



**ATHLETICS**

1202 West Edinger Avenue  
Santa Ana, California 92707-2191  
(714) 850-9573

Dear Mater Dei Athletic Community,

First and foremost, we hope you are doing well and staying healthy during this time. After months of planning for students to return to school, Mater Dei will begin the Hybrid Learning Schedule on Tuesday September 22<sup>nd</sup>. While we are thrilled to have students back on campus, it also presents some logistics that we want to communicate to all of our athletic families. Please read through the information below regarding interest in meal plans, locker room usage, personal hygiene, and utilization of on campus locations during free time between the academic/athletic days. Once you have read the entirety of this letter, please [CLICK HERE](#) to complete a survey that will provide the necessary feedback to plan our return to campus applicably.

### **Hybrid Learning Social Distance Protocols**

On Tuesday September 22<sup>th</sup> the Hybrid Learning Schedule will begin with no athletic activity taking place during that week. Athletics will resume on Monday September 28<sup>th</sup>. The athletic department has configured entry and exit points for each athletic facility, and has created social distancing guidelines in accordance with the Orange County Department of Health and the State of California for athletes and coaches to follow. The guidelines are on page four of this document for your reference. Our protocols remain the same as they currently do for Fall off-season training; should they change you'll be notified by the Athletic Department. Your head coach will inform you of your entry and exit points as we get closer to the 28<sup>th</sup>.

### **Meal Plan Options**

Mater Dei is pleased to offer athletic meal options for your student/athlete which are tailored to each sport program and its practice schedule. This will be done as a monthly subscription and food will be packaged and available to student athletes in a grab and go style. Additionally, we will be installing refrigerators in many of our team rooms so athletes will have access to good nutrition throughout the day. Our head coaches will be following up with families regarding the stocking of these refrigerators with different healthy options. On page three of this document, you'll find a sample menu; please know that this menu is not finalized, and items may be adjusted or added prior to placing your order. Pricing will be adjusted based on the meal plan you choose. If you're interested, please indicate on the survey.

### **Locker Room Usage & Personal Hygiene**

For programs that practice in the morning and attend PM classes, plans are being put together to allow the opportunity for athletes to "shower" prior to attending class. Additionally, we are hopeful to receive clearance to utilize locker room spaces for changing and gear/equipment storage. If you're athlete needs the use of a shower facility and/or a locker, please indicate on the survey.

### **Practice Schedules & Free Time**

Please keep an eye out from your head coach containing practice and weight room schedule information. If you are unsure of your practice schedule, please reach out to your head coach for clarification. If your schedule includes free time between the conclusion of morning

practice and the start of the academic day, please know that students may spend that time in the Bristol Parking Lot. We are planning to install 18,000 square feet of outdoor tenting over the Bristol Lot, which will serve as an outdoor area for students to eat and complete assignments while remaining socially distant. Students may leave campus and return for the start of the PM academic day if the 'Early Departure' form on page five of this document is signed and returned to your head coach. If you're interested in utilizing the Bristol Parking Lot tents, please indicate on the survey.

Please know that we are working hard to ensure a safe return to Mater Dei. I am extremely excited to see your athletes on campus and am available should you have any questions or need clarification. You may email me or call me at the number below.

Go Monarchs!

Amanda Waters  
Director of Athletics  
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(714) 850-9583



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1. Fajita Bowl- Choice of chicken or beef, Spanish quinoa, black beans (calories 455- protein 41g- fat 12g- carbs 12g)
2. Spaghetti and Bolognese- 90/10 lean beef, hearty marinara sauce, whole grain roll (calories 548- protein 29g- fat 14g- carbs 76g)
3. Grilled Vegetable and chicken quesadilla- grilled chicken breast, wheat tortilla, guacamole, chips (calories 400- protein 28g- fat 18g- carbs 45g)
4. Vegetable and chicken stir-fry- served with brown rice and low sodium teriyaki sauce (calories 510- protein 42g- fat 13g- carbs 28g)
5. Greens & grains pesto bowl- wild rice, quinoa, mixed greens, arugula, bell peppers, edamame, avocado and grilled chicken (621 calories- protein 29g- fat 26g- carbs 71g)
6. Sweet and spicy beef- sugar peas, radicchio, beef (tri tip or something similar) brown rice, sesame seeds (calories 459- protein 40g- fat 11g- carbs 45g)
7. Cajun chicken avocado salad wrap- Cajun chicken breast, lettuce, tomato, cucumber, avocado, plain yogurt (calories 534- protein 47g- fat 18g- carbs 49g)
8. Spanish rice with chicken and shrimp bowl- basmati, chicken, shrimp, tomato, onion (calories 432- protein 35g- fat 10g- carbs 52g)
9. Chili stuffed sweet potato- ground turkey, sweet potato, Roma tomato, black beans, green onion (calories 381- protein 47g- fat 3g- carbs 41g)
10. Chipotle chicken wrapped vegetables- chicken breast, chipotle sauce, zucchini, squash, parsley, quinoa (calories 215- protein 35g- fat 4g- cabs 14g)
11. Couscous chicken and vegetables- bell peppers couscous garlic, tomato, basil, parsley chicken breast (calories 394- protein 31g- fat 9g- carbs 4)



