

Hello Off-Season Track and Field Families,

I hope this message finds you all in good health and spirits. I have been working closely with your student-athletes on preparing for the upcoming in-person workouts beginning on **Tuesday, 10/20/2020.**

YES!!! It's true and very exciting that we are finally here...Phase 2. We have put together a great coaching staff that will be implementing safe and effective coaching protocols to ensure a successful season.

There are several action items to be completed in order to participate, which many of you have already completed:

Athletic Clearance:

A current physical will need to be uploaded to the athletic clearance website along with any other necessary signatures to satisfy the athletic clearance requirements. The school's athletic clearance website is: <https://tohsathletics.org/athletic-clearance-forms-2/>

Parent Acknowledgement Google Form (One Time):

The parent of each student-athlete participating with your program must complete the Parent Acknowledgement Google Form prior to their student-athlete's participation.

<https://forms.gle/CanL4qBwhXU3Sb2F9>

Daily Health Screening Google Form (Every In-Person Practice):

Each student-athlete must complete this health screening every day that they participate in the program's workouts: <https://forms.gle/7qPrepXgWKEVpijy7>

In-Person Practice Schedule:

Meet at the gates by the Field House/Tennis Courts

October: Tuesdays and Thursdays 4:00 p.m. - 5:30 p.m.

November: Monday - Thursday time TBD

Pod Assignments:

Each student-athlete will be assigned a designated pod to train with (see Attachment). The track and field pods have been broken into sub-pods in order to limit group sizes. We will work diligently to keep groups small.

What to Expect:

October- Practice protocol/ warm-ups/workout/cool down

November- Rigorous conditioning.

What to Bring:

Please bring plenty of water.

Please bring personal hand sanitizer, towel, roller and jump rope.

Wear good training shoes (train ugly, win pretty). Please stay away from trendy fashion-focused training shoes and purchase a good solid pair of training shoes with ample support - your

athletes will need it. Asics, New Balance, Reebok etc. are great brands that provide the necessary support your athletes will require.

Communication is Key:

Please feel free to reach out should you have any questions or concerns. My contact is on our website <https://tohstrackandfield.com/> Email tocoachmarr@gmail.com. Also make sure your athletes are registered with TeamSnap for coach/athlete communication.

Practice is on a Voluntary Basis:

Lastly, the in-person training is on a voluntary basis. While I am super excited to get started, I understand that some of you may have apprehension or cannot participate for various reasons. Please let me know so that I know I have reached out and effectively communicated the in-person opportunity. I will offer workouts for the student-athletes who are not able to meet in-person to complete on their own and report back so that you will get credit for the class.

The coaching Staff looks forward to finally working with you in Off-Season Track and Field. See ya out there!

Sincerely,
Coach Marlene Wilcox