

# Compass Athletics Update

## October 2020

As with most things in 2020, athletics have been severely impacted by COVID-19. While things are different this fall, we have managed to move forward with a limited version of all of our sports teams. With a gradual roll out, we have figured out how to allow students to participate in as safe a way as possible. With outdoor, non-contact sports, we are fortunate to be able to put on a mask, stay socially distant, and get outside to exercise and compete. Teams are open to new participants joining. No experience necessary!

### **MOUNTAIN BIKE TEAM:**

The state-wide league came up with an innovative plan to allow teams to do virtual competitions/challenges. Compass did well in competition #1, but it was competition #2 where they really showed their stuff. It was a distance competition over the week and the 17 riders averaged over 40 miles. Not only did they outdistance perennial powerhouses like Golden and Boulder, they dominated the competition for the entire state with the 2nd place team finishing barely over 30 miles average. Congrats to all. It was a true TEAM effort!

*For any questions about the event or team, you can contact one of the riders or email [compassmtbteam@gmail.com](mailto:compassmtbteam@gmail.com).*

### **CROSS COUNTRY: (4th-12th grade)**

The 20+ runners on the team are training hard every Tuesday and others are welcome to join. The Jeffco middle school league (5th-9th grade) adopted a virtual/in person format with a different site selected to race each week. Instead of all runners running at the same time, runners go anytime over the week and report their times.

Compass hosted the first middle school "race" at Long Lake Regional Park last week. Though all results have not been tallied, it looks like our young team has a strong chance of finishing in the top 3!

Practices are set for Tuesdays. We gather on the Golden elementary playground by 3:15 and practice until 4:15. Pick up will be at Tony Grampsas Park at 4:15. If you don't pick up on time, students will wait for you back at school.

It is not too late to join if you have a student interested in running.

*If you have any questions, feel free to reach out to me! Best, Alex [aholm@compassk12.org](mailto:aholm@compassk12.org)*

### **ULTIMATE:**

High School - Student coaches Sam Hollrah, Brennan Myers, and Lyla Cone were saddened by the news that the AYU state league had to cancel the coed season this fall. Instead of throwing in the towel, they elected to move forward with the team, practicing on Thursdays from 3-4:30pm. Talk to one of the coaches or email [eric.albright@compassk12.org](mailto:eric.albright@compassk12.org) if you have any questions or would like to join the team

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Middle School - Charley Myers will be supporting the Griffons ultimate practice Mondays after school from 3-4:30pm. Parents, if you have any ultimate experience and are able to support Charley, he would love to have you out there! Please reach out to Charley Myers at [cmyers@compassk12.org](mailto:cmyers@compassk12.org).

**Other Sports/Activities:** High School - We have many other student athletes competing and participating in sports and other activities at other local high schools and on other non-school teams. We wish them all the best in their respective seasons.

Continued best wishes to all of our athletes this season!

In Spirit,

Eric Albright

Compass Athletic Director

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PS Feel free to contact me with any questions you may have about any of our athletics.