

Hello Families of OUSD Middle School Student/Athletes,

Here's some remarkable news. Assuming things go as expected, all middle school sports are going to start *conditioning* sometime soon. 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** using their OUSD email address here: [OAL Return to Conditioning Registration Form](#). If you have any questions, please contact your coach or principal and/or email OAL@ousd.org.

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

Good luck!

Middle School Sports	
STAGE 1: 3 Weeks of Conditioning/Exercise (February 1-18, 2021)	
WHO	<ul style="list-style-type: none"> ● Middle School Student-Athletes ● Any OUSD student that completes the registration process.
WHEN	Monday - Thursday
WHERE	<ul style="list-style-type: none"> ● COLISEUM COLLEGE PREP ACADEMY <ul style="list-style-type: none"> ○ (Monday - Thursday 4:00 -5:00pm) ● MADISON PARK ACADEMY <ul style="list-style-type: none"> ○ (Session 1: 3:30-4:30pm & Session 2: 4:30-5:30pm) ● CLAREMONT MIDDLE SCHOOL <ul style="list-style-type: none"> ○ Monday - Thursday - TBD ● ELMHURST UNITED MIDDLE SCHOOL <ul style="list-style-type: none"> ○ Monday - Thursday - TBD ● EDNA BREWER MIDDLE SCHOOL <ul style="list-style-type: none"> ○ Monday - Thursday - TBD ● FRICK UNITED MIDDLE SCHOOL

- Monday - Thursday - TBD
- **WESTLAKE MIDDLE SCHOOL**
- Monday - Thursday - TBD

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