

# Middle School Coaches

- Ensure that each athlete and/or family is contacted at least once weekly via ASD approved resources (Google Meet, phone calls to family, email, etc.)
  - Contact divided amongst coaches for each team as directed by head coach
- Contact each athlete and/or family to provide independent activities for athletes to progress in their sport
  - Skill development, cardio workouts, muscle development, nutrition, etc.
- Encourage athletes to maintain academic progress by recovering grades and/or makeup assignments to be eligible for participation when school resumes; encourage athletes engage in learning opportunities as offered.
- Collaborate with other coaches on the “team” weekly to support the program and athletes during closure

# High School Coaches

- Ensure that each athlete and/or family is contacted at least once weekly via ASD approved resources (Google Meet, phone calls to family, email, etc.)
  - Contact divided amongst coaches for each team as directed by head coach
- Provide independent activities for athletes to progress in their sport
  - Skill development, cardio workouts, muscle development, nutrition, etc.
- Encourage athletes to maintain academic progress by recovering grades and/or makeup assignments to be eligible for participation when school resumes; encourage athletes engage in learning opportunities as offered.
- Collaborate with other coaches on the “team” weekly to support the program and athletes during closure
- Collaborate with the school trainer on athlete rehabilitation progress during closure