

# Webster Central School District Position on Playing Single Sports Year Round November 2012

Webster Central School District supports 2 months of 'down-time' for each interscholastic sport sponsored by the school district. Down-time is especially important for student athletes' bodies that are still growing and developing. Down-time enhances the athlete's ability to recover following a season of practices and competition, helping prevent overuse and repetitive motion injuries. Down-time does not mean inactivity. WCSD strongly encourages student athletes to engage in cross-training activities including participation in different sports and other fitness activities during these months.

During the official down-time, WCSD will not sponsor an athletic program in that sport, nor will school facilities be available to non-school programs in these sports. The down-time months below are provided as a guideline and may be reviewed and adjusted by school athletic directors on a case-by-case basis.

Scott Morrison  
Athletic Director, Webster Thomas High School

Gary Tirohn  
Athletic Director, Webster Schroeder High School

Sport	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Cheer-school												
Cheer - youth					Youth	Youth						
Cross Country-school												
Field Hockey-school												
Football-school												
Football-youth	Youth	Youth										
Soccer-school												
Soccer-youth											Youth	Youth
Swimming-school												
Swimming -youth						Youth	Youth					

Sport	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Tennis-school												
Volleyball-school												
Golf-school												
Basketball-school												
Basketball-youth				Youth	Youth							
Bowling-school												
Ice Hockey-school												
Track-school												
Wrestling-school												
Wrestling-youth						Youth	Youth					
Skiing-school												
Baseball-school												
Baseball-youth											Youth	Youth
Lacrosse-school												
Lacrosse-youth											Youth	Youth
Softball-school												
Softball-youth									Youth	Youth		
<b>RED = Youth</b>												
<b>Black = School</b>												

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