

19-20 Jaguars Athletic Club Summer Sports

Summer Workouts Begin Tuesday, June 16th, 2020

Summer Sports Conditioning For: Aquatics, Cross Country, Football, Basketball (Boys), & Basketball (Girls)

Modesto City Schools - High School Athletics
COVID-19 Athletic Summer 19-20 Conditioning Guidelines for Parents and Athletes

Student-Athletes Phase 1 Guidelines:

- Student bring their own water bottle
- Student-athlete comes dressed and ready to participate in activities
- Student-athletes will not be allowed to access to locker rooms or showers
- Social distances should be practiced
- Student-athletes should bring their own water bottle and must not be shared with other student-athletes or coaches
- Student-athletes are to report to their coach if they are not feeling good during activities immediately
- No physical contact between coaches and athletes
- Leave campus immediately at the completion of workouts

Parents Phase 1 Guidelines:

- Parents/guardians cannot attend workouts. Only coaches and athletes will be allowed to attend workouts
- Ensure their student-athletes shower and wash workout clothing immediately after each workout
- Pick-up and drop off their student-athlete on time or ensure that they have a ride to and from their workout. Students will not be allowed to stay on campus prior to or after their workout time

Parents must complete:

1. **NEW AAU Memberships:** On Monday, June 15th, 2020, our coaches will be at the front of Gregori from 2:00pm-5:00pm to hand out AAU forms and conditioning Dates, Times and Locations. AAU Cost per AAU Athlete is \$20.00. Parents & Athletes need to complete and sign this form. **This will be for conditioning only within your respective sport listed above.** Please make all checks out to your respective sports....example: Jaguars Football or Jaguars Boys Basketball or Jaguars Aquatics.
2. You must be enrolled at Gregori HS in order to participate in our Jaguar Athletic Clubs AAU Programs.
3. **Gregori High School MCS COVID-19 Athletic & Activities Waiver Form:**
<https://docs.google.com/forms/d/1cdjYUqeBlidttRfu7L8bQYT95crrsVRgiWfiggr7iKg/edit?ts=5ee17e73> must be completed by Parent/Guardian before the athlete will be allowed to participate in the summer conditioning phase. A Hard copy will be provided by the coach if you do not have
4. Parents, this conditioning opportunity for our athletes is purely voluntary and NOT mandatory. If you and/or your athlete choose to not participate, that's fine.
5. Some of our summer programs will present the opportunity to our summer athletes to purchase a summer spirit pack (T-shirt, shorts, etc) however, that added expense is between the coach and the player/parents.
6. This is a solid first step to getting back to some semblance of normalcy. Hope to see our summer athletes take advantage of the opportunity. J Davis. Gregori AD.