

## Fall Season Open Football Workouts Info.

- ❑ Open workouts are an opportunity for athletes to improve their physical fitness and technique for their upcoming sports season.
- ❑ These workouts will be designed and implemented by Hoosic Valley coaching staff.
- ❑ Open workouts are not mandatory in any manner, but are highly recommended for players who would like to improve their skills.
- ❑ Athletes who choose to participate in open workouts are expected to put 100% effort into each workout.
- ❑ Student athletes **MUST** have a blue card provided by the school nurse to participate in open workouts. Please check with Coach Baker to see if you are eligible to participate.
- ❑ **Athletes must wear acceptable face covering unless the athlete is unable to tolerate it while actively participating in physical activity. The health and safety of our student athletes and coaches is our top priority.**
- ❑ The planned starting date for open workouts will be Monday, **9/21 from 2:45-4:00 pm**. Workouts will be every **Monday-Thursday from 2:45-4:00pm** each week until an end date is determined due to weather.
- ❑ No spectators are allowed. Please arrange rides to arrive for 4:00 pm pick up time.

Athletes are to bring the following to open workouts:

cleats

Sneakers

Water

Face Covering

A POSITIVE AND DETERMINED ATTITUDE!

If you have any questions or concerns please contact Coach Baker! We look forward to working with each and every athlete!!