

# Season-to-Season Transition

As a Class A school, it is essential we work together and encourage our students to be multi-sport athletes. Coaches are to be aware of starting and ending dates of other sports seasons in order to coordinate workouts for those players.

During the last month of a season, we will allow our players short individual or small-group workouts in an upcoming sport. Student-athletes will not scrimmage or participate in conditioning with the second sport, since these workouts will be limited in frequency, duration, and intensity. For example, a basketball-baseball player will be allowed to hit in the cage and begin throwing exercises, but these sessions will occur, at most, two times a week and for no more than three hours total. Although finishing one sport while starting another creates a challenge for many, none are so great that solutions cannot be found. Student-athletes WILL NOT be punished for participating in sports where seasons overlap.

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