



RETURN TO PLAY (Phase 1)

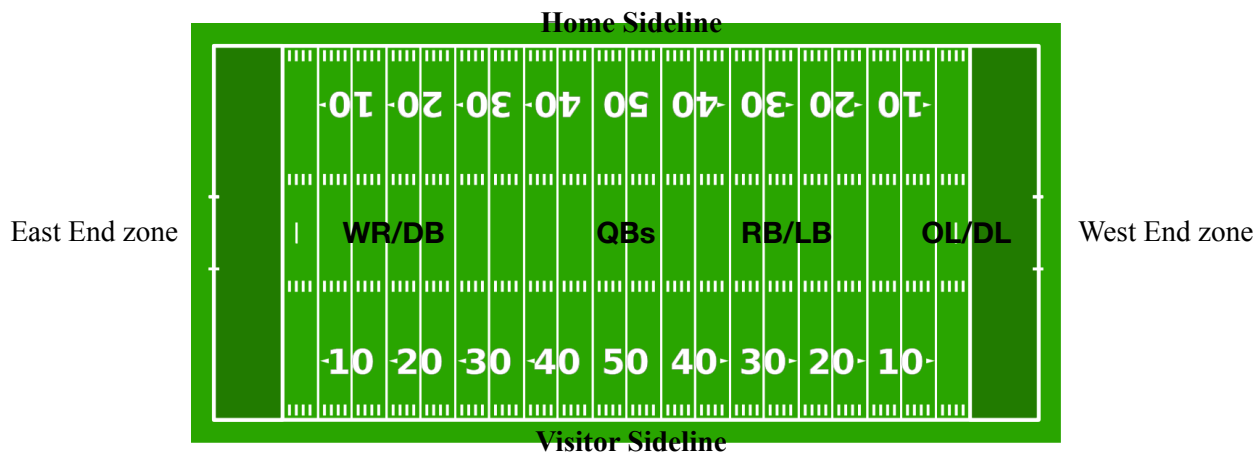
Conditioning Period

Monday - Friday: 3pm - 6pm Zamperini Field

- **Freshmen/Newcomers**: 3pm - 4:15pm (Arrive @ 2:30pm)
- **Returners**: 4:30pm - 6pm (Arrive @ 4pm)
- **Players will arrive 30 minutes before workout to either turn in or complete questionnaire. No player will be allowed to participate unless he/she has completed this form.**

THS Football Activity Plan

- **Players will enter through the east gates on the visitor side for questionnaire and will exit through the west gates on the visitor side for pick up.**
- Groups of 12 (1 Position Coach & 12 players)
- All players must maintain 6 feet distance
- Each group will do position specific conditioning drills.
- **Players must bring own mask, water, towel, cleats, and gloves**
- Each group will have a designated area on the field.
 - OL/DL - West End Zone (5 Yard line - back of end zone) (Bags - West End zone)
 - RB/LB - West Red Zone (35 yard line - 10 Yard line) (Bags - Visitor Sideline)
 - QBs - Middle Field (North 40 yard line - South 40 Yard line) (Bags - Home Sideline)
 - WR/DB - East Red Zone/ End zone (35 yard - back of end zone) (Bags - East End zone)



East Entrance/Screening
Area

Pick up Zone

West Exit /Pick up Area