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Workouts and registration will be held from 6pm until 7:30pm on July 7th and 9th. Additional dates may be added. Registration will be from 6pm to 6:45pm. Anyone arriving after 6:45pm will **not** be allowed to participate until the next workout. Athletes will be divided into workout pods of no more than 10 people including coaches. Parents/Guardians/Athletes must **stay in their cars in the registration area** until athlete’s paperwork is cleared by coaches to join a workout pod. Parents/Guardians who chose to spectate must park **in teacher parking area** and remain in their cars.

Athletes need a **physical** clearing them to play football signed and dated by a doctor. Sports physicals will be considered valid as far back as March 1,2019. Athletes will need a completed NCHSAA Initial Screening for **COVID-19 form** and an updated **Concussion form**. Forms can be downloaded online and filled out in advance.

Athletes must bring their **own water container** **with their names clearly on them.** We suggest a large container of at least one gallon. Athletes may wear **masks** when not exercising. Everyone must remain at least **6 feet** apart. Athletes should wear cleats or tennis shoes, shorts and a light-colored t-shirt. Remember to drink plenty of water during the days leading up to workouts.