

Sports: Region needs to reach Phase Two by Jan. 29

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the new Healthy Washington standards, means that if the Northwest Region achieves Phase Two of the plan by Jan. 29, teams at Shelton, North Mason and Mary M. Knight high schools will be able to move forward with football, girls soccer, girls swimming, boys tennis, volleyball, and boys and girls cross country seasons.

The two indoor sports, girls swimming and volleyball, will not be allowed to compete in tournaments and crowd capacity will be limited to 25% of building capacity.

Outdoor sports will be limited to a maximum of 200 spectators.

Each WIAA season will be seven weeks and culminate with an as-yet-to-be-determined regional championship culminating event. The WIAA will not conduct statewide championships this year.

Shelton School District Athletic

Director Trevor Leopold wrote in a text message that it is expected the Highclimber football season would consist of seven games, five regular season and two postseason. It's still to be determined whether games would be played with the 2A Evergreen League, which Shelton joined beginning this year, or will face competition only from the Northwest Region schools. Shelton is the only team in the Evergreen League outside of the West Region, which includes Grays Harbor, Lewis, Pacific and Thurston counties.

All of North Mason High School's Olympic League opponents are in the Northwest Region already.

Mary M. Knight's 1B Coastal League opponents are all in Grays Harbor County, and athletic director Tom Kerr wrote in a Tuesday email that the Owls will face Northwest Region teams once play resumes.

Under the measurements involved in the Healthy Washington plan, the



Mary M. Knight High School junior Quinnnton Krippelcz looks down the field during a fall 2019 game in Matlock. *Journal photo by Justin Johnson*

Northwest Region meets three of the Two. The West Region meets only one four standards for moving to Phase of the standards.

Post: Getting back on the fields and courts worth risk

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finally be about to change.

I sure hope so.

A few days ago, I was texting with Shelton High School Athletic Director Trevor Leopold to get an idea on how recent changes to the Washington Interscholastic Activities Association — the state's governing body of high school sports and activities — calendar and newly released "Healthy Washington" guidance from Gov. Jay Inslee and the state Department of Health would affect high school sports here.

During the exchange, I wrote to Leopold, "I hope this is finally coming together. Will be a big morale boost for everyone seeing kids play again."

I write about sports in Mason County because

that's part of my job, but as someone who also lives in this community, the relief of seeing our student-athletes back on the field of competition would be palpable.

A sign of spring as the lockdowns thaw and sun starts to return to the field of normalcy.

Most of those that know me know that I'm an insulin-dependent diabetic. My blood sugars aren't well-controlled. I also have high blood pressure and I'm overweight. All of these are risk factors for having a severe, life-threatening case of COVID-19.

I've taken precautions since the beginning of the pandemic. I have worn a mask everywhere I've gone and have stayed away from crowds.

I understand that there are risks of opening things back up and of letting kids get back on the

field, gathering and competing.

I also understand that, mentally, the last 10 months have been taxing for everyone, and seeing the return of sports locally really would be a boost in morale.

It doesn't matter if you don't have a kid on the team or if you couldn't care less about high school sports. A rising tide lifts all boats.

The return of sports is poised to let steam escape from a valve at a time when the pressure of the world is extreme.

That makes it worth the risk.

■ *Justin Johnson is the Editor for the Shelton-Mason County Journal. He can be reached by email at justin@masoncounty.com*

Your Local Tides

For the week of JANUARY 14 through JANUARY 20, 2020

ALLYN | Case Inlet

DATE		HIGH (FEET)		LOW (FEET)		SUN	MOON					
		AM	PM	AM	PM							
14	Thu	7:28	16.1	5:34	13.6	12:00	-2.8	1:07	7.8	7:52	4:48	☉
15	Fri	8:03	16.0	6:25	12.9	12:43	-2.3	1:55	7.3	7:51	4:50	☉
16	Sat	8:37	15.9	7:18	12.1	1:26	-1.4	2:43	6.6	7:51	4:51	☉
17	Sun	9:09	15.6	8:15	11.2	2:07	-0.2	3:31	6.0	7:50	4:52	☉
18	Mon	9:41	15.3	9:19	10.4	2:48	1.2	4:22	5.2	7:49	4:54	☉
19	Tue	10:15	15.0	10:34	9.9	3:29	2.9	5:14	4.4	7:48	4:55	☉
20	Wed	10:49	14.6			4:14	4.6	6:06	3.5	7:47	4:57	☉

SHELTON | Oakland Bay

DATE		HIGH (FEET)		LOW (FEET)		SUN	MOON					
		AM	PM	AM	PM							
14	Thu	8:06	16.1	6:12	13.6	1:06	-2.4	2:13	6.7	7:51	4:46	☉
15	Fri	8:41	16.0	7:03	12.9	1:49	-1.9	3:01	6.2	7:50	4:47	☉
16	Sat	9:15	15.8	7:56	12.1	2:32	-1.2	3:49	5.7	7:49	4:48	☉
17	Sun	9:47	15.6	8:53	11.2	3:13	-0.2	4:37	5.1	7:49	4:50	☉
18	Mon	10:19	15.3	9:57	10.4	3:54	1.1	5:28	4.5	7:48	4:51	☉
19	Tue	10:53	15.0	11:12	9.9	4:35	2.5	6:20	3.8	7:47	4:53	☉
20	Wed	11:27	14.6			5:20	4.0	7:12	3.0	7:46	4:54	☉

UNION | Hood Canal

DATE		HIGH (FEET)		LOW (FEET)		SUN	MOON					
		AM	PM	AM	PM							
14	Thu	6:27	13.8	4:19	11.0	11:52	7.8	11:39	-2.3	7:53	4:49	☉
15	Fri	7:07	13.7	5:09	10.4			12:42	7.3	7:52	4:51	☉
16	Sat	7:45	13.4	6:00	9.6	12:20	-1.4	1:32	6.7	7:52	4:52	☉
17	Sun	8:22	13.1	6:59	8.8	1:01	-0.1	2:23	6.0	7:51	4:54	☉
18	Mon	8:56	12.6	8:11	8.1	1:41	1.4	3:15	5.3	7:50	4:55	☉
19	Tue	9:28	12.2	9:41	7.7	2:21	2.9	4:06	4.5	7:49	4:56	☉
20	Wed	9:58	11.8	11:20	7.8	3:04	4.5	4:58	3.7	7:48	4:58	☉

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