

Return to Senator Football

Football summer workouts will begin Monday, June 8th for Varsity and June 9th for the Freshmen! We are excited to begin practice but need your help in maintaining the safety of our players and coaches. Below you will find step by step instructions that **MUST** be followed in order for your child to participate in summer workouts. We thank you in advance for your compliance with these regulations set by the AHSAA and look forward to seeing your player on the 8th!

Weekly Schedule

Varsity- Monday, Tuesday, and Thursday from 8 AM to 10:30 AM.

June: 8,9,11,15,16,18,22,23,25,29,30

July: 2,6,7,9,13,14,16,20,21

****Official Start Date for Varsity Practice: JULY 27th, 2020****

Freshmen- Tuesday and Thursday 10:30 AM to 12:00 PM.

June: 9,11,16,18,23,25,30

July: 2,7,9,14,16,21,23

****Official Start Date for Freshmen Practice: August 3rd, 2020****

To be completed before June 8th:

ALL student-athletes **MUST** have the following current paperwork in Dragonfly:

- Pre-participation physical (**FORM MUST BE REVISED 2018**) by July 20th if played @ SHS last year. If you are a new player, we must have an updated physical before June 8th in Dragonfly.
- 2020-21 Consent Release
- Concussion form

Players will require their own face mask and water bottle (bottle must be labeled with name).

The day of practice:

- ONLY coaches, trainers and students athlete are allowed
- All coaches, trainers and student athletes must pass a health screening(temperature taken) before being allowed to participate. Temperatures will be recorded daily as well.
- There will be a designated location for entrance and exit. No other entrance/exit may be used.
- MUST come dressed for practice! Locker rooms will be limited.
- All surfaces of the weight room (door knobs, light switches, sinks, handles, etc...) will be cleaned and sanitized before players arrive and after they leave.

During practice:

- Any shared equipment (i.e. football, helmet, etc...) will be cleaned after each use
- All persons will maintain a physical distance of 6 feet when possible.
- If physical distance cannot be maintained during a specific activity, all persons **MUST** wear a mask
- All weight room equipment will be wiped down in between each use.
- All spotters will wear a face mask (they provide)

After practice:

- Student-athletes must leave campus immediately following practice
- Student-athletes are encouraged to shower and wash ALL clothing worn during practice as soon as possible after returning home.

We will monitor AHSAA, CDC and local guidelines daily and make adjustments to our procedures as necessary to ensure the safety of all our players and coaches. If you have questions or concerns, please reach out. We look forward to seeing your athletes on June 8th!

Go Senators!