

Here we go Spring Athletes!

Parents and Spring Athletes,

Organized Team Activities (OTA's) are being scheduled to begin on or around, Monday, October 19, 2020.

Items you need to complete now:

- **Students-athletes need to be registered on Family ID and have a valid physical uploaded to Family ID** (see next bulleted item). All Family ID registrations go through a review and approval process after you have completed the registration and uploaded the physical. We cannot guarantee that your student athlete will be eligible to begin on the proposed dates unless all documentation is correct, and the registration is "Approved".

Family ID registration: <https://www.familyid.com/organizations/westminster-high-school>

- **Please register your child for two sections, their desired spring sport and also into the section labeled OTA's.** Physicals cover your child for 13 months from the date specified by their doctor. We can upload the physical at school if you need help. A current CCPS physical form can be found here and all four pages are required, this is the only acceptable version of a physical form we may accept: <https://www.carrollk12.org/schools/Documents/20-21%20Physical%20Examination%20Form%20%284%20pages%29.pdf>
- Students must wear a mask to and from the field and during rest periods but are not required to wear it during conditioning activities.
- Students must bring their own water bottle (full) that is clearly marked with their name; we are not able to provide water at this time. Rest rooms in the stadium will be available for limited use.
- Drop off and pick MUST occur in the stadium parking lot, congregating in groups will not be permitted and carpooling is discouraged. – See diagram for mandatory [TRAFFIC PATTERN](#) and [FIELDS](#)
- Interested students will be divided into groups/pods of no more than 20 by the coaches, and the student must stay with that group/pod for all sessions. Coaches determine members of these pods.
- Sessions for each group/pod will occur up to 3X/week for 75 minutes. There will be 30 minutes between sessions to avoid crossing over of conditioning groups. Sessions will last from 3:00-4:15pm and 4:45-6:00pm.
- Parents and students will need to sign an additional [COVID 19 Acknowledgment Form](#) before the first session. That document has been distributed by coaches and we will have hard copies on-site for those who cannot download the form at home. **Please bring your own pen to sign.**
- **Students who are ill should stay home and not attend the sessions.**

Finally, we understand that this is not going to resemble or replace how we might have envisioned things would be, but it is at least a start to having our athletes and coaches connect in person and begin a return to play program for both the mental and physical well-being of our student-athletes. Obviously, all of this is still a work in progress, and we will most likely need to adapt and adjust as we forge ahead.