

Athletics – Mr. Aaron Skinner

Happy Sunday Cardinal Families!

A quick update on what is going on with regards to athletics, as of this writing on Friday morning.

Stay At Home Order Lifted - Purple Tier Sports Allowed to Compete

As I'm sure everyone knows by now, the Stay at Home Order was lifted in California on Monday. In doing so, Santa Barbara County has been moved back to the Purple Tier. As you will remember from some previous emails/Newsletters, there are certain sports, mainly individual sports that are now allowed to compete versus other schools.

Only one sport in Season 1 is allowed to compete in the purple tier, and that is **Cross Country**. In Season 2 sports, there are a number of sports allowed in the Purple Tier, but those seasons have yet to officially start. Our target date for our first Cross Country meet will be the last week of February, in order to provide our Cross Country athletes enough time to train to complete the approximately 3 mile race. **If anyone is interested in joining the Cross Country team, please reach out to Head Coach, Christine Bjelland (cbjelland@bishopdiego.org).**

Assuming that nothing else changes at the state level, the remaining Season 1 sports (Football, Girls Volleyball, and Water Polo) would not be allowed to compete until we reach the Orange Tier. We are hopeful that this is changed in the coming days/weeks, and I will notify everyone if/when that change is made.

Spring Sports (Season 2) - Can only Play 1 Sport including Club

As you should all be familiar with at this point, the current state and CIF guidance is that student-athletes can only participate on 1 team at a time, including club sports. So for example,

if a student decides that they would like to participate in Baseball at Bishop this spring, that student would not be allowed to participate in any other sport that Bishop is offering during that season, as well as would not be allowed to participate in a Club sport simultaneously. The rule stating that students cannot participate on a High School team and a Club team simultaneously is not a new rule, but was temporarily suspended this fall given the calendar change. Given the recent CDPH guidance, CIF decided to remove it's temporary suspension to be consistent with the "one team cohort" rule.

Given this rule, and the number of sports that are scheduled to play this spring, I will be sending out a survey next week to all students to ask them which sport they will be choosing to participate in, if they will be choosing to play a club sport instead, or if they will choose not to play a sport at all. If you haven't done so already, please have a conversation with your son/daughter regarding this topic so that we can get a sense of what we need to plan for in the coming weeks. **The survey will be sent out to all students on Wednesday, February 3rd.**

Athletic Clearance - SPORTS PHYSICALS

This is another reminder that in order to be allowed to compete in any athletic contests, we need a current Sports Physical on file! If you have yet to complete a sports physical for this year, please try to schedule one ASAP so that it doesn't affect your son/daughter's chances to play when we get the green light. This is to ensure the safety and health of our athletes! If you are unsure if you have a current sports physical, please reach out and I will let you know.

As always, don't hesitate to reach out if you have any additional questions!

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