

Sidney Central School District

Open Skills/Conditioning 2020

Sidney CSD has developed an Open Skills/Conditioning program to run from October 5-December 22 and is conducted by varsity coaches for students in grades 7-12.

Students must register online at: <https://bit.ly/33VLCzE>

Students will attend from 3:10-5 p.m. on their in-person school days, based on the schedule below:

WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Track	A	B	A	B	A
Activity	Boys: Fall Girls: Winter	Boys: Winter Girls: Fall	Boys/Girls: Spring	Boys: Fall Girls: Winter	Boys: Winter Girls: Fall
WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Track	B	A	B	A	B
Activity	Boys/Girls: Spring	Boys: Fall Girls: Winter	Boys: Winter Girls: Fall	Boys/Girls: Spring	Boys: Fall Girls: Winter

IMPORTANT INFORMATION

Registration: Students may register for any combination of fall, winter and spring activities and will report to the activity on the day they are in school. **Please note:** boys and girls fall/winter activities are opposite each other.

Transportation: Parents/guardians are responsible for student pick up at 5 p.m. from a designated location.

Health and safety: Students will continue to employ district health and safety protocols based on guidance from state and local health departments. These may include but are not limited to:

- Social distance of 6 feet
- Respiratory protection by wearing approved facial masks
- Mask breaks will be mandatory for high intensity exercises
- Hand hygiene
- Must bring your own water bottles

Please note: Activities offered will be based on the number of registrants and coach availability. Also, activities may be canceled because of weather. In those cases, students will rely on normal dismissal procedures.

Questions? Contact Sidney CSD Athletic Coordinator Jm Karl at: 563-2135, or jkarl@sidneycsd.org