

## Conditioning Procedures

### Thursday/Friday (Jan 7-8):

**Boys** will meet at the stadium field for conditioning at 3:45pm.

**Girls** will meet at the lower soccer field for conditioning at 3:45pm.

Students should arrive dressed out and ready to go...appropriate clothing for the weather and running shoes. Cleats are not required. We will not be using the locker rooms for conditioning or tryouts due to the large number of athletes expected.

Please bring your own water that is clearly labeled. No water is to be shared.

Students should have a neck gaiter or mask on when walking out to the field. They can remove the gaiter/mask when running if they prefer. We are requiring that students maintain wearing a mask or gaiter when not actively running. This will be strictly enforced.

Upon arrival, students will have their temperatures taken and screened using the Cobb County protocol. PLEASE – DO NOT send your student to school or to conditioning/tryouts if your student would answer YES for any of these questions/symptoms below. In order for our season to happen, we need everyone to do their part and be honest.

- Fever
- Cough
- Headache
- Fatigue
- Muscle or body aches
- Diarrhea
- Congestion or Runny Nose
- Nausea or Vomiting
- Sore Throat
- Shortness of Breath
- Recent Loss of Taste or Smell
- Been in close contact with someone with COVID-19
- Been diagnosed with COVID-19
- Temperature of 100.4 or higher
- Waiting on COVID-19 test results

After the screening process is complete, **Boys** will workout until approximately 5:30pm and the **Girls** will workout until approximately 5.

**Due to COVID protocol – parents are not allowed at conditioning.**

**A current physical must be on file to participate in conditioning. No exceptions!**

## Tryout Procedures

### Monday – Friday (Jan 11- 15):

Tryouts will follow the same procedures as conditioning except we will go until about 6:00pm for **both Boys and Girls**. Cleats and shin guards are required. Please wear a dark gray or black top to tryouts.

Monday, Tuesday:

**Boys** will meet on the lower soccer fields.

**Girls** will meet on the stadium field.

Wednesday, Thursday:

**Boys** will meet on the stadium field.

**Girls** will meet on the lower soccer fields.

Friday:

**Girls** will meet on the stadium field. Final Rosters for both JV and Varsity will be posted online by 7pm.

**Boys:** As needed. The boys often have multiple rounds of cuts (after Day 2 and Day 3) to make the process as competitive as possible. Your student will be notified in person.

**Due to COVID protocol – parents are not allowed at tryouts.**

**A current physical must be on file to participate in tryouts. No exceptions!**