



Fuquay-Varina Youth Sports – Winter 2020

Parents,

Welcome to Youth Sports with The Town of Fuquay-Varina! Due to COVID-19, we have adjusted our offered programs. We are excited about the upcoming opportunities and experiences this season has in store for our players and families. Below is important information regarding our programs. Please Read carefully.

Offered Programs

- Youth Basketball Instructional League
- Youth Soccer League
- Youth Cross Country

Youth Basketball Instructional League

Divisions

- All divisions are COED
- 5U
- 8U
- 10U
- 12U
- Teams will have 2 Activities per week
 - o 1 during the week (Monday, Tuesday or Thursday)
 - o 1 on Saturday
- No competitive game play
- 5U – 45 Minute training sessions
- 8U and Above – 1 Hour training sessions

Schedule

- 5U & 8U Session 1: November 2 – November 21
- 5U & 8U Session 2: January 4 – January 23
- 10U & 12U Session 1: November 30 – December 19
- 10U & 12U Session 2: January 25 – February 13

Youth Soccer League

Divisions

- 8U Coed
- 10U Girls
- 12U Girls
- 15U girls
- 10U Boys
- 12U Boys
- 14U Boys
- 17U Coed
- Teams will have a minimum of 4 scheduled pre-season practices.
- Games will begin after pre-season practices and teams will have 7 scheduled regular season games.

- Once games begin, there will **not** be any more practices.
- Teams will primarily have their games on Saturdays but there will be a possibility of having weeknight games in season.
- There will not be an end-of-season tournament.
- The season will span from Early November - Mid-February

Cross Country

Divisions

- 9U Coed
- 12U Coed
- 15U Coed
- 4 Weeks of training sessions/activity.
- 2 activities per week.
- In the final week, the last session of the season will be a Cross Country meet for the teams running in the current session with Fuquay-Varina Parks and Recreation.
- This 4-week program is designed to teach the sport of cross country. Including all, but not limited to stretching, proper conditioning, and correct running practices. The program is designed to teach all these aspects through instruction, running, and entertaining games.

COVID-19 Guidelines for programs

Masks

- ALL Spectators and Coaches must wear a mask for the entire duration of the activity they are attending. (Unless under the age of 2)
- Participants will be required to wear a mask upon arrival and any time they are not on the field/court. Once a participant is on the field/court, they can remove their mask. When exiting, they must put it back on.

Spectator Seating

- **Basketball**
 - All spectators will be required to sit in chairs that will be placed around the court by the FVPRCR staff. These chairs will be socially distanced.
 - 1 spectator per participant will be allowed in the gym at a time.
- **Soccer and Cross Country**
 - All spectators will be required to sit behind the designated spectator line.
 - Spectator lines will be indicated on the sideline opposite of the player seating.
 - Please bring chairs or blankets if you need seating.

Expectations Prior to Attending

- Parents are required to self-assess their children and additional persons they are bringing before attending each activity. If symptoms are present or attendees have recently been exposed to someone

with COVID-19, please do not attend the activity and notify our designated COVID-19 Full-Time Staff contact.

- All attendees are encouraged to stay in their vehicles until 5-10 minutes before their scheduled activity start time. This will allow the attendees in the prior event time to make their way out of the park.

Equipment

- **Basketball** – The Town will be providing basketballs and cones for each practice.
- **Soccer** – The Town will be providing soccer balls and cones to each coach for their team.
- **Cross Country** – The Town will be providing cones to each coach for their team.
- Sharing of personal equipment is strongly discouraged.

If you have any questions regarding the upcoming season or coaching with us, please feel free to contact us using the information below.

Adam Hairr, Athletic Program Administrator

Office: 919-753-1033

ahairr@fuquay-varina.org

Thomas DeGruchy, Athletic Program Specialist

Office: 919-753-1867

tdegruchy@fuquay-varina.org

Fuquay-Varina Community Center

Office: 919-552-1430

info@fvparks.org

Parks, Recreation and Cultural Resources

Administration Offices

Office: 919-552-9140