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## **Mater Dei Athletics Social Distancing Guidelines**

The following guidelines will be expected to be followed while on campus for athletics at all times:

- No scrimmaging
- No contact
- 1 coach per 10 athletes- 30 athletes maximum per session
- Must maintain 6 feet distance between individuals
- Athletes & Coaches will be medically screened upon their arrival by MDHS staff
  - Temperature checked
  - Verbally screened for COVID19 symptoms
- If anyone shows symptoms of COVID, contact athletic training staff immediately
- Athletic training staff will place them in Team Room #1 and contact their family
- Athletes must be fully dressed for camp upon arrival
- Locker room usage will not be permitted
- Doors propped open at all times; no touching door handles
- Athletes are required to wear mask when not engaging in physical activity
  - i.e must wear mask on walk to and from field, gym, or pool
- Athletes are required to bring personal 32-ounce water bottle; water fountains will be unavailable
- Coaches are required to wear mask at all times
- Athletes shall not congregate closer than six feet before, during, or after practice
- Athletes and coaches are required to conduct hand hygiene every 30 minutes
- Athletes are encouraged to wear sport specific gloves
- Athletes should be dismissed to use camp designated restroom one at a time
- Dismissal of athletes must be staggered, one at a time to maintain social distancing
- COVID19 waiver must be turned in to coach prior to first practice (if not done previously)
- Appryse full clearance, checked by coach and trainers (Christine should have already sent roster)
- Each team has been assigned an entry point for screening
- Parents are not allowed on campus without advanced notification or approval



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**MATER DEI HIGH SCHOOL  
BLOCK 8 – OFF-CAMPUS EXTRA-CURRICULAR ACTIVITY PERMISSION FORM**

I am the parent or legally authorized guardian of the child seeking to leave campus during Block 8 to attend an off-campus extra-curricular activity. On behalf of myself, my spouse, my child/ward (the "Participant"), and my/our heirs, personal representatives, and assigns, and in consideration for the Participant being allowed to take part in the Activity, I make the following representations. If I am the Participant and 18 years of age or older, I make these representations for myself.

I permit the Participant to leave campus during Block 8 to attend an off-campus extra-curricular activity including associated travel (the "Activity") for the 2020-2021 school year.

I will direct the Participant to follow all instructions and guidelines provided by School faculty, staff and Activity personnel during the Activity. Participant's conduct shall adhere to the requirements of the School Parent-Student Handbook and the mission and teachings of the School. Additionally, I will direct the Participant to travel immediately and directly to the Activity.

In consideration for the School allowing the Participant to participate in the Activity, I hereby release, waive, discharge, hold harmless, indemnify, and defend Mater Dei High School and the Catholic Diocese of Orange, as well as their respective employees, staff, volunteers, agents, and representatives, from any and all liability, losses, damages, claims, actions, legal fees, and causes of action of every nature, whether claimed by Participant, myself, Participant's family and assigns, or any third party, for any and all known or unknown, foreseen or unforeseen, bodily or personal injuries, property damage, or any other loss or damages relating in any way to the Participant's involvement in the Activity, including associated travel.

I agree to allow my child/ward to participate in the Activity.

**By signing below, I represent that I have read, understand, and agree to the terms outlined above. I understand that by signing this document, I am waiving certain legal rights, and do so voluntarily.**

**Parent/Guardian Name:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Name:** \_\_\_\_\_ **Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student ID Number:** \_\_\_\_\_ **Student Grade:** \_\_\_\_\_ **Student Cell Phone Number:** \_\_\_\_\_

**Emergency Contact Name and Telephone Number:** \_\_\_\_\_