

# Sandy Creek High School

Brett Garvin, Head Football Coach – 678-416-2192

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Dear Sandy Creek Family,

Due to COVID-19, our schedule has been pushed back we are on a little bit of a time crunch, getting the kids ready for practice. Monday, July 27, is the first day of practice which will be the acclimation week. (Helmets Only) I am sorry in advance for the erratic schedule but we are trying to get a lot done on this first day.

Monday, July 27, 2020

8:00 am – Physicals in weight room, the cost is \$20, if you have already gotten a physical this summer then you do not need to come in, but these physicals will need to be loaded onto your Privit account, if physicals and Privit is not complete by August 1, which is when full pad practice begins, your child will not be allowed to participate until it has been completed.

1:00 pm – Seniors will report to get fitted for helmet and get their shorts and t-shirts just a reminder that on players who have paid the \$300 will receive the shorts and t-shirts. Then these kids must leave.

1:30 pm - Juniors will report to get fitted for helmet and get their shorts and t-shirts just a reminder that on players who have paid the \$300 will receive the shorts and t-shirts. Then these kids must leave.

2:00 pm – Sophomores will report to get fitted for helmet and get their shorts and t-shirts just a reminder that on players who have paid the \$300 will receive the shorts and t-shirts. Then these kids must leave.

3:00 pm – Freshmen will report to get fitted for helmet and get their shorts and t-shirts just a reminder that on players who have paid the \$300 will receive the shorts and t-shirts. Then these kids can then stay as we get ready to go out for practice.

4:00 pm – **ON THE FIELD!** So the kids need to come at 3:30 because we will stagger them through the locker room to get ready for practice. Practice will conclude by 7:00.

**All Players must report to the weight room for Temperature screening, and remain in weight room until released!**

3:40 – QB/RB will have 5 minutes to get ready and leave locker room

3:45 – WR/BD/LB will have 5 minutes to get ready and leave locker room

3:50 – OL/DL will have 5 minutes to get ready and leave locker room

Please remind your kids that they will need to try to maintain social distancing as best as possible through out these practices when they can. Shoes and Helmets will be left in locker and end of practice, because we will sterilize them, before we leave. It is my recommendation that the players take their cloth home with them to be washed before the next practice, it is their responsibility to remember to bring it back because we will not be handing out more equipment to players who already have it. We will continue this schedule during preplanning, the first two weeks.

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## State Play-Offs

1999, 2000, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018, 2019

## Region Championships

2003, 2004, 2008, 2009, 2010, 2011, 2012, 2013

## State Championships

2009, 2010, 2012

If FCBOE decides to go completely virtual for 9 weeks, then weight training will have to take place before school starts, as the players will not be allowed on campus during the virtual school time frame. If we go brick and mortar, the kids will have weight training normally.

#### Virtual School Weight Training

So, for weight training, we will revert back to the summer groups.

6:00 am weight training will be the group that worked out this summer at 9:45 (Skill guys – QB/WR/RB/LB/DB)

7:00 am weight training will be the group that worked out this summer at 6:45 (OL/DL/Ninth grade Skill)

I realize that this is early in the morning but COVID-19 is dictating what we can do. If we try to get weight training in after the school day then the kids will be here until 9:00 trying to get weight training and practice in after school.

Once School starts, the players will follow this schedule.

**All Players must report to the weight room for Temperature screening, and remain in weight room until released!**

6:00 am – weight training in their prospective group. (The Screening process will be used as in the summer)

7:00 am - weight training in their prospective group. (The Screening process will be used as in the summer)

8:30 to 3:45 virtual school

**All Players must report to the weight room for Temperature screening, and remain in weight room until released!**

Players should report between 4:00 and 4:10

4:10 – QB/RB will have 5 minutes to get ready and leave the locker room

4:15 – WR/DB/LB will have 5 minutes to get ready and leave the locker room

4:20 – OL/DI will have 5 minutes to get ready and leave the locker room

**ON THE FIELD** at 4:30, Practice will conclude between 6:30 and 7:00

Parents COVID-19 is going to require all of us to be flexible and understanding of time changes as the situation can change from hour to hour.

Again I apologize for the inconvenience, but we will get through this and have a great season!

Coach Garvin

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#### Region Championships

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