SUMMER PRACTICE INFORMATION

All athletes need to complete a 2020-21 athletic packet to be eligible to participate in all CCHS workouts or practices. Athletic forms are available at: https://www.cchsca.org/athletics/overview

Due to the COVID-19 outbreak, sports physicals will not be provided in a large group session. All athletes must have a physical completed on or after June 1, 2020 in order to compete in the 2020-21 school year. The physical examinations should be completed with your primary-care physician or a medical clinic. We suggest you schedule your appointment as soon as possible. Many offices and clinics will only schedule physical exams on a limited basis and many times these exams are scheduled several weeks in advance. Physicals are required and valid for each school year and are not valid for the entire calendar year. Physicals should be turned into the front office or emailed to Coach Hylla by July 24, 2020 to avoid any missed practice time.

Sport Specific Summer Activities
The schedule below is a list of our sports who will be hosting summer activities. We are currently using a phasing system to slowly progress back to what we know as normal practices. Please contact individual head coaches to receive more detailed information about their program and schedule.

*Please note that this year’s blackout period will only be the week prior to official practices starting. There will be no conditioning or team activities of any kind during that week.

IMPORTANT DATES

8/3 | FALL SPORTS PARENT MEETING | DAVID PATTON FIELD | 6PM
Contact Billy Hylla with any questions (hylla@cchsca.org)
# CCHS Summer Practice Schedule

## Football
- 6/15 - 7/2 (M, T, W, TH) | Workouts | Varsity | 3PM - 5PM
- 6/15 - 7/2 (M, T, W, TH) | Workouts | Frosh/Soph | 5PM - 7PM
- 7/6 - 7/16 (M, T, W, TH) | Workouts/Practice | Varsity | 3PM - 5PM
- 7/6 - 7/16 (M, T, W, TH) | Workouts/Practice | Frosh/Soph | 5PM - 7PM
- 7/20 - 7/26 | Blackout (No Team Activities)
- 7/27 | First Official Practice | TBA

## Cross Country
- 6/16 - 7/25 (T, W, TH) | Conditioning (CCHS Track) | All | 7:30AM - 9AM
- 6/16 - 7/25 (S) | Conditioning at La Loma Park | All | 10AM - 12PM
- 7/27 - 8/2 | Blackout (No Team Activities)
- 8/3 | First Official Practice | All | TBA

## Volleyball
- 6/16 - 7/23 (T, W, TH) | Practice/Conditioning | All | Separate Sessions
- 7/27 - 8/2 | Blackout (No Team Activities)
- 8/3 - 8/7 | Official Tryouts | All | TBA

## Girls Golf
- 7/13, 7/15, 7/20, 7/22 | Please contact Coach Henderson for information regarding time and location. We would like athletes to make at least two of the four workouts
- 7/27 - 8/2 | Blackout (No Team Activities)
- 8/3 | Official Practice | All | TBA

## Girls Tennis
- 8/3 | Official Practice | All | TBA

## Water Polo
- 8/17 | Official Practice | All | TBA

## Boys Basketball
- 7/6 - 7/31 (M, W, TH, F) | Practice | All | 6PM - 8PM

## Girls Basketball
- 7/6 - 7/31 | Practice | All | TBA