

SCVAL fall beginnings reminders

DEAD WEEK (including July 29-August 4)-All Athletes, coaches, ATCs NO CONTACT at all; ALL SPORTS

- No meetings or workouts at the school, park, club venue, zoom meeting
- No athlete organized gathering formal or informal of team members
- No access or usage of school facilities or fields

CONDITIONING PERIOD (including August 5-August 8)***all sports including cheerleading

- Weight lifting, stretching, running, swimming OK for conditioning purposes
- None mandatory for making the team. One gathering per day as a group or individually; No more than 1 1/2 hours
- A ball/racket/stick/net should not be utilized at anytime during these dates
- Sport specific organized plays and concepts removed

START OF FIRST DAY OF PRACTICE (August 9) or first day of practice for any new athlete to a team

- Acclimation period begins for Outdoor Fall sports
- Outdoor fall sports-Five days of no more than (1) one practice a day for no longer than two hours
- Indoor sports begin sensible practice structure

FOOTBALL ACCLIMATION period begins (including August 5-August 8) or when a new athlete joins team***

- No more than (1) one practice a day for first five days of practice
- Not longer than 2 hours in length each of those days
- First three days only helmets
- Day four and five helmets and shoulder pads, thud contact allowed