

The Panther Den

A Message from Your Athletic Trainer

Hello, panther families! It is hard to believe that we are already a month into the new year and the spring semester. As COVID-19 related restrictions begin to lift, our adherence to local and state guidelines remains critically important. We ask that you persevere through mask fatigue and general pandemic fatigue, and continue to make healthy decisions for yourself and those around you. In moments of frustration, practice patience. In moments of disappointment, practice gratitude.

Upper School Panthers: It is so great to see games on the athletic schedule again! Beginning Wednesday, February 10, we have home games scheduled nearly every day. While athletic contests will have a slightly different feel without in-person spectators, I encourage you to get creative with other ways in which you can show your support! Reach out to me or our athletic director, [Kelsy Ross](#), with specific questions. Go Panthers!

6th-8th Grade Panthers: It has been great getting to know our Middle School Panthers over the past several months. I hope that your student-athlete continues to feel fortunate to be able to develop sport-specific skills, in a fun, team-based atmosphere. I remain hopeful for the return of interscholastic middle school competitions for spring!

5th Grade & Lower School Panthers: Our K-5 Panthers have really been enjoying their ice time each week! It is wonderful to see their willingness to help others, whether it's tying a skate or demonstrating a technique to a classmate. In the gym, we have been working on our sportsmanship while challenging our creative juices as we modify lessons to meet the COVID-19 physical education guidelines. Socially-distanced activity ideas welcome!

Panther Pack: Happy February! I hope to meet you all in-person in the coming months!

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