

Here is some important information about **Football workouts** below:

Workout Days: Monday, Wednesday, and Thursdays

Workouts Times: Prospective athletes need to go to www.csidefootball.com to sign up for workout times so we are staying within our allowed number of athletes on campus per workout.

Workout times will be from 7:00 am and run until 11:00 am. Workouts will last for 45 minutes per session.

Paperwork and Insurance: The athletic participation packet, Covid-19 release form, and insurance information for football workouts are posted on www.csidefootball.com with instructions to email either the JV or Varsity Head Coach. JV players will email paperwork to Coach Wray, and Varsity players will email paperwork to Coach Schmitz.

