



Central Catholic

ATHLETIC DEPARTMENT

ATHLETE WORKOUT INFORMATION

Welcome back to the 2020-21 school year from the Central Catholic Athletic Department!

Thank you for your patience during this time of unprecedented challenges for students, teachers, parents, coaches, administrators and our entire community. I know we have had moments of hardship and disappointment, but our goal is to remain engaged and connected while prioritizing everyone's health, safety, and well-being.

In early August, the OSAA announced the postponement of fall sports and created a new athletic and activity calendar for the 2020-21 school year. (See OSAA.org for the updated calendar.) The open period of time before the start of the winter season (Dec. 28) is called Season 1 (August 31 - December 27). During this season, the OSAA is giving every school district the autonomy to determine what they offer to athletes. Central Catholic is excited to offer a cycle of workouts on and off campus in small cohort groups (10 or less). Please note that all interested athletes who attend these intermittent workouts will agree to a 3-week commitment cycle. Based on our cohort guidelines, we are limited to the number workouts we can offer to student athletes. We have far more athletes than spaces available. Our current plan is to stagger start dates throughout the next three months as to provide all sports programs and all interested athletes with an optional workout schedule.

Below you'll find details and required information about our upcoming Fall workouts:

✓ **Non-mandatory workouts** will begin in September for our athletes that expressed interest based on the survey we sent out last week. The first cycle of workouts will primarily be made up of freshman athletes. Most upper classmen will start their workouts in October and more information will be provided soon. These workouts will focus on the social, mental, and physical development of our student athletes. We feel it is important to give athletes an opportunity to feel connected to their peers, coaches and community. The head coach of each sports program will be contacting parents and athletes to better determine their interest in these workouts. This will allow the coach to create specific cohort groups and provide detailed information about assigned workout dates and times.

✓ **ATHLETIC CLEARANCE IS REQUIRED.** Any student participating in Season 1 workouts must complete all Athletic Clearance requirements outlined on our athletics page found on our website at centralschoolhigh.org (Athletic Clearance).



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- ✓ **Prior to arriving** at your first workout, all students and parents must read the Central Catholic Return to Athletic Workouts Plan found on our Athletics page at centralschoolhigh.org.
 - **If you are feeling ill**, you are to stay home and contact your coach immediately to share that you will not be attending that day.
 - **Come dressed in your workout clothes and be ready to participate** as students and staff will **not** have access to the locker rooms and changing in restrooms will not be permitted.
 - We encourage student athletes to use the restroom at home prior to participating in workouts. Restrooms will be available, but it is preferred if athletes don't have to use them.

- ✓ **When arriving on campus:**
 - Report to the proper entry point communicated to you by the coach. To prevent any contact between groups as they transition, we ask that all students stay in their cars until their assigned workout time and depart immediately after workout. (There will be no congregating before or after workouts.) Parents are expected to be on time to drop off and pick up their athletes. As a parent, if you decide to wait in your car, we ask that you park on Stark Street if the workout is on the Central Catholic campus. **Please note that ONLY students are permitted on campus or at the workout site.** No parents or spectators are allowed at the workout site at this time.

 - **A minimum distance of 6 feet** must be kept between all student athletes and coaches at all times.

 - **Face mask requirements:**
 - Masks will be worn and required at **ALL** times except at the discretion of the Head Coach when a minimum of 6 feet of physical distancing can be maintained during the workout. When entering and exiting the facility, masks **MUST** be worn at **ALL** times.
 - When we start indoor workouts, coaches and athletes will be required to wear masks at **ALL** times – no exceptions.
 - Coaches and staff will be required to wear masks at all times (indoor and outdoor).

 - **Washing hands** or using hand sanitizer upon arrival, during breaks, and before departure will be required. Hand sanitizer will be available at the check-in table; however, we ask that all athletes bring their own sanitizer.

 - Athletes must bring their **own water bottle(s)**. Water fountains are closed at this time and the sharing of drinks is prohibited. No food will be allowed at any workouts.

 - Athletes are to **remain in their designated workout area** as directed by coaching staff.



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- ✓ **Students and staff who become sick** during workouts will be immediately separated from other students and instructed to return home. The coach will contact their parent/guardian and the Athletic Director immediately.

REMINDER! REQUIRED ITEMS EVERY STUDENT ATHLETE MUST BRING TO EVERY WORKOUT:

- A Face Mask
- A Filled Water Bottle(s) with athlete's name on it.
- Hand Sanitizer
- Any personal workout items requested by coach with athlete's name on it. (These items will not be shared with other athletes.)

Again, we are excited to offer our students athletes the opportunity to participate in these voluntary workouts with their peers and coaches. If you have any questions, please email me at ljaeger@centralcatholichigh.org.

GO RAMS!

Laura Jaeger
Central Catholic Athletic Director

Please note: We have adopted guidelines and policies mandated by Governor Kate Brown, Oregon Department of Education (ODE), Oregon School Activities Association (OSAA), and Oregon Health Authority (OHA). **This information is subject to change as conditions fluctuate within our state and local communities per Governor Brown's directives.**