

Hello Families of OUSD High School Student/Athletes,

Here's some remarkable news. Assuming things go as expected, our **season 1** sports are going to start *conditioning* sometime soon. The sports are cheerleading, cross country, girls volleyball and football. We know our athletes have been fired up to get back to their sports after this very long frustrating break, and this will be their first chance to get back to it. This is not formal practice, and competition is a ways down the road, but at the very least, they'll be able to get reacquainted with and work with their teammates and coaches. You can see the details below.

Please note that students **cannot** join conditioning until they have **turned in their physical** and **gotten registered** here using their OUSD email addresses: [OAL Return to Conditioning Registration Form](#). Also, if they are a season 2 or 3 athlete (winter or spring) they can sign up for conditioning now, too, but this is focused mostly on season 1 athletes. We will send more details for season 2 and 3 athletes later in the semester.

Of course, the District will continue to modify and evaluate our processes to ensure the health and safety of our students, coaches, and community.

Thank you.

Registration Link : [OAL Return to Conditioning Registration Form](#)

High School Sports	
STAGE 1: 3 Weeks of Conditioning/Exercise (February 1-18, 2021)	
WHO	<ul style="list-style-type: none"> ● Season 1 OAL Sports: Cheerleading, Cross Country, Girls Volleyball, Football ● Any OUSD student that completes the registration process.
WHEN	Monday - Thursday

WHERE	<ul style="list-style-type: none"> ● CASTLEMONT HS <ul style="list-style-type: none"> ○ (Session 1: 4:30-5:30pm & Session 2: 6:00-7:00pm) ● OAKLAND HS <ul style="list-style-type: none"> ○ (Session 1: 4:30-5:30pm & Session 2: 6:00-7:00p) ● McCLYMONDS HS <ul style="list-style-type: none"> ○ (Session 1: 4:30-5:30pm & Session 2: 6:00-7:00pm) ● MADISON PARK ACADEMY <ul style="list-style-type: none"> ○ (Session 1: 3:30-4:30pm & Session 2: 4:30-5:30pm) ● COLISEUM COLLEGE PREP ACADEMY <ul style="list-style-type: none"> ○ (Monday - Thursday 4:00 -5:00pm) ● NORTH OAKLAND CROSS COUNTRY LOCATION <ul style="list-style-type: none"> ○ (Monday - Thursday) Details TBD ● EAST OAKLAND CROSS COUNTRY LOCATION <ul style="list-style-type: none"> ○ (Monday - Thursday) Details TBD
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REQUIREMENTS FOR PARTICIPATION

- **All students must complete a Pre-Participation Physical** and submit with registration.
- All students must register to be allowed to participate
 - **Registration Link** : [OAL Return to Conditioning Registration Form](#)
- Students will be required to complete a daily COVID Health Screener
 - via ParentSquare. (Details to follow)
- Students must adhere to social distancing guidelines and wear masks.
- Students may only attend the same site for the duration of the stage.
 - *Current State guidelines limit athletes to one cohort.*
- Only registered students will be allowed to participate.
 - No spectators allowed during session
 - Parents must remain in vehicle
- Students may not share equipment and must bring their own water bottle
- Student must continue to check your OUSD email for communications and updates from coaches

