



FORRESTON JUNIOR/SENIOR HIGH SCHOOL

JH Parent/Guardian,

I hope this letter finds you good health and good spirits. As we begin to get in the routine of school, I want to share with you some details about the upcoming sports seasons. IHSA at the High School level has moved the fall season to the spring and we will do the same at the JH level. As a JH conference, we have managed to set the following dates for the upcoming sports seasons that will allow for all sports to be played:

- **Winter Season (1) = November 16 – January 15 (Boys Basketball, Academic Bowl, & Cheer)**
- **Winter Season (2) = January 18 – March 5 (Girls Basketball & Wrestling)**
- **Spring Season = March 8 – April 20 (Football & Volleyball)**
- **Summer Season = April 19 – May 21 (Track)**

The seasons will be shortened to accommodate all of the sports and all IDPH, IHSA, All Sports Policy of Illinois, & IESA guidelines will be followed. This means no more than two competitions per week (one for football) and anticipated spectator restrictions. As a conference, we do not know yet the exact details of the guidelines for each sport but we will always keep our coaches, players, parents/guardians, and community informed the best we can and anticipate further information coming from our governing bodies as we get closer to the seasons.

Our website will be updated soon with all schedules except for wrestling and track. Those are currently still under construction. For details on guidelines and restrictions for athletics this season please visit the following websites:

- Fvdistrict221.org
- IHSA.org
- Coronavirus.illinois.gov
- IESA.org
- Dph.illinois.gov

Athletic paperwork will be sent home with student-athletes a week before their respective season starts to ensure we do not have someone pay for something that doesn't end up happening. Please make sure your student has a current physical on file and all fees are paid. With that being said, this continues to be a very fluid situation and we will continue to do our best to ensure we will have activities for our students at FJSHS. We continue to ask for your help in this matter. Please abide by all social distancing, mask wearing, and recommended hand washing to help us keep our community safe and our likelihood of sports a reality.

Go Cardinals,

Kyle Zick
Activities Director/Assistant Principal
Head Varsity Football Coach
Forreston Junior/Senior High School