

UIL Athletic Paperwork Requirements

UIL requires certain forms to be filled out on a yearly basis. We have created a Google Classroom for all Athletes to join to make the process easier.

UIL has adjusted the requirements for Athletic Physicals. Everyone who has a Physical on file from last year will still be required to fill out an updated Medical History Form.

Using your student ID log in for school go Join the “2020-21 Athletic Paperwork for Participation” Class using the Code: nixchgz

Tiger Football 2020

Safety Measures

The Athletic Department is committed to doing everything possible to best ensure the safety of all our student-athletes and staff. We are following all of the safety measures mandated by TEA and UIL. The FISH Athletic Department will include several additional measures to provide the safest environment possible.

1. Face coverings are to be worn in the locker rooms at all times except when showering.
2. Hand sanitizer stations will be available throughout the Field House.
3. All equipment will continue to be sanitized after each use.
4. FISH has provided us with an Electrostatic Sprayer to assist in sanitization.
5. We will require all workout gear to be washed every day.
6. All Social Distancing Guidelines will continue to be enforced.
7. Mandatory Daily Self-Screening.
8. All Staff will wear face coverings when Social Distancing is not feasible.
9. The FH will be cleaned and sanitized daily.

We encourage all athletes to purchase some sort of Neck Gaiter that will also be used as a face covering during practice.

Tiger Football 2020

Important Dates & Times

Monday 8/3 – Wednesday 8/5: Summer Strength and Conditioning Camp will continue as it has all summer. Morning Sessions starting at 8am, 9am, & 10am as well at 5pm. Sport Specific Football Workout Starting at 6pm each day.

*******Starting on AUGUST 6th. Due to Teacher In-service Schedule, the following Strength and Conditioning Camp time slots are only available to Football Players. All other sports workout times will be determined by that sports Head Coach. *******

Thursday 8/6: Summer Strength and Conditioning Camp offered to Football Only
3pm, 4pm, & 5pm Sign up online
Sport Specific Football workout at 6pm.

Off on Friday 8/7

Monday 8/10 - Thursday 8/13: Summer Strength and Conditioning Camp @ 3pm, 4pm & 5PM
Sport Specific Football @ 6pm

Monday 8/17 - Thursday 8/20: Summer Strength and Conditioning Camp @ 3pm, 4pm & 5PM
Sport Specific Football @ 6pm

Monday 8/24 – Week School Starts: Workouts will take place during the class period
Sport Specific after school 4:45 – 6pm.

Monday 8/31 – School Week 2: Equipment Handout and Weights during class period
Sport Specific after School 4:45 – 6pm.

Monday September 7th – FIRST DAY OF FOOTBALL PRACTICE – LABOR DAY!

JV & VAR – 8AM – 12 noon

9th grade – 8AM – 10 am

Tues. September 8th – Friday September 11th

JV & VAR – After School Practice 4:45 – 7:30pm

9th grade – 7:30 am Start time

Saturday September 12th – Picture Day & Practice

Pictures

Varsity: 8 am

JV: 8:30 am

Freshman: 9 am

Practice

Varsity & JV: 10 am – 11

Freshman: 11 am – 12

Game Week Schedule

JV & Varsity: Monday & Tuesday
4:45 – 7pm

Wednesday
4:45 – 6:30pm

Thursday
JV – Game Night
Varsity - 4:45 – 5:45
Team Dinner after practice

Freshman: Monday – Wednesday
7:30 am – On the Field Start

Thursday
8:25 am – Start time – Game Day

Friday
8:25 am – Start time – Weights & Film