

ANDREW HILL HIGH SCHOOL



PARENT FALL CONDITIONING
COHORT MEETING

PARENT OPT-IN

This is not practice

This is not mandatory or required to make a team

This is optional and you must opt-in, by signing off on the paperwork.

WHAT IS A COHORT?

- A group of 15 athletes working at a time
 - Times are prearranged, depending on facility (area) being used, limiting to 15 athletes
 - You **must** adhere to times, gates will be locked after cohorts enter/exit
 - **DON'T BE LATE!**
- Need to keep these 15 athletes together (no additions or substitutions for 3 weeks)
- After 3 weeks, students may change their cohorts
 - For example, if a girl plays basketball and volleyball, for 3 weeks she can only do one, then she has the ability to switch (even if on different days!)
 - Same with like football and basketball, need to pick one sport, one group at the same time, for three weeks, and then after 3 weeks can switch

COHORTS CONTINUED

- 1st cohort Sept 21
- 2nd Oct 12
- 3rd Oct 26
- until Dec 14th
- ALL COHORTS CURRENTLY ARE OUTSIDE DUE TO COVID GUIDELINES
- THINGS ARE CHANGING EVERY DAY

WHAT DO YOU DO IN THESE COHORTS??

- Limited to skills conditioning only
- No scrimmaging, no open gyms/playing, no contact
- Improve your skills in that sport



GUIDELINES IN THE COHORTS



- Need to bring your own water, no sharing
- Athletes need to wear a mask when they arrive on campus, up until they start conditioning and then they can take it off
- But, social distancing at all time, even when receive directions/instruction
- After students are done with their skill conditioning, they need to put their mask back on as they exit the playing field and as the exit the campus
- (coaches are required to keep masks on the whole time)
- Coaches will clean and disinfect equipment after each cohort

OTHER INFORMATION

- You CAN NOT participate in a cohort at AH and participate in a club team at the same time!!
 - Increases numbers that students are exposed to, damages the integrity of these cohorts
- If your son/daughter is not feeling well, for whatever reason, they should not show up that day for the cohort
- If they feel better the next day, they can participate
- Please correspond with the coach and let them know that your son/daughter is not feeling well and won't be at the skills conditioning that day

HAVE SYMPTOMS???

- Fever (100 degrees or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches; OR illness related fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

SYMPTOMS OF COVID-19 **FACTS OVER FEAR** COVID-19

The infographic displays nine symptoms of COVID-19, each with a circular icon and a text label below it. The symptoms are arranged in a 3x3 grid. The first row includes: 'FEVER OVER 100.4 DEGREES' (person with thermometer), 'COUGH OR SORE THROAT' (person coughing), and 'DIFFICULTY BREATHING' (person with dashed lines around the chest). The second row includes: 'CHILLS' (person with snowflake), 'MUSCLE PAIN' (person with lightning bolt on shoulder), and 'NEW LOSS OF TASTE OR SMELL' (person with question mark on nose). The third row includes: 'NAUSEA/VOMITING' (person with bubbles), 'DIARRHEA' (person with circular arrows on stomach), and 'HEADACHE/FATIGUE' (person with lightning bolt on head).

FEVER OVER 100.4 DEGREES

COUGH OR SORE THROAT

DIFFICULTY BREATHING

CHILLS

MUSCLE PAIN

NEW LOSS OF TASTE OR SMELL


NAUSEA/VOMITING

DIARRHEA

HEADACHE/FATIGUE

PARENT OPT-IN SIGNATURE

- You need a hard copy of your signature and your son/daughter's signature
 - No online signatures are acceptable
- Can print out opt in form from school's website, or come to school to pick one up between 11:50 and 12:45 Monday through Friday
 - Available in English, Spanish, and Vietnamese
- MUST have opt-in form signed before athlete is allowed to take the field!!



Preparing every student to thrive in a global society.

Name: _____ ID# _____

With the new orders from the Santa Clara County Public Health Department, we are ready to once again, slowly reopen our athletic facilities to our coaches and student athletes. This memo applies only to ESUHS and AAU to outside groups. Workouts may begin again on Monday, August 17, 2020 and run through December 15, 2020. Workouts may begin after each Athletic Director and site administrator hold an all coaches meeting to review this memo. Conditioning and skill work are voluntary for both students and coaches.

The following guidelines must be strictly followed. Any violation will result in the end of the cohort meeting and possible disciplinary action taken.

Guidelines: These guidelines are designed to get our student athletes active and back engaged with their coaches and teammates in a safe and healthy way.

