

APPLETON WEST RETURN TO PLAY PHASE 1 WORKOUT GENERAL SCHEDULE

Student-athletes planning to participate in Phase 1, need to request a time slot based on the fall sport they plan to play. Grouping participants by their fall sport is important to our safety protocol.

How Do I know what group to request? If you would like to participate in a Girls Volleyball Group then you would be requesting either GREEN or PURPLE 4A or 4B Time Slots.

A Girls Tennis participant would choose PURPLE 3A or 3B, etc. Decide the sport and preferred time and request accordingly.

What if I do not see my sport listed? You would then have to request Mixed BLUE 1A, 2A or 2B

What if a group is full or I can't make any of these times? We will try to fit everyone in a group. If you can't make any of these times work, then you will need to wait until a future phase.

Can I switch groups or request groups for the purpose of getting a ride? Sorry, no group switching within this phase and we won't be able to accomodate requests for group placement.

Color Grouping	Time	Fitness Room	Buchanan Gym	Turf North	Turf South	Track North	Track South	Emanuel Gym	Seims Gym
GOLD		1A	1B	2A	2B	3A	3B	4A	
	Coach	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL	CROSS CNTRY	CROSS CNTRY	CROSS CNTRY	
	Check In Time	5:50 AM	5:50 AM	6:00 AM	6:00 AM	6:10 AM	6:10 AM	6:20 AM	
	Start Time	6:00 AM	6:00 AM	6:10 AM	6:10 AM	6:20 AM	6:20 AM	6:30 AM	
	End Time	7:00 AM	7:00 AM	7:10 AM	7:10 AM	7:20 AM	7:20 AM	7:30 AM	
Cleaning Window	7-7:15AM	7-7:15AM	7:10-7:25AM	7:10-7:25AM	7:20-7:35AM	7:20-7:35AM	7:30-7:45AM		
GREEN		1A	1B	2A	2B			4A	4B
	Coach	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL			GVOLLEYBALL	GVOLLEYBALL
	Check In Time	7:05 AM	7:05 AM	7:15 AM	7:15 AM			7:35 AM	7:35 AM
	Start Time	7:15 AM	7:15 AM	7:25 AM	7:25 AM			7:45 AM	7:45 AM
	End Time	8:15 AM	8:15 AM	8:25 AM	8:25 AM			8:45 AM	8:45 AM
Cleaning Window	8:15-8:30AM	8:15-8:30AM	8:25-8:40AM	8:25-8:40AM			8:45-9:00AM	8:45-9:00AM	
PURPLE		1A	1B	2A	2B	3A	3B	4A	4B
	Coach	FOOTBALL	FOOTBALL	B SOCCER	B SOCCER	G TENNIS	G TENNIS	GVOLLEYBALL	GVOLLEYBALL
	Check In Time	8:20 AM	8:20 AM	8:30 AM	8:30 AM	8:40 AM	8:40 AM	8:50 AM	8:50 AM
	Start Time	8:30 AM	8:30 AM	8:40 AM	8:40 AM	8:50 AM	8:50 AM	9:00 AM	9:00 AM
	End Time	9:30 AM	9:30 AM	9:40 AM	9:40 AM	9:50 AM	9:50 AM	10:00 AM	10:00 AM
Cleaning Window	9:30-9:45AM	9:30-9:45AM	9:40-9:55AM	9:40-9:55AM	9:50-10:05AM	9:50-10:05AM	10:00-10:15AM	10:00-10:15AM	
BLUE		1A	1B	2A	2B			4A	4B
	Coach	MIXED	G SWIM	MIXED	MIXED			BVOLLEYBALL	BVOLLEYBALL
	Check In Time	9:35 AM	9:35 AM	9:45 AM	9:45 AM			10:05 AM	10:05 AM
	Start Time	9:45 AM	9:45 AM	9:55 AM	9:55 AM			10:15 AM	10:15 AM
	End Time	10:45 AM	10:45 AM	10:55 AM	10:55 AM			11:15 AM	11:15 AM
Cleaning Window	10:45-11AM	10:45-11AM	10:55-11:10	10:55-11:10			11:15-11:30AM	11:15-11:30AM	

