



News from the Firebirds Nest | Edition #2 | December 21, 2020

Free State Community -

Welcome back to the second edition of "News from the Firebirds Nest!" As we transition into Winter Break and hopefully a slower-pace for all, I have a few updates to share.

Mental Health of Student-Athletes

Are you worried about the long-term emotional effect(s) COVID-19 will have on your student-athlete? "[Managing Long-Term Stress, Fatigue and Trauma](#)" written by Will Heininger, the Depression Center Outreach Coordinator at the University of Michigan, provides tools/strategies to assist with uncertainty, stress, loss, trauma, and fatigue.

KSHSAA Moratorium

As a reminder, the KSHSAA Winter Moratorium was extended from Wednesday, December 23rd - Sunday, January 03rd. Per the KSHSAA -

1. There shall be no interschool activities.
2. There shall be no staff members present for any interscholastic activities.
3. There shall be no staff members present for any interscholastic activity practice in activities under the jurisdiction of the KSHSAA.
4. There shall be no group interscholastic activity practice either on or outside school premises under supervision of school employees.
5. Students in grades 7-12 may not be in school owned or operated facilities for involvement in activities under the jurisdiction of the KSHSAA.
6. Weight rooms may not be open for students in grades 7-12.
7. Coaches shall not conduct virtual training sessions with student-athletes.
8. Coaches shall not conduct meetings (in-person or virtual) with student-athletes.
9. There shall be no "weight checks" for wrestlers at school owned facilities, or under direction of schools coaches off-campus.
10. Bowling coaches may not have contact with their team members at bowling centers.
11. Coaches may provide workout guidelines for the moratorium period prior to December 23rd. Workouts must be voluntary and cannot be at school owned facilities.

Academic Eligibility for Student-Athletes

The KSHSAA's Rule 13 states a student remains eligible until Second Semester begins or may become ineligible as soon as classes begin Second Semester if they do not pass five classes in the First Semester. If they are in danger of being deemed ineligible, please make sure you are working with your student-athlete over the Winter Break to ensure their ability to participate in athletics/activities next semester.

Post-Season Championships for Winter Sports

The KSHSAA has released the postseason format for Winter sports. Please click on a sport below to read about each championship.

- [Boys and Girls Basketball](#)
- [Boys and Girls Bowling](#)
- [Boys Swim & Dive](#)
- [Boys and Girls Wrestling](#)

Free State Firebirds Update

Please click [here](#) for this week's edition of the Free State Firebirds Update.

With a break in athletic activities over the next two weeks, the third edition of "News from the Firebirds Nest" will be published on Monday, January 04th. In the meantime, it is my sincere hope that your Winter holiday is one spent with family, and may it bring you joy and peace.

Go Firebirds!

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Let's Go State!

