

PHOENIX ATHLETICS



ISSUE 02 AUGUST 10 2020

FALL SPORTS ... AM I ELIGIBLE?

TRYING OUT FOR CROSS COUNTRY OR VOLLEYBALL??

THE FOLLOWING FORMS & DOCUMENTS MUST BE RECEIVED BY 11PM SUNDAY AUGUST 16

- INTENT TO TRYOUT FORM
- EXTRACURRICULAR ACTIVITY/COVID WAIVER FORM
- PLANETHS ACCOUNT & ALL 8 DOCUMENTS, UPLOADED AND SIGNED

It is **YOUR** responsibility to ensure that your forms are completed. Contact the Athletic Director if you would like to confirm completion. The Athletic Department **WILL NOT** contact you for missing paperwork. If paperwork is not completed, we will assume your decision is to not participate.

It is **STRONGLY RECOMMENDED** that you do not wait until the last minute to complete your PlanetHS forms. If there is an error, you may not have enough time to resubmit which will leave your athlete ineligible.

All information is on our website : gophoenixathletics.org

Visit the Athletic website for all of the information and instructions you will need to successfully complete your eligibility.

The website's Homepage has the links to the forms you need (Intent To Tryout and Extracurricular Waiver).

Click the "Eligibility and Safety" tab and scroll down for "PlanetHS Information".

reach us

www.gophoenixathletics.org

FB : Palmetto Scholars Academy Athletics

IG : phoenixathleticspsa

Athletic Director : Shelley Gordon

shelley.gordon@psaschool.org

MARK YOUR CALENDAR TRYOUT DATES HAVE CHANGED

CROSS COUNTRY : Must attend one session (Location—PSA)

Monday August 24, 7am

Monday August 24, 815am

VOLLEYBALL : Must attend both days (Location—PSA Gym)

Monday August 24, 5-830pm (two sessions, athlete assigned to one)

Tuesday August 25, 5-830pm (two sessions, athlete assigned to one)

You will receive a Sign Up Genius link on August 19 to register.

*You **MUST** register in advance to be eligible to participate.*

*Walk-ons will **NOT** be permitted.*



Advantages of Being a Multi-Sport Athlete

Positives associated with youth playing multiple sports:

1. Multi-sport athletes have a much higher chance of being active as adults.
2. A variety of movements and activities can limit the occurrence of over-use injuries associated with just one sport or skill.
3. Playing multiple sports gives athletes time to heal and develop different muscle groups and movement patterns.
4. Multi-sport athletes haven't had that intense emphasis on one sport and are more likely to retain their love of the game.
5. Different types of skills can be applied from one sport to the next. This enhances hand-eye coordination, balance, endurance, explosion, communication and agility.

Jesse Haines, CSCS, Sanford Power

CROSS COUNTRY OR BASKETBALL?

THINK YOU HAVE TO CHOOSE? YOU DON'T!

As you read above, being a multi-sport athlete has its advantages.

If you have an interest in running cross country and being a part of this exciting and refreshed athletic program with Coach Austin but you are hesitant because you think it may interfere with basketball ... DON'T BE!

Open-Season HS basketball dates are yet to be determined by SCHSL and it is possible that the start dates may be pushed back. Keep in mind that these open-season basketball sessions are NON-MANDATORY, and you are NOT required to attend; however, you will be required to fulfill your season obligation to your cross country team. If there are no cross country practices or events, you may attend a basketball practice, but if there is a scheduling conflict, cross country is the first sport and your obligation. Questions? Contact the Athletic Director.

REMINDERS

FOR ATTENDING

PRE-TRYOUT SESSIONS

Points below are taken from "PSA Procedure for Athletic Practices During Covid". View the entire document on Athletic website under "Safety & Eligibility" tab to understand athlete expectations.

ATHLETES MUST BE ON TIME OR WILL NOT BE GRANTED ACCESS TO A PRACTICE SESSION.

- Once at the PSA practice location, athletes MUST observe the 6' rule.
- Athletes may enter school through front door ONLY.
- Kat (trainer) is the "gatekeeper" and the ONLY one to allow access.
- Athletes will be granted access once health screen is performed.
- Health screens are performed at front door of the school (or designated area for outdoor practices) and athletes must stand at a cone. If both cones are occupied, wait in vehicle until cone is available.
- Athletes must register for practice via Sign Up Genius link. Spaces are limited and walk-ups will not be granted access to practice.
- Once inside the building: No locker rooms, "stall" restrooms or water fountains. Bring a water bottle and use main hall restroom. Remain at your designated cone when not actively participating.
- Leaving the building: No loitering. Must leave PSA property immediately following practice. Late-fees will apply if athlete is late being picked up.