



# Middle School Summer Workouts - 2020

Summer workouts start Monday, June 29th and go to July 31st. Workouts will be Monday - Friday from 11am - 2pm at the high school indoor facility. On the days of July 7th, 8th, 20th and 21st, there will be no summer workouts but will continue like normal on the other days.

## JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

 = Open Days

 = Closed Days

**ALL INCOMING 7th grade ATHLETES MUST HAVE A PHYSICAL BEFORE THEY MAY PARTICIPATE IN SUMMER WORKOUTS.**

Previous CISD Middle School athletes do NOT need a new physical, they only need to complete medical history and RANK ONE forms.

**Integrity Urgent Care on Nolan River Road is providing physicals for \$15.**

# Cleburne ISD Athletic Medical Paperwork

Rank One Instructions - All Parents and Students must have an account

The following link will take you directly to the Parent Portal to complete all forms required to participate in athletics, band, cheer, and dance.

<https://cleburneisd.rankonesport.com/New/NewInstructionsPage.aspx>

or

<https://www.c-isd.com>

Click on Departments

Click on Athletics

Click on Online Athletic Paperwork

Follow all prompts

Parents and students please create an account so that you can receive notifications about the sports your child may participate in.

## **Helpful Hints:**

1. Be sure to have a physician complete the physical and fully complete the medical history on the back of the physical. Both the parent and student must sign. This form when completed should be turned in to the campus and will remain on file. Here is a link of the medical history and physical form:  
[https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvsd1\\_10\\_20.pdf](https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvsd1_10_20.pdf)
2. It is helpful to complete all forms at one time, with both the guardian and student present. Make sure to use the student's name as it appears in the official school records.
3. Please complete all information, do not skip items.
4. All forms including physical/medical history will expire June 30 or each year.

## SELF SCREENING

All student-athletes are required to complete the COVID-19 self screening prior to leaving home, including checking your temperature. **If a student answers “YES” on any question they will stay at home and call their coach to let them know.**

### COVID-19 Symptoms for Screening

- Cough
- Shortness of Breath or difficulty of breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of Taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known or close contact with a person who is lab confirmed to have COVID-19.

## PARKING MAP

