

Are you wanting to work out with a team! The wait is over!

Pre-Season Conditioning (Phase 1)

Starting week of **October 5th**

<u>Sport</u>	<u>Days</u>	<u>Time</u>	<u>Coach</u>	<u>Contact</u>
Varsity Football	Mon-Fri	3-4:30pm	Greg Bockman	Bockman.g@monet.k12.ca.us
Var. Men's Basketball	Mon-Fri	3:30-5pm	Kyle McKim	Beyerball@yahoo.com
Cross-Country	M, W, F	3-4:30pm	Steve Eitelgeorge (M) Allen Miller (W)	Eitelgeorge.s@monet.k12.ca.us Miller.AL@monet.k12.ca.us

Starting week of **November 2nd**

<u>Sport</u>	<u>Days</u>	<u>Time</u>	<u>Coach</u>	<u>Contact</u>
JV Football	T, Th	3-4:30pm	Doug Severe	Severe.d@monet.k12.ca.us
Wrestling	M, W	3:30-5pm	Doug Severe	Severe.d@monet.k12.ca.us
Var. Men's Water Polo	M, W, F	3-4:30pm	Michael Hicks	Michaelhicks4college@gmail.com

In order to participate there are some steps you must complete;

1. Athletes and Parents, watch Conditioning Guideline Video (link to video)

<https://forms.gle/fzuNxwK5KmyaMS1u8>

2. Athletes and Parents, complete Online COVID Waiver form

<https://forms.gle/rZxyt5Q7BxzrmsNy7>

3. Register Athlete with AAU. <https://play.aausports.org/login.aspx>

AAU Registration Tutorial Video- <https://youtu.be/58NCE-UMmWA>

- Club Name- **Patriot HS Athletic Club Est. 2021**
- Club Code- **WYDD54**

4. Watch Emails for updates!