



PLAINVIEW-OLD BETHPAGE
DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, ATHLETICS AND RECREATION
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Dear Parents/Guardians,

Good Morning, last night at the BOE meeting the sport specific conditioning program was approved. This program will provide students the ability to participate in sport specific conditioning sessions led by the Varsity and JV coaching staff. The program will run 2-4 times a week for the next 5 weeks. Students will participate on an alpha split schedule that mirrors the POBJFKHS daily school schedule. In an effort to maximize the number of sessions the conditioning program will begin on October 6th.

Safety will be our first priority when running these sessions. Students will be required to wear masks at all times while participating in these sessions. **All conditioning activities will also strictly adhere to health guidelines and recommendations as stated in documents from SED, DOH, CDC and NFHS.**

The following training sessions will be provided:

Boys' and Girls' Soccer, Boys' and Girls' Cross Country, Boys' and Girls' Volleyball, Boys' Badminton, Girls' Tennis, Girls' Swimming and Diving, Football, Competitive Cheerleading, and Kickline.

General guidelines:

- **Start Date:** October 6th
- **End Date:** November 13th
- All students in grades 9-12 are invited to participate.
- Participation is on a voluntary basis.
- Transportation will not be provided.
- No access to the locker rooms or bathrooms.
- In case of inclement weather, all practices will be canceled and there will be no make up date provided. This decision will be made at 1:00pm each day.
- Students will need to bring their own hand sanitizer and water bottle to each workout. Students will be required to sanitize their hands prior to the start of the sessions and after any mask breaks.
- The following sports will require students to bring their own ball/birdies to practice. The ball should be clearly labeled. Soccer/Tennis/Volleyball/Badminton.
- The following sports will be limited to 20 students indoor at a time - Swimming/Volleyball/Badminton

Training Schedule

Girls' Soccer

Wednesday (A-K) - 3:30-5:00pm
Thursday (L-Z) - 3:30-5:00pm

Football:

Tuesday (L-Z) 2:45-5:15pm
Wednesday (A-K) 2:45-5:15pm

Girls' Tennis:

Tuesday (L-Z) 2:30-3:45pm
Wednesday (A-K) 2:30-3:45pm

Boys' Volleyball

Wednesday (A-L) 4:15-6:15pm
Thursday (K-Z) 4:15-6:15pm

Girls' Swimming and Diving:

Tuesday (L-Z) Swim - 3:30 - 5:30pm Dive: 5:30-7pm
Wednesday (A-K) Swim - 3:30 - 5:30pm Dive: 5:30-7pm

Boys' Soccer:

Tuesday (L-Z) 3:30-5:15pm
Wednesday (A-K) 3:30-5:15pm

Boys' Cross Country

Tues, Oct 6 - 3:45 - 5:15 (L-Z)
Wed, Oct 7 - 3:45 - 5:15 (A-K)
Thurs, Oct 8 - 2:30 - 4:00 (L-Z)
Fri, Oct 9 - 1:50 - 3:20 (A-K)
Wed, Oct 14 - 3:45 - 5:15 (A-K)
Thurs, Oct 15 - 2:30 - 4:00 (L-Z)
Fri, Oct 16 - 1:50 - 3:20 (A-K)
Fri, Oct 16 - 3:45 - 5:15 (L-Z)
Mon, Oct 19 3:45 - 5:15 (A-K)
Tues, Oct 20 3:45 - 5:15 (L-Z)
Thurs, Oct 22 2:30 - 4:00 (L-Z)
Fri, Oct 23 1:50 - 3:20 (A-K)
Mon, Oct 26 - 3:45 - 5:15 (A-K)
Tues, Oct 27 - 3:45 - 5:15 (L-Z)
Thurs, Oct 29 - 2:30 - 4:00 (L-Z)
Fri, Oct 30 - 1:50 - 3:20 (A-K)
Mon, Nov 2 - 3:45 - 5:15 (A-K)
Thurs, Nov 5 - 2:30 - 4:00 (L-Z)
Fri, Nov 6 - 1:50 - 3:20 (L-Z)
Fri, Nov 6 3:45 - 5:15 (A-K)

Girls' Volleyball

10/7 A-K 2:30-4:30pm
10/9 L-Z 2-4pm
10/13 L-Z 2:30-4:30pm
10/16 A-K 2-4pm
10/19 A-K 2:30-4:30pm
10/22 L-Z 2:30-4:30pm
10/26 A-K 2:30-4:30pm
10/29 L-z 2:30-4:30pm

Kickline

Tuesday (L-Z) 3-5pm
Wednesday (A-K) 3-5pm

Competitive Cheer

Wednesday (A-K) 3:15-4:45pm
Thursday (L-Z) 3:15-4:45pm

Girls' Cross Country

Tue 10/6 2:30-4:30 (L-Z)
Wed 10/7 4:00-6:00 (A-K)
Fri 10/9 2:30-4:30 (A-K)
Fri 10/9 4:00-6:00 (L-Z)
Tue 10/13 4:00-6:00 (L-Z)
Wed 10/14 4:00-6:00 (A-K)
Thur 10/15 2:30-4:30 (L-Z)
Fri 10/16 2:30-4:30 (A-K)
Mon 10/19 4:00-6:00 (A-K)
Tue 10/20 4:00-6:00 (L-Z)
Wed 10/21 2:30-4:30 (A-K)
Thur 10/22 2:30-4:30 (L-Z)
Mon 10/26 4:00-6:00 (A-K)
Tue 10/27 4:00-6:00 (L-Z)
Wed 10/28 2:30-4:30 (A-K)
Thur 10/29 2:30-4:30 (L-Z)
Mon 11/2 4:00-6:00 (A-K)
Wed 11/4 2:30-4:30 (A-K)

Boys' Badminton

10/16 - 4:00-6:00pm (A-K)
10/20 - 4:00-6:00pm (L-Z)
10/23 - 4:00-6:00pm (A-K)
10/27 - 4:00-6:00pm (L-Z)
10/30 - 4:00-6:00pm (A-K)
11/10 - 4:00-6:00 (L-Z)

If you have any questions or concerns please feel free to contact my office.

Thank you and GO HAWKS!!!!

Joseph Braico

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