

The workout plan is not mandatory. It is voluntary and the session is only for 1 hour. Ultimately, it is your decision whether to participate and to consider what you hope to get out of your participation. The effort you put in will enhance your experience of playing soccer.

Starting July 7 – August 14, 2020, we will meet every Tuesday, Wednesday, and Thursday from 10:00 – 11:00. The arrival/drop off point will be at the access road next to the varsity baseball field. All participants must arrive 20 minutes (so at 9:40) prior to the start of the session. You must arrive and depart the workout session wearing a face mask. Each participant will be temperature checked prior to the workout. You will also be asked to answer a questionnaire related to COVID-19 symptoms. Anyone with a fever of 100.4 or above will be sent home and not allowed to participate. Anyone who does not have an appropriate face covering will not be temperature checked or admitted to the workouts.

If you are being dropped off by your parents or others, they should not leave until you have been cleared to participate. They must stay in the vehicle the entire time of the workout session.

The building will be closed. No teams will have access to the locker room, gymnasium, and/or the weight room. All participants must adhere to physical distancing at all times. There will be no shaking hands, fist bumps, high fives, or hugging. All participants are required to provide their own hydration and water bottles. You must bring enough water to last the whole session because you will not be allowed to share any items (towels, water bottles, etc.). You will not be admitted to the workout session without any water.

All participants need to bring the following items to every workout session: sneakers, cleats, shin guards, and their own soccer ball with your name on it. Please make sure your soccer balls are sanitized. We will break out into smaller groups and follow physical distancing. We will cover the following areas for every session:

- Stretching and warmup
- Physical Fitness
- Fast footwork with the soccer ball
- Passing and dribbling activities

There will be no scrimmages or small sided games during the workout sessions. We are not allowed to have any physical contact with each other (not even group huddles). You're only allowed to have contact with your own soccer ball.

When the workout session is completed, you must immediately leave the campus. No loitering around and/or talking to your friends or other participants. If you have any questions, please email me. I'll see you next week.

--Coach V