

Carlmont High School

A California Distinguished High School

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The California Interscholastic Federation (CIF) released a [statement](#) on Tuesday about the status of high school athletics. We were set to begin practice for Season 1 sports (cross country, football, boys/girls volleyball, and boys/girls water polo) on December 14th, but since the California Department of Public Health (CDPH) has not yet released the protocols for youth sports competition, the CIF has postponed the start of Season 1 until at least January 1st.

Current CDPH regulations allow for youth sports to participate in socially distanced conditioning only and prohibits competition. Without a pathway to competing against other schools, the CIF felt it was best to postpone the start of official practices until the CDPH releases their protocols. At this time, we have no idea when the CDPH will make those protocols known to the public.

One option we hear from the CDPH is considering linking each sport to a particular colored tier with respect to competition. For example, if we are in the purple tier, they may allow tennis or golf, which are outdoors and have no contact, while we may have to be in orange or yellow for a sport like wrestling or basketball, which has significantly more contact and are indoor sports.

CIF also announced that boys volleyball will now be a Season 2 sport. Boys volleyball was moved to Season 2 out of consideration for the fact that they are traditionally a spring sport and had their season cancelled this past spring. What this also means is that if there is a Season 2, we will now have 6 basketball teams, 2 boys volleyball teams, and one badminton team all needing gym space.

At this point we are in a wait and see position. We have asked all of our coaches to stop all official conditioning sessions as of December 12th. Should the "pause" for Season 1 sports continue by the CIF past January 1, we will offer athletic conditioning cohorts beginning January 11, 2021, as permitted by state and local health officials at that time. This will allow our student-athletes more opportunity to focus on finals and will also give our families more time together over the Holiday break. While we know travel and large gatherings are discouraged, we still think it is in the best interest of our student-athletes and families to take a break from both school and school athletics. At the same time we do encourage our student-athletes to continue

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to stay active on their own. There is strong evidence that regular physical activity is an integral part of staying healthy: physically, emotionally, and mentally.

If you have any questions, please don't hesitate to reach out to me. I hope that you have a Happy Holiday Season.

Patrick Smith

Carlmont High School

Athletic Director

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