

Fellow Ravens,

We are very excited with Dr. Holmen's recent announcement to bring student-athletes back on campus on **January 11** to participate in what we are calling Sports Conditioning. Whether you are a returning athlete or brand-new to our athletic program, we are confident that sports conditioning will be a positive, beneficial experience.

It is important to note that although student-athletes may do some conditioning work with equipment, these are not official practices. While it will certainly be helpful to athletes this coming year, participation is completely optional and not a condition of participating when we return to full sports seasons.

In order to participate **the first week**, students must register by 11:59 pm on Jan-7. Student-athletes will then be assigned to a pod by the Athletic Director and Coaches based on a variety of factors and will be notified of pod and session assignment on Sunday, Jan-10. Students registering after Jan-7 will be eligible to start on Monday, Jan-18.

In order to participate, students and parents must:

- Complete registration via Final Forms for **Sports Conditioning**
  - This is a separate "team/season" from sports, and you must register specifically for sports conditioning.
- Indicate preferred sport(s) and need for transportation (if applicable) during the registration process.
- have a current physical on file. Physicals can be scanned and uploaded now through FinalForms (no pictures please)
- note there is not a fee to participate

The structure for Sports Conditioning will be as follows:

- Pods of 6 student-athletes
  - The assigned pod is the group they will work with through the end of the Sports Conditioning window.
  - Though different pods may be working on similar skills and drills simultaneously under the direction of a coach, pods will not intermix
  - If a student misses a workout, they cannot make it up with a pod that isn't their own.
- Session Dates and Times
  - Students are limited to attending two days a week, either in the Mon/Wed or the Tues/Thurs session.
  - Session 1 will run from 4:15 – 5:15 pm
  - Session 2 from 5:30 – 6:30 pm. (Transportation is available only for Session 2.)
- Per current guidance, all participants and coaches are required to wear masks before, during, and after workouts.
- No Spectators – in order to reduce the risk of exposure, sessions will be open to participants only.

All activity will be done outdoors on the Juanita campus. We do realize that this time of year brings inclement weather, but per current guidance, we are not permitted to hold workouts indoors at this time. Students should dress appropriately for both the weather and workout and be aware that locker rooms will not be available.

Sports Conditioning represents a great first step to help get our kids off screens and around their teammates and coaches to build up their mental, social-emotional, and physical well-being. That said, we must be diligent in following safety protocols as any failure to adhere to these guidelines could severely jeopardize our ability to offer future athletic opportunities. Please take time to read the attached student checklist and expectations that we have in place to help keep students and coaches safe.

We look forward to seeing many of you in the stadium soon and in the meantime, I sincerely hope that the Holiday season brings you and yours many blessings, laughter, and great memories.

Go Ravens!