



Tiger



Football

Dear Tiger Family,

I am pleased to announce that Spokane Public Schools has authorized fall conditioning for all sports starting the week of September 28. The Tiger Football program will begin out of season conditioning for 10-12 grade athletes on Tuesday September 29 at Hart Field from 3:00 – 4:30. Seniors, Juniors, and Sophomores will train on Tuesdays and Thursdays from September 28 – November 19 (weather permitting).

While participation in this training is not mandatory, I encourage all current and prospective football players to participate. One of the most disheartening impacts of the Covid-19 restrictions is that players have not been able to see each other and coaches have not been able to see the athletes. To be clear, this is not football practice. We will follow all prescribed safety guidelines and are not able to have players be in physical contact with each other. This training will be primarily conditioning and strength training performed in small pods.

In order to participate all participating athletes must sign up on Family ID for all activities they wish to attend (you can sign up for multiple sports), have a current physical on file (as long as it is current through November 19), and download the districts attestation (safety check) on their phone or computer to complete each day prior to attending.

The Lewis and Clark High School coaching staff is thrilled to have this opportunity and eager to work with student athletes beginning September 29.

Please complete Family ID as soon as possible and do not hesitate to contact me or Lewis and Clark athletic director, Dave Hughes with any questions. You can reach the athletic office at 354-6967 or 354-6903.

Family ID: <https://www.familyid.com/organizations/lewis-clark-high-school>

Athletic Director - Dave Hughes: davehu@spokaneschools.org

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