Urban Community School is excited to offer intramural sports programming this fall to provide physical activity and skill development for our students, while keeping them safe by minimizing their exposure to those outside the school community. Listed below is a program overview for Intramural Volleyball and Cross Country:

1. **Eligibility and Schedule**
   a. **Volleyball**
   b. **Cross Country**

2. **Health & Safety Guidelines**

### 1. ELIGIBILITY and SCHEDULE

#### a. Volleyball
- **Athletes:** Girls, grades 4-8
- **Coaches:** Colleen Berges, Alane Mastandrea, Amanda Rivera
- **Dates:** 9/8 - 10/26
- **Focus:** on skill-development, personal improvement, and conditioning over competition
- **Practices:** UCS Gymnasium
  - Grades 4-5 M/T 4-6pm
  - Grades 6-8 TH/F 4-6pm
- **Participation Fee:** $45.00
  - Includes UCS Wolves t-shirt, mask, and water bottle

#### b. Cross Country
- **Athletes:** Boys and girls, grades 1-8
- **Coaches:** Beth Mancuso & Brandon Traud
- **Dates:** 9/8 - 10/20
- **Focus:** on skill-development, personal improvement, and conditioning over competition
- **Practices:** Edgewater & Wendy Park
  - Grades 1-2 T/TH 6-7pm.
  - Grades 3-5 M/W 6-7:30pm.
  - Grades 6-8 T/TH 6-7:30pm.
- **Participation Fee:** $45.00
  - Includes UCS Wolves t-shirt, running buff, and water bottle
2. HEALTH & SAFETY GUIDELINES

- Coaches will take attendance and conduct a health check on themselves and student-athletes, and they will report any illness to the Athletic Director, who will then report it to UCS Principal, Nora French.
- Masks/face coverings are to be worn at all times when a 6’ physical distance cannot be maintained and you are not engaged in physical activity.
- Coaches will have hand sanitizer available, and coaches and student-athletes will sanitize hands as frequently as possible.
- Avoid physical contact as much as possible (no handshakes, etc.).
- Personal items (water bottles, equipment, etc.) are not to be shared. Each participant must bring their own.
- Coaches and athletes who are not feeling well must not attend or participate.
- Spectators will be limited to one person per student-athlete, and they must complete a temperature check prior to entering the gymnasium (volleyball).
- Officials and scorekeepers must complete a temperature check prior to entering the gymnasium (volleyball).

We will hold a parent meeting for each sport the week of September 1st via Zoom to introduce coaches, review program details, and answer any questions. Stay tuned for more information!

Click here to access the online registration form for fall sports.

Thank you for your support of UCS Athletics. For questions, please contact Chris Tipton, Director of Family Engagement & Athletics at 216-939-8330 x146 or ctipton@urbancommunityschool.org.