

COOPER JAGUAR WOMEN'S BASKETBALL

OPEN GYM/CONDITIONING

Basketball season is here! Below you will find all the info & requirements for the upcoming open gym workouts. There is no negotiation as every player must follow all guidelines.

Open Gym/Conditioning is open to all girls in grades 9-12 who *are not* still participating in a fall sport. If you are still participating in a fall sport, you will report upon completion of that season.

UPCOMING OPEN GYM DATES

TUESDAY, OCTOBER 13 2:45-4:15

THURSDAY, OCTOBER 15 2:45-4:15

MONDAY, OCTOBER 19 2:45-4:15

WEDNESDAY, OCTOBER 21 2:45-4:15

All required forms must be turned in to Coach Holthaus before participation in open gym is allowed

In order to be eligible to participate in open gym, every player must have the following completed (no exceptions):

- ✓ COVID-19 Screening Questionnaire [Click here for form](#)
- ✓ Consent Waiver [Click here for form](#)
- ✓ St. Elizabeth Treatment and Release Form [Click here for form](#)
- ✓ Updated KHSAA physical form [Click here for form](#)

Guidelines for Open Gym:

- ✓ Temperature Check Procedures
 - Students **who are** In-Person Learning that day will report to the girl's locker room, where the coaching staff will further direct you.
 - Students **who are not** In-Person or Virtual Learning, temperature checks will be conducted by the coaching staff outside the gymnasium entrance after school starting at 2:30pm.
- ✓ All students must wear a mask and practice social distancing until directed by the coaching staff.
- ✓ Students must bring their own drinks with their names clearly labeled. There is no access to water fountains or refill stations.