



ST MARY'S ACADEMY

St. Mary's Academy Families,

The Oregon Schools Activities Association (OSAA) announced their updated plans this week for interscholastic athletics and activities for the 2020-21 school year. This latest change follows the newly revised state benchmarks for in-person classes and pushes the start of sports later in the year with three condensed seasons.

The first sports season will run from **December 28 through February 28** including traditional winter sports (**basketball, swimming, alpine, and Nordic skiing**) finishing with an OSAA culminating week March 1-6, 2021. The second sports season will run from **February 22 through April 25** and include fall sports (**cross country, soccer, and volleyball**), concluding with an OSAA culminating week April 26-May 1, 2021. The third and final season will be comprised of spring sports (**golf, lacrosse, tennis, track and field**) from **April 19 through June 20**, finishing with an OSAA culminating week June 21-26. Each season will include a seven-week condensed competition format with adjusted contest limitations and culminating week events. Competition schedules for each sport reflecting the adjustment in the OSAA calendar seasons will be posted in the coming weeks as they become available. To read the OSAA's full announcement, visit: <http://www.osaa.org/coronavirus>.

Given the critical role athletics plays for so many of our students, through its physical activity, life skills, leadership, and character building, we are excited to announce the launch of a new program for St. Mary's student-athletes we call, **Leadership: On and Off the Field**. While we know this won't fully replace what our students-athletes will be missing with the delay in the athletic seasons, our hope is that our students will continue to develop the leadership skills and characteristics so inherent in sports through this virtual program.

We have worked with current parent, author, and motivational speaker, Greg Bell, to develop the program curriculum based on his book *Water the Bamboo: Unleashing the Potential of Teams and Individuals*. This curriculum will motivate our athletes to success through shared vision and values and will be led collectively by Mr. Bell, Dean of Leadership Michele Taylor, Athletic Director Anna Maria Lopez, and our athletics and coaching staff. The curriculum will be incorporated into our Workshop Wednesday schedule, and will be coupled with regularly held virtual workshops featuring athletic trainers, experts from the world of sports science, nutrition, wellness, and sports psychology. This program will feature former athletes who have transitioned their athletic success to professional success as well as other guest speakers who may include current professional athletes and coaches. Of course, we will also continue to encourage the ongoing efforts of our coaching staff to provide connection among our students and teams through virtual training and conditioning.

We hope you share our excitement in offering this unique opportunity to our students. Now, more than ever, we recognize our need to stretch and get creative around the programming we offer our students. We also understand the critical importance of a program like this tailored specifically for girls, with

research confirming that sports participation has a real impact on career success later in life by fostering qualities like teamwork, resiliency, confidence, and a strong work ethic.

In the coming days, those of you who have already paid the fall sports participation fee will hear from Anna Maria Lopez with options about how to apply the fee to sports later in the school year. And, we look forward to sharing more with you soon about **Leadership: On and Off the Field**.

Thank you for your continued support.

A handwritten signature in black ink that reads "Nicole Foran". The signature is fluid and cursive, with "Nicole" on the top line and "Foran" on the bottom line.

Nicole Foran
Principal

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