

Voluntary soccer conditioning will begin on Monday, November 2nd and will be held on Monday Wednesday and Friday of the first week, and Monday and Wednesday only of the 2nd week.

Conditioning will be held from 3 p.m-5 p.m. and will consist of one hour of aerobic workout followed by a one-hour student led scrimmage (held within pods which will be supervised by coaches.)

Please ensure that all participation paperwork, fees and medical is current and on file with the school before attending any practice.

First tryout/official practice will be on November 13 at 3 p.m.

Please make sure that for conditioning, the student has both running shoes and cleats.

Pickup will be outside the PLC at 5 p.m. on practice days

Soccer will line up in the MS Hallway by class and sport at dismissal. Temperatures will be taken, and Covid Questions asked.

Soccer will wear their PE Uniforms on PE days and NOT change into other clothes.

Soccer players will be met by the Soccer coaches at the MS bathrooms and taken to their practice areas.

Soccer will change in the MS bathrooms in small groups once they are temp cleared.

Soccer players are NEVER to enter the Gym.

Students must bring their own water bottle

Pickup will be outside the PLC at 5 p.m.