID-19 or other communicable diseases and wish for my child (or me/staff - named below) to participate in these PPS Middle School activities.

Signature of Parent/Guardian: _____ **Date:** _____