

HOLLINS HIGH SCHOOL VOLLEYBALL TEAM



I. PHASE III – CONDITIONING AND INDIVIDUAL SKILL DEVELOPMENT:

- ***WHO:*** All Student-Athletes who want to get ready before Volleyball Team try-outs.
- ***WHAT:*** DHHS Volleyball Team Conditioning and Individual Skill Development.
- ***WHEN:*** August 11, 12, 13, 18, 19 and 20.
- ***WHERE:*** Hollins High School Gymnasium.
- ***WHY:*** This will help *YOU* if you are serious about trying-out to make the JV/Varsity Team.

******MAKE SURE TO BRING YOUR OWN WATER BOTTLE (There will be no use of water fountains), TOWEL AND MASK. SHIRTS (NO TANK TOPS) MUST BE WORN AT ALL TIMES******

II. SCHEME OF MANEUVER:

1. ***TIME: 1:30 pm.*** = All Student-Athletes will meet at the front of the gym and wait in their car so their paperwork (see below) and COVID 19 Questionnaire can be screened by one of the Volleyball Coaches. Once we verify all your required paperwork (see below) is completed, signed, and your COVID 19 Questionnaire's answers are NO, proceed to the gym. ***Masks must be worn when entering and exiting the Gym. Social distancing and sanitizing will be performed at all times.***
2. ***TIME: 2:00 pm. – 3:30 pm.*** = Conditioning and Individual Skill Development will begin.
3. ***TIME: 3:30 pm. – 4:00 pm.*** = All Student-Athletes must leave the gym and gym parking lot. Nobody will be allowed to hang out on the school grounds.

III. REQUIRED PAPERWORK:

Available at Dixie Hollins website: <https://www.pcsb.org/dixie-hs>, click on Athletics, click on Athletic Participation, scroll down, click and print 1. Athletics Participation Packet (Doesn't need to be notarized), click and print 2. Assumption of Risk waiver, Click on Website: <http://www.pcsb.org/StudentInsurance> and print 3. Proof of K-12 Student Accident Insurance.NOTE: STUDENT-ATHLETE WON'T BE ALLOW TO PARTICIPATE IN ANY OF THE ACTIVITIES MENTIONED ABOVE IF THEY CAN'T PROVIDE COPIES TO COACH RIVERA or COACH MARONPOT. IF THE ANSWER IS YES TO ANY OF THE COVID 19 QUESTIONS, THE STUDENT-ATHLETE WILL NOT PARTICIPATE IN ANY WORKOUTS, PRACTICES OR GAMES UNTIL CLEARED BY A PHYSICIAN AND PROVIDES A CLEARANCE NOTE, OR STUDENT-ATHLETE HAS STAYED HOME FOR 14 DAYS PRIOR TO RETURN******