

ARROYO HIGH SCHOOL
FALL ATHLETICS
& PERFORMING ARTS

RETURN TO PLAY
PHASE I

Student & Parent Meeting 2020

WELCOME STUDENTS & PARENTS!

INTRODUCTIONS:

- Principal: Mr. Gabriel Flores
- Assistant Principal: Ms. Jamie Witt
- AHS Athletic Director: Mr. Jim Singiser
- Head Football Coach: Mr. Chuck Leonardis
- Head Cross Country Coaches: Mr. Bryon Hake (B), Mrs. Kerry Hake (G)
- Head Volleyball Coach: Mr. Butch Moulton
- Band Director: Mr. Joe Massaro
- Cheer Advisor: Mr. Jon Gomez

ATHLETIC clearance

Online document submission @ [Permission Click](#)

- Can be accessed via email or AHS webpage

Includes:

- Signature forms
- Physical form (**Must be dated after June 1, 2020**)
- Emergency Contact Information

COACHING REQUIREMENTS

Clearance Requirements:

- First Aid
- CPR/AED
- TB Test

Trainings:

- Fundamentals of Coaching
- Concussion
- Sudden Cardiac Arrest
- Heat Illness
- Sexual Harrassment
- Suicide Prevention
- Bloodborne Pathogens
- Mandated Reporting
- COVID



RETURN TO PLAY PHASES

Phase 1

- 10 person pods (includes coach), pod remains consistent
- No shared athletic equipment
- Individual drills allowed (no equipment at start)
- Emphasis on conditioning, and use of body weight resistance

Phase 2-3

- Allow for increased number of athletes and shared equipment

COVID PROTOCOLS

Mandatory Screening Questions

- Regarding symptoms and proximity to others exposed to COVID

Temperature Check

- maximum temperature 100.3

Maintain social distancing of 8 feet at all times

Arrive/depart alone (only members of the same household should travel together)

No guest/family members may attend practice

No shared equipment or clothing

No shared water stations- Bring a personal water bottle

Limited restroom availability

COVID PROTOCOLS

Wear a mask
while in public

Mask may only be removed
during periods of heavy exertion
when directed by the coach



COVID SCREENING QUESTIONS

- Have you experienced any of the following symptoms within the past 72 hours
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

