

# TIGARD HIGH SCHOOL SOCCER CAMPS 2020

## Technical and Conditioning Camp

### JULY 2020

**DAYS:** 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, and 30<sup>th</sup> (Tuesdays & Thursdays)

**TIME:** between 5pm-8pm \*start/end time vary, depending on your group (expect 60-90 minutes of training)

**WHERE:** THS SOCCER TURF FIELD

*Check-in instructions will be provided once you are completely registered and confirmed as "camp-ready." Do not show up at camp until you receive a confirmation email that you are "camp-ready."*

### AUGUST 2020

**DAYS:** 3<sup>rd</sup> - 6<sup>th</sup>, 10<sup>th</sup> - 13<sup>th</sup>, 17<sup>th</sup> - 20<sup>th</sup> (Mondays through Thursdays)

**TIME:** between 5pm-8pm \*start/end time vary, depending on your group (expect 60-90 minutes of training)

**WHERE:** THS SOCCER TURF FIELD

*Check-in instructions will be provided once you are completely registered and confirmed as "camp-ready." Do not show up at camp until you receive a confirmation email that you are "camp-ready."*

**Registration:** email [TigardBoysSoccer@gmail.com](mailto:TigardBoysSoccer@gmail.com) to get started.

### Summer Camp Cost

July Camp \$80.00

August Camp \$80.00

All Camps \$120.00

Pay online through student accounts: <https://or-tigardtualatin.intouchrecepting.com/>

**Payment will not be taken the day of camp and must be made on the student account.**

## **Tigard-Tualatin School District Team Summer Workout Guidance Amendment For COVID-19 Phase 1**

The OSAA has ended the moratorium for school-based athletic programs. Tigard High School will allow athletic programs to meet outside and inside workouts\*. The following guidance will be followed by all coaches working with High School student-athletes during summer workout programs.

- 1) Only participants may load/unload from vehicles.
  - a) Encourage families to use the same parent for both pick-up and drop-off when possible.
  - b) No carpooling / ridesharing will be allowed unless athletes live in the same household.
- 2) No more than 25 athletes are allowed at a designated outdoor facility at one time.
- 3) Athletes must be grouped into pods of 10 or fewer.
- 4) Social Distancing of 6 feet or more must be maintained at all times.
- 5) Coaches must maintain daily screening checks. \* NEW\*\*Boys Soccer Healthy Roster the Electronic Medical Record
  - a) Daily records will be monitored by coaches, the athletic department, and the athletic training department.
  - b) The daily records/logs will be recorded and stored by the athletic training department.
- 6) Daily temperatures of participants and coaches MUST be taken and documented.
- 7) If a participant has any of the following, they MUST be dismissed or isolated, and parents need to pick up immediately.
  - a) Fever (100.4 or higher as directed by OHA)
  - b) Fever in the last 4-8 hours
  - c) Close contact with anyone with COVID-19
- 8) Any facility with benches, dugouts, goal posts, etc. MUST be sanitized after each use. This includes pods if they will rotate between different workout stations.
- 9) All equipment (balls, free weights, cones, etc.) used MUST be sanitized after each use.
- 10) If available, bathrooms will be allowed for handwashing areas.
- 11) Participants will use their own water bottles, towels, etc. There will be no sharing of water bottles. Hydration stations will not be used.
- 12) Facilities / individual cleanliness:
  - a) Athletes will be encouraged to maintain proper hygiene practices while at home. (Shower after returning home, washing workout clothes, etc.)
  - b) Athletes will use clean workout clothes each day they attend a workout session.

### **Sports Specific Guidelines**

**Soccer** - Outdoor conditioning will be allowed. Indoor workouts will not be permitted at this time. Individual ball skill drills will be allowed. No passing of the ball between individuals. Each player has their ball—feet only. Headers, use of hands, and contact are not allowed.