- Cohort of 15 students at one time per sport program (If you have thirty players, then two cohorts meet at separate times. The same adult cannot work with separate cohorts. Max two adults per cohort. Students may participate in one cohort at a time. They must choose a single sport. After three weeks, they may rotate to another sport. They cannot participate in any other outside group like AAU).
- If a student misses a workout with one cohort, they are not allowed to join another cohort.
- If someone is diagnosed with COVID-19 within the cohort, the cohort is suspended, and all members are placed on a 14-day quarantine. FERPA rules apply. If someone is diagnosed, coaches cannot discuss this with students or families.
- Coaches must wear facemask at all times.
- Students must wear facemask to and from workout.
- Workouts may be five days per week not to exceed 1 hour and 30 minutes.
- Cohorts must enter and exit during assigned times. No gathering allowed.
- Workouts may consist of skill development and/or conditioning. Under no circumstances can there be physical contact (no five on five drills, scrimmages, etc.). These are individual workouts.
- Coaches must clean all equipment after each cohort completes their workout. [Disinfectant](#)
- This is an opt-in workout. Parents must sign off on participation.
- Students will be health screened upon arrival to the program. Temperature checks must be done at home. Parents will sign permission slips to participate.
- All recommended hygiene practices will be followed.
- At this point and time, no indoor activity is allowed (weight room, Gymnasium, etc.)
- Swimmers must swim in single lanes.

To the Best of your Knowledge:

| Yes or No | Have you had close contact (within 6 feet) to anyone with a confirmed case of COVID-19 or any other communicable disease in the past 14 days? |
|-----------|---|
| | Have you experienced COVID-19 symptoms within the past 14 days (such as persistent cough, fever in excess of 100.4 degrees, chills, sore throat, shortness of breath, diarrhea, new loss of smell or taste, muscle pain)? |

I acknowledge the guidelines that must be followed in order to allow my student athlete to participate in summer skill work and conditioning.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

GRADES

- We waited to start the cohorts until after the grading period
- Grades are important, and I will check your student's grades
- Grades are **NOT** necessary to participate in the cohort, but if your son/daughter has low grades, then maybe they need to focus on school and not athletics so much.
 - Remember that cohorts are able to be switched every 3 weeks



PHYSICALS

- Physicals are not needed to join the cohort
- Physicals ARE needed when seasons start
 - Dec 14th – football, cross country, girl's volleyball
 - March – dates are variable due to sport
- We do plan on having a doctor come on campus in November to assist students with getting their physicals

