

FOWLERVILLE ATHLETICS

RE-OPENING JUNE 8TH



CONDITIONING SESSIONS

GROUPS / SIGNUP

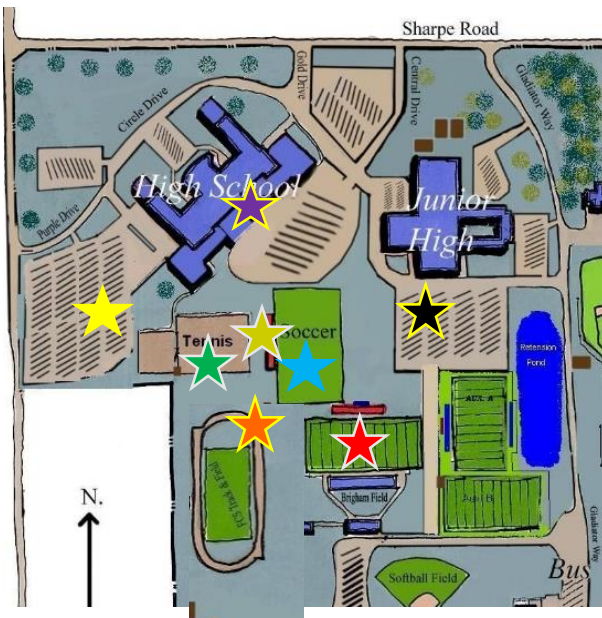
- Cohorts or Pods are encouraged to help with communication.
- Group will not exceed 100
- Fall Teams will receive priority.
- **Coaches will be in contact to set up groups and times.**

DAYS - TIMES

- Possible days – M / T / W / Th
- 1 hour sessions
- 9:00-10:00 am and 10:00-11:00 am
- Student-athletes should arrive 10 min early to complete the pre-screening.

CONDITIONING ONLY?

- We have not worked with our student-athletes for over 2 months.
- To ensure the health & safety of our student-athletes.
- Evaluate the physical, emotional & social well being of Student-athletes.



WORKOUT DETAILS

- Student-athletes will **ENTER BETWEEN THE TENNIS COURTS**, complete the screening process and proceed to their predetermined starting location.
 - See Map
- Coaches will develop workouts with the assistance of Spartan Performance and Coach Hays.
- Coaches will plan warm ups & drills.
 - Physical distancing will be followed.
 - Cloth face coverings or masks are required when physical distance is not possible. Student-athletes are not required to wear face coverings during the workout but they are allowed.
- No locker room use during this phase. **Restrooms will be available.**
- Student-athletes will provide their own **WATER** and a **TOWEL**.
- Student-athletes are encouraged to shower and wash their workout clothing immediately upon returning home.
- Pickup of **NON-DRIVERS** - South Junior High Parking lot. This will assist in the physical distancing that is required.

MAP LEGEND

- ★ Parking – HS Student Lot
- ★ Screening Area – Soccer Press box
- ★ Group 1
- ★ Group 2
- ★ Group 3
- ★ Group 4
- ★ Group 5
- ★ Non-Driver Pickup

ON SITE SCREENING

- Tables set up near the soccer press box.
- Student-athletes will complete a Google Form pre-screening or asked 5 questions on site. Coaches will record on-site information. **SCAN BELOW**
 - No sharing of devices or pencils
- All temperatures will be verified with a non-contact thermometer **ON SITE**.
- Positive symptoms will be reviewed, student-athletes could be isolated or sent home. Should a student-athlete show signs during a workout we will have a plan in place to allow for self isolation if needed.

WEATHER CONTINGENCY PLAN

- For the safety of our student-athletes we do have a contingency plan should we experience severe weather.
 - A decision regarding workouts will be made by 8:00am
 - Please follow us on Twitter/Facebook/Instagram for those updates.
 - Rain will not stop us from conditioning
 - Should severe weather enter the area we will use common sense and move our student-athletes to safety while still maintaining physical distance.
- Indoor workouts will NOT occur.



SCAN ME

**Per the CDC, symptoms include cough, shortness of breathe or difficulty breathing, fever, chills, repeated shaking with chill, muscle pain, headaches, sore throat, and new loss of taste or smell.*

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RE-OPENING JUNE 8TH



CONDITIONING SESSIONS ...CONTINUED



MAP LEGEND

- ★ Parking – HS Student Lot
- ★ Screening Area – Soccer Press box
- ★ Group 1
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- ★ Group 3
- ★ Group 4
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- ★ Non-Driver Pickup



SCAN ME

WATER?

TOWEL?

FACE COVERING?

PRE SCREENING
COMPLETE?

FOOTBALL

- 2 sessions per day offered
- M / T / W / Th
- 9:00-10:00 am & 10:00-11:00 am
- Group 1 – Brigham Stadium
- Questions: fletcherj@fowlervilleschools.org

VOLLEYBALL

- 1 session per day offered
- M / T / W / Th
- 10:00-11:00 am
- Group 2 – Soccer Stadium
- Questions: justinvelazquez0@gmail.com

OPEN SESSION - TBD

- 1 session per day offered
- M / T / W / Th
- 10:00-11:00 am
- Group 5 – Track Complex
- Questions: osbornb@fowlervilleschools.org

CROSS COUNTRY

- 1 session per day offered
- M / T / W / Th
- 9:00-10:00 am
- Group 5 – Track Complex
- Boys Questions: rickensa@fowlervilleschools.org
- Girls Questions: maurera@fowlervilleschools.org

CHEER

- 1 session per day offered
- T / Th
- 10:00-11:00 am
- Group 4 – Aux Gym Grass Area
- Questions: kristinwanke17@gmail.com

SOCCER

- 1 session per day offered
- T / W / Th
- 9:00-10:00 am
- Group 2 – Soccer Stadium
- Questions: sperryj@fowlervilleschools.org

TENNIS / BOYS BASKETBALL

- 1 sessions per day offered
- M / W
- 10:00-11:00 am
- Group 3 – Tennis Courts
- Questions: jonasj@fowlervilleschools.org

GOLF / GYMNASTICS / GIRLS BASKETBALL

- 1 session per day offered
- T / W / Th
- 9:00-10:00 am
- Group 3 – Tennis Courts
- Golf Questions: brenter25@hotmail.com
- Gymnastics Questions: conlanka@hotmail.com
- GBB Questions: billyselvia@comcast.net

MULTI SPORT & DUAL SPORT ATHLETES

- Student-athletes that play more than one season of athletics is a **MULTI SPORT** athlete – we are only allowing one session per day and we recommend that you attend your fall sport a this time.
- Student-athletes that play more than one sport in a season are **DUAL SPORT** athletes – we are only allowing one session per day and we recommend that you attend your primary sport a this time.

**Per the CDC, symptoms include cough, shortness of breathe or difficulty breathing, fever, chills, repeated shaking with chill, muscle pain, headaches, sore throat, and new loss of taste or smell.*