



## Fall 2022 Training Schedule

The schedule below is based on facility availability to start the school year. We will make adjustments as needed to accommodate sports and maximize our OSAA limits.

- Updates will be posted to [WestviewBasketball.com](http://WestviewBasketball.com) -> High School Information
- Check @WestviewBoysBB Twitter/Instagram for updates
- Email: [westviewwildcathoops@gmail.com](mailto:westviewwildcathoops@gmail.com).

All student-athletes must be cleared via BSD Online Registration through ParentVue.

- Participation Form Signed online
- COVID-19 Waiver signed online
- Valid Physical Uploaded (must be within the last 24 months)

### Schedule:

- Generally M, T, Th for Performance Training.
- Some days are designated as **Returning Players Only** as our space is limited
- Other days may be designated as **Varsity Only** based on space as well
- On-Court times are dependent on Volleyball schedules and will vary each week. We may also be able to use court time on Saturdays to reach our 6 hour weekly limit.

### COVID PROTOCOLS (as of 9/2022):

Student-athletes, regardless of vaccination status, are expected to monitor their own health and symptoms.

- If you feel ill, report a fever over 100.3 or have any other symptoms of COVID-19, we ask that you remove yourself and remain quarantined from workouts for at least 5 days
- The same applies for a positive COVID test which should then also be reported to the school.
- If you test negative we would ask you to remain quarantined from workouts until you have been symptom free for 24 hours.

Please DO NOT attend workouts if you show any symptoms of COVID-19, including but not limited to fever, cough, body aches, diarrhea. Report any illness immediately to the coaching staff, athletic trainer or athletic director's office.