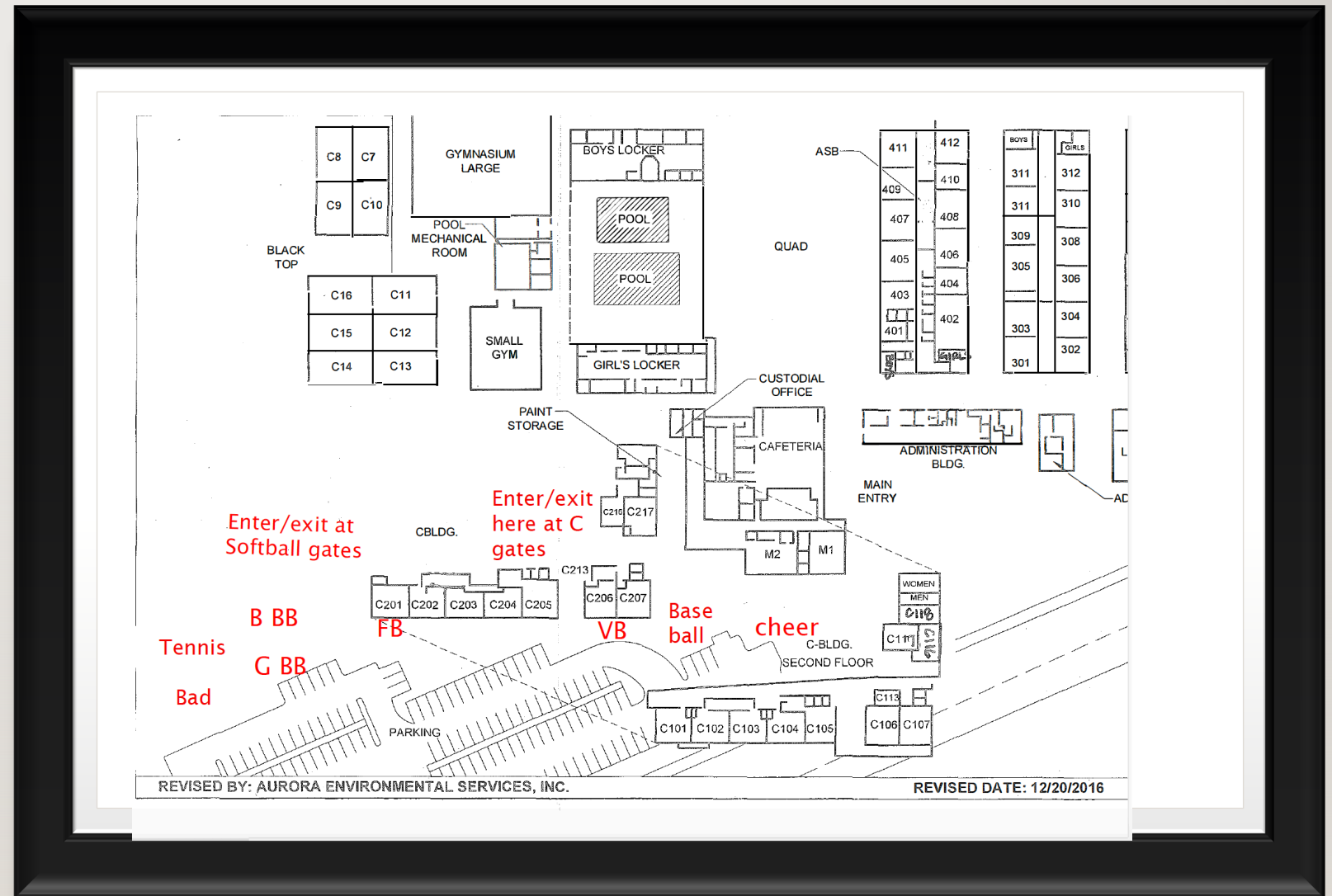
SCHEDULE

| Days | Monday | Tuesday | Wednesday | Thursday | Friday | Coaches |
|---------------------|------------------|------------------|------------------|------------------|------------------|-------------------|
| Time | | | | | | |
| 7-8:30 am | XC - stadium | | XC- stadium | | XC - stadium | Guven |
| | | G Soc -stadium | | G Soc -stadium | | Romero |
| 3-4:30 pm | | B BB- blacktop | B BB- blacktop | B BB- blacktop | | Herning |
| | VB - outdoor VB | | VB - outdoor VB | VB - outdoor VB | | Sandora |
| | FB - stadium | FB - stadium | FB - stadium | FB - stadium | FB - stadium | Peters/Gonzalez |
| 4:30-6 pm | FB - grass field | FB - grass field | FB - grass field | FB - grass field | FB - grass field | Miguel |
| | | | | | | |
| 4:45-6:15 pm | FB - stadium | FB - stadium | FB - stadium | FB - stadium | FB - stadium | Locke/Ramos |
| | | G BB - blacktop | G BB - blacktop | | G BB - blacktop | Winterstein/Liezl |
| | | | | | Tennis - Tennis | Cavaness |
| | C /quad -cheer | C /quad -cheer | C /quad -cheer | C /quad -cheer | | Eckley |
| | Baseball | | Baseball | | Baseball | Moss |
| | Bad - tennis | | | Bad - tennis | | Joe Lam |
| | | VB -outdoor VB | | VB - outdoor VB | | Cathy Nguyen |

IF YOU HAVE A 7TH PERIOD..

- 7th period is Monday and Thursday from 2:30 – 4 pm
- NEED TO GO TO CLASS AND YOU ARE NOT ABLE TO PARTICIPATE THOSE DAYS IN THE COHORT
- Doesn't mean you can join another cohort that day
- Look at the schedule and talk to your coach
- COMMUNICATE WITH YOUR COACH
- List of Coaches
 - <http://andrewphill.esuhsd.org/Athletics/index.html>

WHERE TO ENTER/EXIT



CURRENT HEALTH GUIDELINES

- We are hoping to start our cohorts on Sept 21
- DUE TO CURRENT AIR QUALITY, WE MIGHT NEED TO PUSH THE DATE BACK
- Will keep coaches updated and the website will be updated if we are good to go on the 21st

OTHER INFORMATION

- FALL BREAK
 - Sept 28-Oct 2
- Coaches will decide if they will continue with skills over this break
 - Football is already a go
- Times will change to be during the day
 - Will let you know times
- If coach agrees or doesn't agree, still is considered one of the three weeks of cohort

ANY OTHER
QUESTIONS OR
COMMENTS?