STUDENTS WHO ARE EXPERIENCING SYMPTOMS SHOULD STAY HOME

PRACTICE EXPECTATIONS

Arrive on time

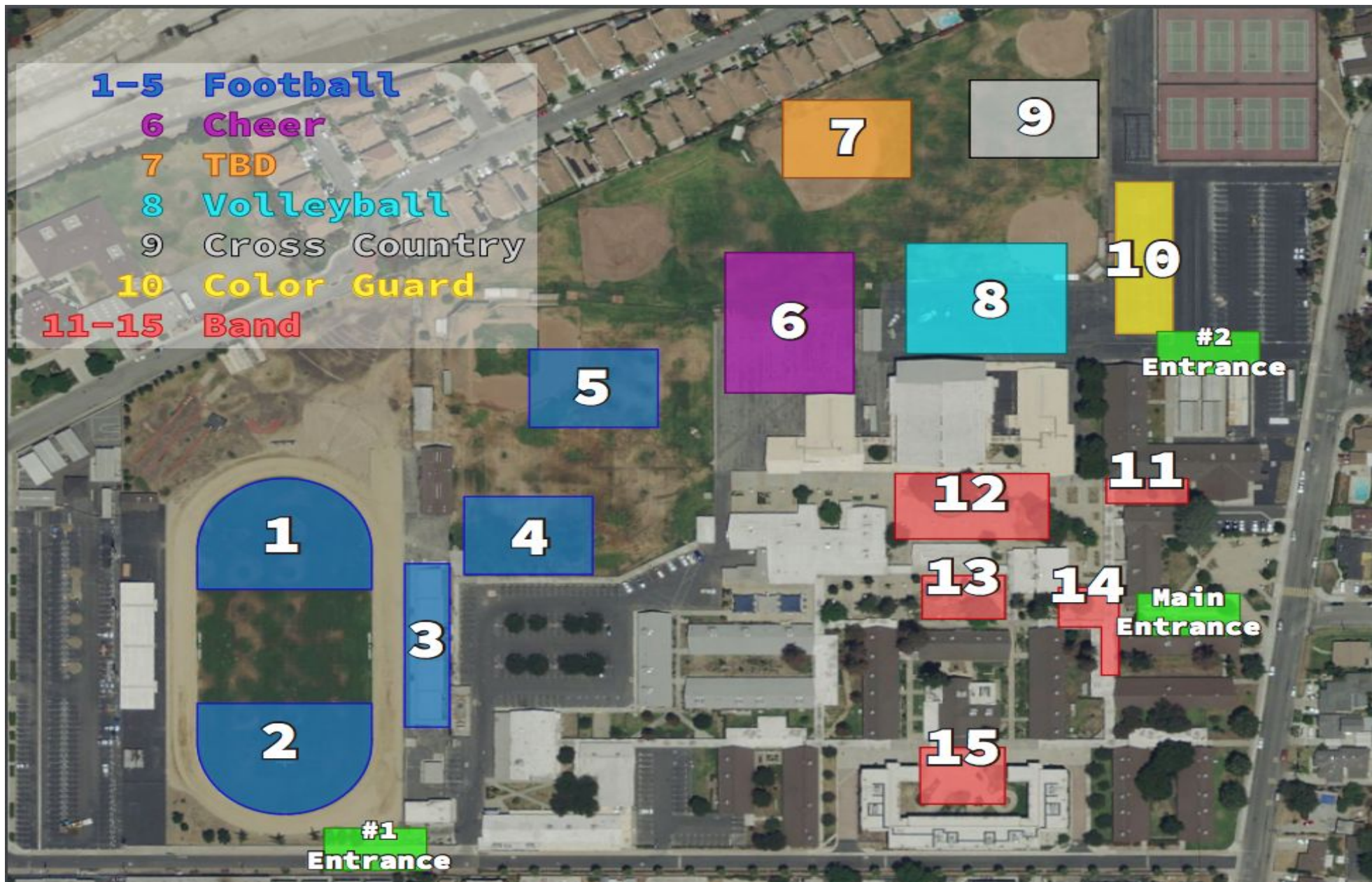
- Allow enough time for safety screening
- Maintain social distancing at all times
- Travel alone (only members of the same household may travel together)

Be prepared

- Arrive dressed for practice- no locker rooms or restrooms will be used to change
- Bring a full water bottle daily- do not share, use only touch free stations for refilling
- Bring a towel
- Wear a mask

Depart immediately after practice

- Do not linger and group up with others



NOTIFICATION FOR ATHLETES

Workouts are encouraged, but not mandatory at this time

- Goal is to encourage physical training for a safe return to play
- Team tryouts will take place at a later date (October)
- Placement on a team is not determined by participation

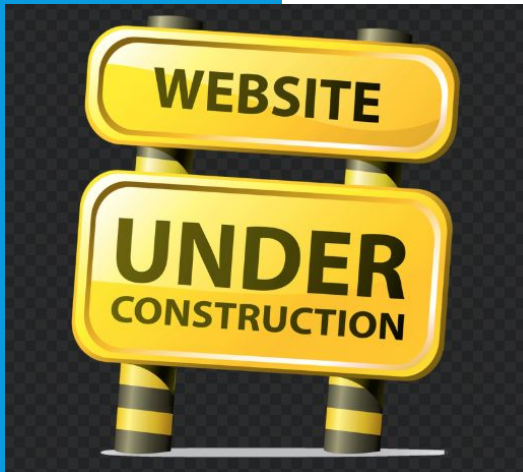
BAC and Cheerleading rosters are complete

AHS Website

www.emuhsd.org/ahs

Under Construction

- Participation Clearance
- Sports Schedules
- Coaches Contact
- Link to scores (Max Preps)



HOME

OUR SCHOOL

OFFICES

ACADEMICS

ACTIVITIES

COLLEGE & CAREER

STUDENTS

PARENTS

STAFF

ATHLETICS

Account

TRANSLATE

SELECT A SCHOOL

Staff Apps

Arroyo High School
www.emuhsd.org/ahs

Home > Athletics > Our Office > Contact Information

Our Office

Edit Page

Contact Information

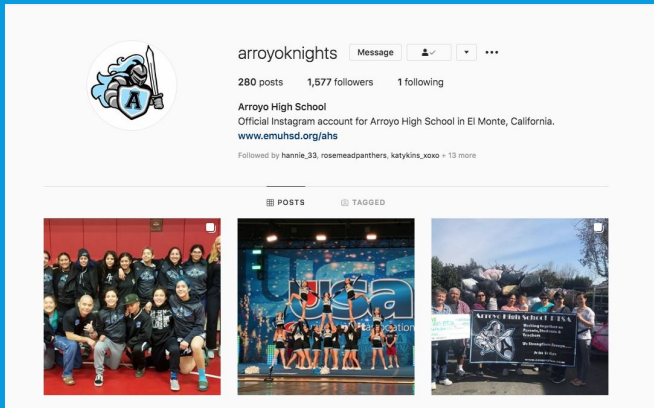
For more information regarding any of our sports programs, please contact:

