

Frankfort Square Wildcats Football Conditioning

FOOTBALL CONDITIONING: Tuesday and Thursday 6:00-8:00pm LWN Field.

CHEER CONDITIONING: Tuesday and Thursday 6:00-7:00 pm behind Hilda Walker.

- All coaches will wear masks AT ALL TIMES.
- Coaches will have electronic whistles (if needed), no whistles blown with mouth.
- Compliance coach at EVERY practice, adhere to all directives from compliance coach.
- Spectators are allowed in stands and should social distance with at least 6 feet between familial units. Please pickup all trash when leaving.

Once compliance coach is identified for football please text Paul Tholl, Jim Zawilinski and Bill Crittendon, with their name and phone number.

Once compliance coach is identified for cheer please contact Lauren Schuster or Christine Dote.

Pre-Warm-up:

- All players remain in their vehicles until a coach arrives to check them in.
- Players should wear a mask and bring their own hydration and hand sanitizer, (sharing of hydration will not be allowed).
- All players arrive with checklist filled out and signed every day. (Absence of checklist will result in player NOT participating that evening).

The pre-check Covid-19 monitoring form is attached
(double click on the PDF icon to open the form for viewing/printing)



Adobe Acrobat
Document

- All players give their checklist to the checkpoint coach.
- Players will rally at their respective team gathering points, remaining with masks on and keeping 6 feet social distancing.
- Coaches will call practice to start.

Warm-up:

- Warm-ups will consist of players 3 yards apart from each other in all directions.
- Warm-ups will consist of all "air" or individual stretches.

-After warm-ups, players will rally to their respective conditioning area, with social distancing.

Conditioning:

FOOTBALL

-Flag will be outside of North and South end zones as needed.

-Varsity North end zone to 15-yard line.

-JV North 25 yard line to 50-yard line

-LW South 40 yard line to 20-yard line.

-SLW South 10 yard line to end zone baseline.

-Players will be broken into groups and will remain in these groups for the entirety of the conditioning sessions that day.

-Conditioning will consist of pad (coach holding pad) and air movements.

-Regular spraying down of pads will be done during sessions.

-At the end of conditioning, each group will release players (staggered). Players should proceed directly to their cars.

- Conditioning may progress to 7 on 7 drills (with no contact) after about 4 weeks of sessions.

CHEERLEADING

-Cheerleaders will have no stunting, tumbling or contact, social distancing 6 feet apart.

-Stretching, conditioning, cardio drills, cheer jumps, cheer motions.

-Cheerleaders and Football players will remain in masks while not participating in activities

Post Conditioning:

-All pads sprayed down, pick up any athletic equipment left. Police the area for any trash.

-Upon culmination of conditioning, groups will be released in a staggered manner and players should proceed directly to their cars.