


Parent Meeting  
2020



# COVID Concerns

1. Everchanging
2. We are taking recommendations from our Athletic Director. [Return to Play](#) and [Westosha Return to Play](#)
3. Mandatory Waiver [Here](#)
  - 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.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

8/11/20 10:00:00 AM

# Athletic Registration

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

[School Link](#)

# 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 [Here](#)
2. Get your physical, athletic paperwork, and fees paid [School Link](#)
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 [Quiz here](#)