



The Atonement Academy
CATHOLIC + CLASSICAL

June 17, 2020

Greetings Crusader Families,

As we adjust throughout Covid-19 and understand what the new “normal” truly is, there will be a few changes in regards to practice times for both the Middle and Upper School athletes.

Taking effect in the 2020-2021 school year, we have added an Upper School athletic period that will take place Monday-Friday from 3:00-3:30 p.m. This will give our Upper School athletes the jump start they need to begin practicing as a part of their school day. The benefit of having an US Athletic Period is being able to incorporate more weight room time and ultimately more recovery time during off-days. Another great benefit is when teams have to travel out of town to compete, they will not miss as much classroom time, as they have in the past.

Our Middle School Physical Education period has been moved to the beginning of the day for our Middle Scholars. This will take place Monday-Thursday from 7:45-8:55 a.m. Middle School Boys will have PE on Mondays, Wednesdays, and Fridays, while the girls will have their PE classes on Tuesdays, Thursdays at that time. On Fridays, the girls will have their PE class from 11:55 a.m to 12:35 p.m. The reason we will be splitting the classes up is due to size, and the ability to utilize both locker rooms for safe social distancing while changing into and out of their PE clothes. Middle School athletes who will be playing a sport will practice during the PE period with their teams; however, they will be required to be at the school for their practice at 7:00 a.m. Having the split classes will also ensure that our sixth grade athletes can participate in PE and their team sport practices.

As we progress throughout summer, stay tuned as I will be releasing more information in regards to Athletics at The Atonement Academy.

Go Crusaders!

Blessings,

Dakotah Vidal
Director of Athletics
The Atonement Academy