

LCHS Boys Fall Football Camp
Practice schedule and procedures Phase 2--Location: Hart Field
10-12 grade Tuesday & Thursday 3:00 – 4:30
Freshmen Wednesday 3:00 – 4:30

Activity	Time	Instructions
Arrival	2:45-3:00	Entrance Procedures and Protocols (see details below)
Pod Assignment	3:00	Athletes will be assigned a Pod of 5 and a designated coach.
Check-in	3:10	Check-in: please complete your Student Health Check on your phone or computer earlier in the day. You will not be able to participate without completing it each day. *(please have SPS app downloaded to your phone)
Warm-up	3:20	Dynamic Warmup and Stretch in designated socially distanced areas on the field with pod
Workouts / Drill work	3:25 - 4:25	Pods of 5 will conduct drill work and workouts with designated coach.
Dismissal	4:30	Exit Procedures (see details below)

Entrance Procedures:

- Football players are to park at the south parking lot on 37th next to the old Jefferson Elementary.
- Athlete, wearing an approved face mask, line up at least a 6" distance from other athletes on the track.
- Coach will provide athletes with information regarding which coach to go to for attendance, check-in, and pod assignment.
- Athlete places any possessions within their own personal designated spot.
- **Once workouts begin athletes may take off their mask for workout purposes.**

Exit Procedures:

- Athlete wears their face mask and gathers possessions, then waits for further instruction from coach.
- Athletes will exit directly to their cars or rides.

General Practices and Expectations:

- No equipment may be shared, so each athlete must remember to come prepared to each practice, **including a water bottle, please bring your own water bottle!** Wear your cleats and athletic clothing. Locker rooms are closed except for bathroom usage.
- Please come ready to practice. Accessing bathroom facilities will be disruptive to practice because of current procedures, so it is advised that athletes use the restroom before coming to practice. Bathroom facilities are available for emergency situations.
- Come dressed for the weather, wear layers, practice will be held unless there is extreme inclement weather. If practice does have to be cancelled, notification will be sent out by 12 pm the day of the practice.