

ST. PETERSBURG HIGH SCHOOL CROSS COUNTRY 2020 INFORMATION SHEET

Head Coach: Jessica Miller millerjes@pcsb.org

Head Coach/Paperwork: Adrienne Aguilar aguilara@pcsb.org

Sign up for remind-Text 81010 the following class code: @97e2ff and follow the prompts

To be cleared for summer conditioning participation, you must complete all required paperwork and courses ahead of time (if you did not participate in a sport in the 2019-2020 school year)

- Athletes must have all required paperwork, insurance, and courses submitted before being cleared to condition
 - New this year-Summer Conditioning Waiver Form (see link below)
- Paperwork can be scanned and emailed to Coach Aguilar for clearance check (hard copies will be required to turn in once conditioning/practice begins) - there is a 24-hour clearance period once paperwork is submitted to Coach Aguilar. (*Office lens is a great app that lets your phone act as a scanner if you do not have access to one*)
 - Paperwork may be brought to conditioning but cannot participate until all paperwork has been checked off
- *If a student participated in a sport in the 2019-2020 school year, it is their responsibility to provide a copy of their packet to Coach Aguilar if requested. If you do not have a copy to provide, you will need to submit the newest packet for clearance.*

REQUIRED PAPERWORK AND COURSES (ONLY NEED TO BE COMPLETED ONCE PER SCHOOL YEAR)

- **Pinellas County Athletic Paperwork** *Physical must be within 1 calendar year if packet was submitted for participation in the 2019-2020 school year (any sport)
 - **In August, all student athletes will be required to submit the newest packet for the 2020-2021 school year.**
 - **Newest Packet for 2020-2021 School Year**
<https://www.pcsb.org/cms/lib/FL01903687/Centricity/domain/176/pcs%20forms/4-1891-A.pdf>
 - Physical must be on the county form from packet (not the standard form from Drs office)
- **Student Accident Insurance** – Any coverage option that is not sport specific
 - <https://www.pcsb.org/StudentAccidentInsurance>
 - Insurance for 2020-2021 school year to be purchased in August
- **Completion certificates for 3 required student athlete classes**
 - Go to [NFHSLearn.com](https://www.nfhslearn.com) and order the following courses (they will not charge you)
 - Concussion for Students
 - Heat Illness
 - Sudden Cardiac Arrest
 - Please send certificates or screen shots of certificates to Coach Aguilar at aguilara@pcsb.org
- **Summer Conditioning Waiver**
 - https://pinellascountyschools-my.sharepoint.com/:w:/g/personal/aguilara_pcsb_org/EU--avDw5JJIkrBFhe6RoGYBGdyZ2SVdPBUEJIXqeFsKXw?e=dIbY35

SUMMER 2020 CONDITIONING SCHEDULE

- Summer conditioning will begin on 6/15 at Crescent Lake from 7:30a-8:45a
- For everyone's safety, there will be a 9 athlete to 1 coach ratio (up to 27 athletes per practice)
- Athletes will be required to wear a face mask or covering to arrive and check in for practice. A face mask or cover must also be worn when leaving the park.
- A link to sign up for practices will be sent the Friday before and close on Sunday. Cleared athletes will sign up for practices using this link to make sure we are adhering to safety protocols

- *Boys Team Practice-Monday and Wednesday*
- *Girls Team Practice- Tuesday and Thursday*
- On the days that you are not reporting to Crescent Lake, a workout will be provided to complete at home individually
- All athletes must bring individual water and towels (no sharing) and arrive fully dressed

TEAM COMMUNICATION

- Athletes need to sign up for the remind text messages-Text 81010 the following class code: @97e2ff and follow the prompts- parents are encouraged to sign up too but be aware there are a decent amount of texts sent
- Athletes will have the Cross Country 2020 Teams page as a place to go with all the important announcements and information
 - Please make sure to contact Coach Aguilar at aguilara@pcsb.org to be added to this Team
 - If you are an incoming freshmen, you will need your school email address (r2.d2@pcsb.org) in order to have access to Microsoft Teams

2020 CROSS COUNTRY SCHEDULE

****Fall practice schedule TBD based on current regulations**

****Some meets will be JV only and some Varsity only- but at this point we have not determined that since all meets are not set due to current situation**

8/17	Meets allowed
8/17	Rebel Invite
8/21	Jim Ryun
8/29	Dunedin Opener
9/2	Green Devil Invite- Host SPHS- waiting on permission from city
9/5	Horsepark Invite
9/10	Pirate Invite
9/12	Northport Invite
9/17	Rebel Invite
9/19	Palmetto Invite
9/25-9/26	Flrunners.com Invite
10/3	St. Pete City Championship- Host SPHS
<i>Date not Announced for Disney- guessing it would be in here</i>	
10/14	PCAC (Dunedin)
10/21	Districts Palmetto
10/31	Regionals Holloway Park
11/7	State Competition