

Welcome back Bruin family!

The athletic department is excited to announce the re-opening of Bear Creek sports. Our department has been working closely with school and district administration to create a carefully developed plan to help in the safe return of our students to the courts and the fields.

Please take a moment to review the documents enclosed in the athletic clearance e-packet, and take special note of the Coronavirus liability form.

Student-athletes are encouraged to get their physicals and paperwork together as soon as possible. Each student athlete must have a new physical taken regardless of the 19-20 physical expiration. Thank you in advance for understanding. We will be giving each student-athlete who is cleared a “yellow” clearance card they will turn that into their head coach when they report for conditioning, as well as a daily health check form. This is a self-evaluation that must be done by the student-athlete prior to conditioning/practice daily. We will discuss this new requirement with each of the athletes.

If students are not able to swing by to get their clearance, they may still get everything filled out online and turn their physical paper into the head varsity coach of the program (only). The athletic department will then clear athletes on Tuesdays and Thursdays from 12-2pm weekly. Please understand that if a physical is turned in on a Monday, for example, they would be cleared no later than 2pm on Tuesday. They must be cleared prior to any workouts.

Please email Athletic Director, Darcy Altheide with any questions [daltheide@lodiUSD.net](mailto:daltheide@lodiUSD.net)

The following schedule is for conditioning:

SPORT	COACH	DAYS TO CONDITION	TIMES	LOCATION	STARTING DATE
Football	Reggie Camp	Monday, Wednesday, Thursday	4-6:30	Football Field	19-Oct
Water Polo	Nate Bussey (Boys)	Tuesday, Wednesday, Thursday	2:45-4	Pool area	19-Oct
	Michael Heberle (girls)	*Times will change if we are on campus			
Cross Country	Adam Bates	Monday through Friday	3:30-5:30	Meet at track	Current/on going
	Stanley Wells			Some days will be off campus running	
Volleyball (Girls)	Kirk Klucznik	Tuesday and Thursday	2:45-4:30	Outside Bball courts near Tennis area	27-Oct
Volleyball (Boys)	Laura Meza	Undecided depends on girls numbers	TBD	TBD-none signed up yet	TBD
Badminton	Han (Jimmy) Nguyen	Monday, Wednesday, Thursday	5:30-6:30	Outside Bball courts near Tennis area	26-Oct
Cheerleading	Jennifer Barberis	Virtual/online		jennibarberis@gmail.com	Current/on going

Looking forward to seeing you all again!

Darcy Altheide, Athletic Director