

Here is an update on where we are at for Water Polo, as of Sunday, July 12, 2020.

Summer conditioning will be at Tracy High School, starting Monday, July 13.

Conditioning will be four days a week, Monday - Thursday, from 3 PM to 5 PM.

Due to social distancing guidelines, the teams must be split in half - 9th and 10th graders will condition from 3 to 3:50 PM; 11th and 12th graders will condition from 4:10 to 5 PM.

Please attend as many conditioning days as possible.

For the most part we can't use equipment or scrimmage, so it will mostly be swimming.

The district is requiring the same kids to condition together, so I will be dividing each set of kids up into groups of no more than 11 students. They will need to stay with those groups the entire time.

The groups are attached. Some kids are in the Dive Tank, some kids are in the Lap Pool.

There will be social distancing, hand sanitizers, and wellness checks each day. Any students not passing the wellness check will need to immediately go home. For this reason, I ask that students who do not drive themselves have their ride wait until they clear the wellness check. The wellness check will consist of a few questions on the student's health (fever, cough, sore throat, etc.)

Please arrive each day in your swimsuit, and wearing a mask / face covering. The locker rooms are not open for changing. The deck toilet will be open to use for emergencies only, but please plan to use the restroom before practice, or when you get home.

The parent and student will need to sign a Liability Waiver before you start conditioning. Please bring this the first day. You cannot get in the water without this form. It's on the Tracy High School Sports - Girls' Water Polo website.

Website at:

<https://tracyhighsports.com/girls-water-polo>

You do **NOT** need a physical on file to get in the water for Summer conditioning this week, but you will need it on file once practice (school) starts.

Regarding the actual water polo season: there has been no decision if we will get to play. However, if we can play, the tentative schedule is on the website.

I know there are many questions and great deal of uncertainty. As I learn more, I will share info.

If you have not registered yet, please do so on FamilyID on the THS Sports page. **You must register before you get in the water.**

Please let me know if you have any questions. I can be reached through the Remind App.

SIGN-IN INSTRUCTIONS FOR THE REMIND APP

Send a text to 81010 with this message @gh734a

Thanks,
Coach Todd