

UPDATE (12/1/2020)

VBMSL WINTER I SEASON (BASKETBALL, ACADEMIC CHALLENGE) CANCELED

Middle School Athletics have been canceled for Winter I sports due to the current health metrics related to COVID-19. For those ODS students who planned to try out for Academic Challenge or basketball, this news is certain to be disappointing. Coaches and players were all looking forward to participating in these activities enjoying the challenge and camaraderie that our school activities and athletics provide. At ODS, we understand and like you, are saddened that the health metrics are not conducive to allowing the Winter I activities to take place.

We hope students will consider participating in our ODS activities provided online until the health metrics indicate it is safe to hold extracurricular activities in-person. Please see the "Activities" tab for more information or email Mr. Voegel.

ATHLETICS AND TRYOUTS @ ODS

Students at ODS participate in VBMSL Athletics through their designated home schools. VBMSL determines specific times when schools can begin tryouts and practices. However, because every school has athletic programs that operate differently, it is imperative that you check the website of your child's home school to see if there are any special dates. These websites are included within this document.

Due to the effects of COVID-19 the Virginia Beach Middle School League has altered their competition schedules to include the new schedule below. Per VBMSL, "As with all school programs, athletics guidelines must take into account the impacts of COVID-19 and can change based on the Eastern Region health metrics as part of the VBCPS Fall 2020 plan for the return of students to schools." Any cancellations or changes by VBMSL in the competition schedule will be posted online and announced by Mr. Voegel through electronic communications.

The listings below show different seasons and when tryouts for these programs can officially start according to VBMSL regulations. The listings for each school's website is shown below. If you have questions regarding a school's specific athletic program, email the SAC at your particular home school or contact Mr. Voegel at Matthew.Voegel@vbschools.com

2020-2021 VBMSL COMPETITION SCHEDULE

NEW SEASON #2 (FEBRUARY 2 - MARCH 5)

**Wrestling
Volleyball
Debate***

*ODS students participate in Debate with their ODS classmates here at school. Specific tryouts dates will be posted online and determined closer to the beginning on the season.

NEW SEASON #3 (MARCH 8 - APRIL 23)

**Football
Boys Soccer
Girls Soccer
One Act Play Festival***

*ODS students participate in the One Act Play Festival with their ODS classmates here at school. Specific audition dates will be posted online and determined closer to the beginning on the season

NEW SEASON #4 (APRIL 26 - MAY 27)

**Baseball
Softball
Field Hockey
Boys Track
Girls Track
Forensics***

*ODS students can participate in the Forensics with their ODS classmates here at school. Specific tryouts dates will be posted online and determined closer to the beginning on the season

VBMSL Sports Physicals

Virginia Beach Middle School League physical form ("Updated June 2017") dated after May 1, 2020 by a doctor/physician must be on file in the Student Activities Office before try-outs. Physical forms can be obtained from the main office or by clicking on the following link: [Athletic Physical Form](#). Please note that the blue "School Entrance Health Forms" and recreation sports physical forms are not accepted as athletic physical forms. Once you get a copy of the Physical Form signed by your physician, make a copy and bring it with you to tryouts to turn in to the coaches and SAC at your home school.

[VB Sports Central Website](#) for scores, standings and other VBMSL information.