Ms. Jamie Witt, APSA ext. 3815

James Singiser, Athletic Director ext. 3085

| Season | Sport | Coach | Email | Tryout Period |
|--------|--------------------------|-----------------|--|--|
| Fall | Football | Jim Singiser | jim.singiser@emuhsd.org | May 1st Current Students - 1st Day of Summer School Incoming Frosh |
| Fall | Girls Volleyball | Cathy Flores | Catherine.flores@emuhsd.org | May 1st Current Students - 1st Day of Summer School Incoming Frosh |
| Fall | Boys/Girls Cross Country | Bryon Hake | Bryron.hake@emuhsd.org | 1st Day of Summer School |
| Fall | Girls Tennis | Anthony Lim | Alimtennis@yahoo.com | 1st Day of Summer School |
| Winter | Girls Basketball | Mike Gorbail | Coachgorball@yahoo.com | 1st Day of Summer School |
| Winter | Boys Basketball | Oscar Lopez | Coachlopez34@yahoo.com | 1st Day of Summer School |
| Winter | Wrestling | Can Tran | Can.tran@emuhsd.org | 1st Day of Summer School |
| Winter | Girls Soccer | Cesar Salas | Cesar.salas@emuhsd.org | 1st Week of October |
| Winter | Boys Soccer | Frank Raygoza | Frank.raygoza@emuhsd.org | 1st Week of October |
| Spring | Softball | Laura Purcell | Laura.purcell@emuhsd.org | 1st Week of December |
| Spring | Baseball | Randy Hernandez | Randy.hernandez@emuhsd.org | 1st Week of December |
| Spring | Boys Tennis | Anthony Lim | Alimtennis@yahoo.com | 1st Week of December |
| Spring | Boys/Girls Track | Mike Gorbail | Coachgorball@yahoo.com | 1st Week of December |

FOLLOW US ON SOCIAL MEDIA!



Instagram:
[@arroyoknights](#)

[@arroyoasb](#)

Facebook:

Arroyo High School

[@arroyoknights](#)





SOCIAL MEDIA POLICY

- Overview
- Posting Guidelines
 - THINK FIRST
 - STRIVE FOR ACCURACY
 - BE AWARE OF LIABILITY
 - PHOTOS



TEAM POLICIES

Coaches and directors will
review specific details
regarding their program
see separate meeting link

| Parent Meeting Links | | |
|----------------------|--|---|
| Group | Date/Time | Zoom/Google Classroom Meeting Link |
| BAC | <u>Executive Board</u> Wednesday 9/16 @ 6:00 <u>General Boosters Meeting</u> Wednesday 9/16 @ 7:00 | Link will be shared by J. Schoenfeld with all boosters via email |
| Cheer | <u>Parent Meeting:</u> Tuesday 9/15 @ 6:15 pm | To join the Zoom video meeting click this link: https://us02web.zoom.us/j/85096377847?pwd=WCtBWFnLWGJSRTBJNkJSDBqd01zdz09#success Meeting ID: 850 9637 7847 Password: arroyo |
| Cross Country | <u>Parent Meeting:</u> Thursday 9/10 @ 7:00 | Meet link in our Cross Country Google Classroom. To join the video meeting, click this link: https://meet.google.com/lookup/aixppxyi2h |
| Football | Postponed TBD | TBD |
| Volleyball | <u>Parent meetings:</u> Thursday-9/10 @ 7:00 (virtual training) Monday-9/28 @ 6:00 (RTP and on campus requirements) <u>Student meeting:</u> Monday-9/21 @ 2:30 (Prior to start of virtual conditioning) | All meetings will use the same google meet link in our Team Google Classroom To join the video meeting, click this link: https://meet.google.com/tar-qwpj-ghi Otherwise, to join by phone, dial +1 970-829-1331 and enter this PIN: 225 151 243# |