



Prospective Spring Athletes/Parents/Guardians,

Greetings from the South High Activities office. Even though we are all feeling the chill of winter, preparations for the start of the spring athletic season are well underway at Parkway South High School. The spring season officially begins on Monday, March 1st (Feb. 22 for Water Polo)

In an effort to keep all athletes safe and healthy, and to insure that we are following St. Louis County and MSHSAA guidelines, we are asking for your help/assistance. It is important for us to be aware of all student-athletes that have had COVID in the past six months. Please email your coach and trainer Mike Tzianos and let them know of your diagnosis (mtzianos1@parkwayschools.net).

All athletes that have tested positive in the last six months are required to complete a graduated seven-stage return to play progression prior to full participation in practices or games. This return to play progression happens at the high school under the supervision of our Certified Athletic Trainer.

Prior to beginning this return to play progression, athletes will need to be released by their medical professional. The MSHSAA Return to Play form, releasing athletes into the return to play progression, should be given to Mike Tzianos (Parkway South athletic trainer) upon your beginning the program.

This required COVID-19 return to play program, can and should, be proactively completed before your first practice to allow for a seamless start to the spring season. Please contact our athletic trainer, Mike Tzianos (mtzianos1@parkwayschools.net) if you would like to schedule a time to get started on the return to play progression.

As Always,

Go Patriots!
Matt Roach
Athletic Director