### Parent Meeting 2020

## COVID Concerns

- 1. Everchanging
- 2. We are taking recommendations from our Athletic Director. <u>Return to Play</u> and <u>Westosha Return to</u> <u>Play</u>
- 3. Mandatory Waiver <u>Here</u>
  - a. If it is not returned, the athlete cannot be present
- 4. It is athlete AND parent responsibility to alert coaches of potential COVID symptoms.
- 5. Bring to practice EVERY DAY
  - a. Your own water bottle (or two) with your name on it
  - b. A beach towel/yoga mat/etc. to use when stretching
  - c. Insect repellent/sunblock
  - d. Mask
  - e. Limit any excess
  - f. Hat

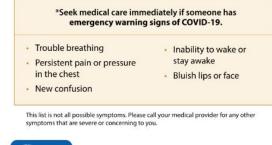
#### Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:





Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.



cdc.gov/coronavirus



## Athletic Registration

- 1. Physical within the past two years
- 2. \$35 Athletic fee
- 3. Forms filled out

<u>School Link</u>

#### Cheer Contract

Cheer Contract

### Other news for the remainder of summer

- 1. Mon, Tues, Weds for July and August from 6-8pm
- 2. Cheer camp date being worked on NOW (dependent on when we're cleared to stunt)
- 3. Practice focus will include:
  - a. Conditioning
  - b. Strengthening
  - c. Flexibility
  - d. Sidelines & Cheers
  - e. School song & dances
  - f. Game Day preparation
  - g. Team bonding
  - h. Stunting will come once we are given the guidance to do so

# To Do and bring on July 13th...

- 1. Fill out mandatory waiver <u>Here</u>
- 2. Get your physical, athletic paperwork, and fees paid <u>School Link</u>
- 3. Fill out pages 7-10 on the contract
- 4. If you were not present for the Parent/Athlete Zoom meeting, please take ten question quiz here <u>Quiz here</u>