

Good Morning,

I wanted to give you a quick update on a few things.

1. Please read your emails and text messages regularly. There will be a lot of information coming out from HCPSS and Reservoir HS. Please refer to the HCPSS website for updates and a list of current procedures and plans. <https://www.hcpss.org/health/coronavirus/>
2. We do not know the status of our season. Currently the season is on hold. I have high hopes that we will return from our break and we will be able to return to practice and meet as normal. However, if that is not the case, we need to be flexible and understanding. Our safety is the highest priority. As I know more about our season, I will let you know.
3. As of 6:00pm today (Friday), ALL HCPSS SCHOOLS will be closed and no one will be given access to the buildings. Please clear your lockers and take home all of your belongings.
4. THERE IS NO PRACTICE TODAY.
5. THERE IS NO MEETING TODAY.
6. What can we do to stay on top of things and what can we do to be ready?
 1. The coaching staff will send out workouts for all athletes to complete on their own or within their own peer groups. It will be placed on our team website.
 2. Although there is no official practice, it is encouraged that you organize among yourselves a scheduled time to practice and workout. If you can not make those scheduled times, you need to take it upon yourself to workout and get in the scheduled workouts.
 3. Getting in your workouts will be KEY to helping you have a great season when we return from break. We must stay positive and give ourselves hope that we will back in a few weeks. We will still have a fun and exciting Outdoor Track & Field season if you come back prepared and ready!
 4. ALL THROWERS need to meet to PICK UP A SHOT and DISC to take home. This way you have some implements to practice with. Please stop by ROOM 327 anytime after 3rd period.
 5. I will post all workouts and team related information to the team website: <http://xctf.rhsgators.net/workouts-over-break/>

I know this is a LOT and there is a bunch of information being thrown at you.

I am asking that you get your rest, binge watch some good shows on Netflix and get in your workouts!

In other words, take care of yourself.

Take Care,

Reservoir Track & Field Coaching Staff