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/](https://urldefense.proofpoint.com/v2/url?u=https-3A__tohsathletics.org_athletic-2Dclearanceforms-2D2_&d=DwMFaQ&c=A-GX6P9ovB1qTBp7iQve2Q&r=7ctsCCgFViOf7L91tJGL6Nj0WD4HLt-hmkyUiDt-Fac&m=S2ydTC7khkWzHytiHzyXHQ81oJDax7UPGafglI9yJEU&s=87GwQcqQYog8ixvDOS0-vtJuuqKnXL5dt1L2p_KOu6I&e=)

**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](https://urldefense.proofpoint.com/v2/url?u=https-3A__forms.gle_CanL4qBwhXU3Sb2F9&d=DwMFaQ&c=A-GX6P9ovB1qTBp7iQve2Q&r=7ctsCCgFViOf7L91tJGL6Nj0WD4HLt-hmkyUiDt-Fac&m=S2ydTC7khkWzHytiHzyXHQ81oJDax7UPGafglI9yJEU&s=0HHCQXKc48q4s_HqzVoq3eo00StLr7baPrIr2YpOKjQ&e=)

**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](https://urldefense.proofpoint.com/v2/url?u=https-3A__forms.gle_7qPrepXgWKEVpijy7&d=DwMFaQ&c=A-GX6P9ovB1qTBp7iQve2Q&r=7ctsCCgFViOf7L91tJGL6Nj0WD4HLt-hmkyUiDt-Fac&m=S2ydTC7khkWzHytiHzyXHQ81oJDax7UPGafglI9yJEU&s=Bxwm8xtbPTnONbMeBKjffKyF6hvTPVkKY1KDldfJUdE&e=)

**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/](https://urldefense.proofpoint.com/v2/url?u=https-3A__tohstrackandfield.com_&d=DwMFaQ&c=A-GX6P9ovB1qTBp7iQve2Q&r=7ctsCCgFViOf7L91tJGL6Nj0WD4HLt-hmkyUiDt-Fac&m=S2ydTC7khkWzHytiHzyXHQ81oJDax7UPGafglI9yJEU&s=fbtSEg1GM43DVCzmuT3QtwnUSe30f6m4JCqTIS_eZSM&e=) 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