

Milford Mill Academy

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Principal, Kyria L. Joseph

August 20, 2020

Milford Mill Millers,

I hope this message finds you well. The purpose of this letter is to provide an update on interscholastic athletics and expectations for the upcoming school year as we plan for increased social, emotional, and academic learning in a virtual environment.

The BCPS Office of Athletics has unveiled the “Athletic Return to Play Plan” to support the social, emotional, academic progression, and academic learning for our student athletes. During the first semester, there will be 100% Virtual Coaching. The semester will be divided into each of the three athletic seasons allowing coaches to engage with their student athletes virtually. This allows student athletes the opportunity to participate in one or all seasons without having to choose.

Fall Season	Winter Season	Spring Season
September 14th to October 23rd	October 26th to December 11th	December 14th to January 29th

Virtual Coaching weekly schedule example:

Monday	Tuesday	Wednesday	Thursday	Friday
-Weekly Schedule -Weekly Goal Setting -Workout routine	-Social/ Emotional Check in - Academic Progress Check In	-Assign sports specific workout -Coach checks with teachers regarding attendance/performance	-Social/ Emotional Check in - Academic Progress Check In	-Grade/Progress Review -Reflect on goals Achievements

In-Season Virtual Coaching- will take place between the hours of 3:00 PM- 5:30 PM.

Out of Season Virtual Coaching- will take place after 5:30 PM.

Our expectations are for coaches to engage in all the areas of focus for approximately three to four hours each week. During that time, they should be:

1. Tracking social/emotional needs of student athletes through virtual platforms.
2. Monitoring and providing academic supports through progress sheets and connecting with athletes’ teachers if needed.
3. Providing conditioning programs that are body weight based that can be done from home.
4. Assisting with the College Recruiting process when necessary.

In addition, the Office of Athletics will be providing four virtual workshop opportunities for high school student athletes through our partnership with PCA-Positive Coaching Alliance. These opportunities will take place once a month from September – December and will be provided to the student at no cost. Details regarding these workshop opportunities (i.e. Topics and Dates) will be given soon. This activity will provide opportunities for student athletes to reconnect virtually with their peers, enhance personal growth, and provide a platform to discuss issues that are directly related to being a student athlete.

Raising the bar, Closing the gaps, Preparing for our future

Participation Requirements:

We will continue with our normal procedure of collecting athletic permit and parent permission slips. Physicals and other necessary paperwork are required to confirm student health, safety, and participation.

1. Students must get a **new physical** from primary care doctor, Express Care, Patients First, CVS etc. Wellness physicals will not be offered at this time due to school buildings being closed.

Physical forms: <http://milfordmillathletics.digitalsports.com/>

*Physical forms should be submitted via email to head coach, AD or uploaded to Form ReLeaf.

2. **Students must register on Form ReLeaf:** <https://app.formreleaf.com/organizations/milford-mill-academy>

Upon completion of Form ReLeaf registration, the athletes will be contacted by the head coaches of their sport and informed of the virtual meeting dates and times for both in-season and out of season virtual coaching sessions.

I will continue to provide updates as more information pertaining to our “Return to Play Plan” develops throughout the school year. Thank you for your continued support, Miller Pride!

Respectfully,

Michael Silverman, CAA
Athletic Director
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