



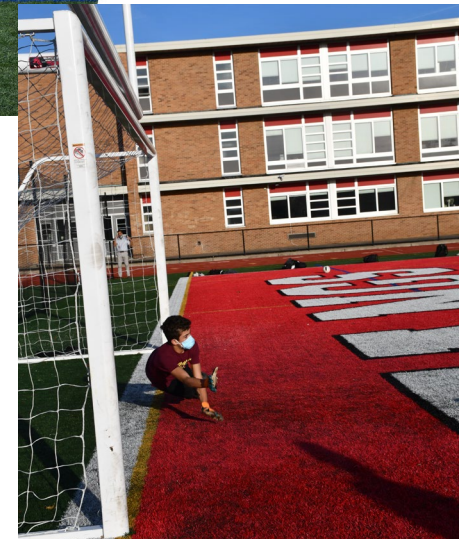
Mineola Athletics

MANAGING THE PANDEMIC
AND
OUR RETURN TO PLAY

Fall 2020 Return to School

*One of the first programs to begin a sport based intramural program for all fall sport teams

*Fall/Winter Coaches re-arranged stipend pay schedules to accommodate fall intramurals and a shortened Fall season held in the Spring

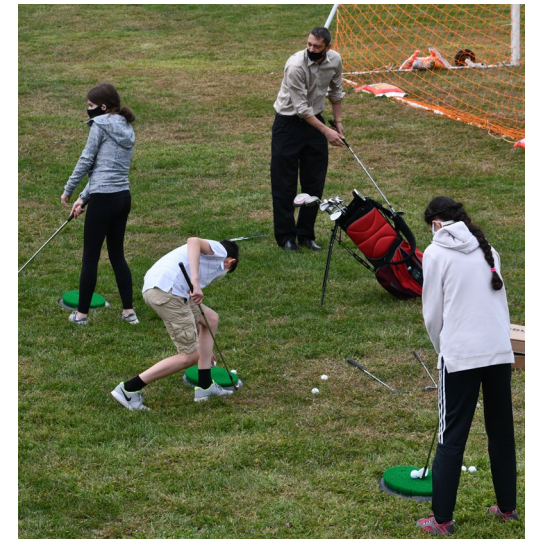


Fall 2020 Return to School

*Conditioning and sport specific skill work was done on alternating for over 120 student athletes per day at the HS

*Temperature checks, hand sanitizing , distancing and masks

* Students loved it and it got them back to some normalcy after months of isolation



HS Sports Resume- Let them play

February 2021

- ▶ Winter Sports Resume
- ▶ Indoor mask mandates for all and “as tolerated” for competing athletes
- ▶ All districts have varied policies on mask wearing ,spectator polices for home and away contests, visiting player requirements(health questionnaires, temperature checks, negative COVID tests)
- ▶ Some districts that tested would play another that didn't test

3 seasons in 5 months

- ▶ Winter Season Feb – March
- ▶ Fall Season March –May
- ▶ Spring May -June

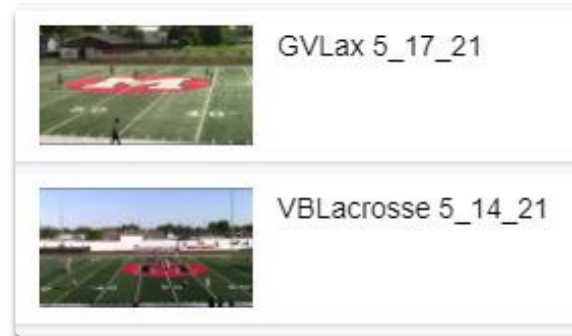
Health Concerns Post COVID

All students returning must do so with a note from the doctor clearing them after COVID

Student athletes affected more severely are required to do a 6 day return to play protocol. Depending on the doctors recommendation some were to sent to cardiologists for clearance.

School followed all guidelines regarding contact tracing and quarantines for team members

Making Lemonade



Live Streaming

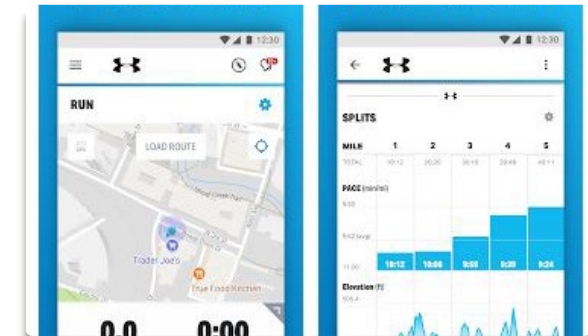
HUDL FOCUS



Student Athlete Recognitions

Video Awards Presentations

Senior functions Spring 2020 and Spring 2021



PE App

Used for at home assignments and fitness logs but also added sport specific guides for athletes

Resuming Normal Best Practice

Impact Testing

The resumption of contact and sports and the ability to test large numbers of student athletes simultaneously allowed us to resume our concussion management program this year in full scale.

Physical Clearance

NYS extended physical clearance for athletics through the 2021 school year.

Student athlete physical approvals resumed for the fall 2021 season and we also instated the FAMILY ID online program.

Family ID allows parents to upload physical forms, concussion forms, code of conduct signatures and seasonal health update forms . All to be available on the system to our health office and coaches.

Off Season Training

Summer Leagues

Off Season sport training and conditioning

Sunday Lacrosse Leagues

Summer Camps (Basketball, Baseball, Lax, Wrestling, Soccer)

Fall and Winter 2021

Great crowds at all events

Normal Fall outside of indoor mask wearing

Boys and Girls Soccer Conference Champions !

Girls Volleyball Playoffs

Host Nassau County B Soccer Semi and Final

Winter indoor restrictions for visiting spectators and mask policies continue

Girls Basketball in Conference lead

Girls Bowling Team Conference Champions !



Fall 2021



Homecoming

Varsity Football



Think Pink Night

Girls Soccer Conf. Champs



Varsity Boys Soccer

Boys Soccer Conf. Champs

Auxiliary Gym

Completed and in use

10 Selectorized machines

20 pieces of cardio equipment

Full dumbbell rack

Kettlebell station

Power Rack with Platform

Guided Smith Machine

Synergy 360

