



Due to the recent pandemic, new rules are being applied for sports effective June 1st until further notice:

- 1) An offseason waiver must be signed by a parent/guardian or if the athlete is 18 themselves and turned in to Coach Morgan before the session in order to participate.
- 2) Water will not be provided, nor will any sharing of food/drink/supplement. 1 gallon of water will be required by each athlete, failure to do so and the athlete will be sent home.
- 3) Masks are not required for athletes, however coaches must wear masks at all times.
- 4) There will be 1 student per rack, no spotters.
- 5) Equipment must be cleaned before and after use.
- 6) If you feel sick or have a fever, STAY HOME, Coach will be assessing every athlete each session.
- 7) Any athlete in a current sport will not be able to participate in Track & Field off season.

Any questions feel free to ask.

Schedule:

Mon Tues Thurs Fri - Weight room 2:00 – 4:00 PM

Wed - Track 6:00 PM