

WILSON AREA
 SCHOOL DISTRICT

SECTION: **STUDENTS**

TITLE: **ATHLETIC CONDITIONING
 SEASON**

<p>1. Guidelines</p>	<p>A player who fails to sign up and/or report during the conditioning period of the selected seasons shall be required to engage in conditioning/practices equal to that identified period of time prior to participation in a game or scrimmage. Period of conditioning/preparation are required lengths of season set forth by PIAA for official team involvement. These same periods are applied from the first day a student reports following the initial opening of practices which entail the first three days of a season.</p> <table border="0" data-bbox="597 926 1425 1801"> <thead> <tr> <th><u>Sport</u></th> <th><u>Before Game</u></th> <th><u>Before Scrimmage</u></th> </tr> </thead> <tbody> <tr> <td>Girls Tennis</td> <td>1 week</td> <td>1 week</td> </tr> <tr> <td>Cross Country</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Field Hockey</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Soccer</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Football</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Golf</td> <td>3 days</td> <td>3 days</td> </tr> <tr> <td>Basketball (G & B)</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Wrestling</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Boys Tennis</td> <td>1 week</td> <td>1 week</td> </tr> <tr> <td>Track & Field</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Girls Soccer</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Baseball</td> <td>3 weeks</td> <td>1 week</td> </tr> <tr> <td>Softball</td> <td>3 weeks</td> <td>1 week</td> </tr> </tbody> </table>	<u>Sport</u>	<u>Before Game</u>	<u>Before Scrimmage</u>	Girls Tennis	1 week	1 week	Cross Country	3 weeks	1 week	Field Hockey	3 weeks	1 week	Soccer	3 weeks	1 week	Football	3 weeks	1 week	Golf	3 days	3 days	Basketball (G & B)	3 weeks	1 week	Wrestling	3 weeks	1 week	Boys Tennis	1 week	1 week	Track & Field	3 weeks	1 week	Girls Soccer	3 weeks	1 week	Baseball	3 weeks	1 week	Softball	3 weeks	1 week
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	<p>The waiver provisions below shall be applicable:</p> <p>When family emergencies or other situations develop in which an athlete, who has met all other requirements for participation, but finds it impossible to report in the first week, they may be immediately eligible if:</p> <ol style="list-style-type: none">(1) Adequate documented conditioning has occurred in compliance with Head Coach directions.(2) Review of reason is approved by the Coach, Athletic Director, and Principal, prior to the start of practice.(3) Conflict between practice schedule and personal schedule is unavoidable
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