



Are you getting excited yet? The The Quest Recreational Championship is just around the corner! Before you begin your journey down to Orlando, we will be sharing weekly updates with you to get you excited and prepared for the big weekend!

Join the Coaches' BAND

We are excited to be using BAND, a free app for all competition communication throughout the weekend at The Quest! There will be important information, schedules, directions and much more, along with the ability to ask questions in the Coaches' BAND!

This BAND is for coaches, spirit coordinators, sponsors and advisors ONLY. We will be sending an additional email with a link to a separate BAND that you along with all of your athletes and fans can join soon.

[Join the BAND](#)

Tips on how to stay healthy before Orlando

- The best way to stay healthy is to minimize exposure when your team is not at practice, quarantine as much as possible leading up to the event and wear a mask consistently when that is not possible.
- If your school has a virtual option, talk to your administrator or athletic director to see if it's a possibility for your athletes to attend school virtually for 10 days leading up to travel, to avoid any potential exposure from other students/teachers at school.
- Before your arrival, athletes should monitor themselves for symptoms for COVID-19 listed by the CDC and check their temperatures every day, starting 7 days prior to travel.

- We strongly recommend you get tested for COVID-19 72 hours before arriving in Orlando (recommended, not required). Coaches will be asked at check-in upon arrival to confirm no positive tests (or anyone awaiting test results) are in your party.
- If anyone in your group does test positive or exhibits symptoms prior to your departure, they should NOT travel to Orlando.

General Reminders

- Team forms must be completed and scanned to Erika Severs, esevers@varsity.com, no later than 3 weeks prior to the event. Coaches, please send all completed forms in together when you have collected one from all attending athletes and coaches. We cannot accept forms individually from parents.
- For general questions about your registration, contact your registration specialist:
 - If your team name starts with a Number or A – M | Ainslie Franklin: afranklin@varsity.com
 - If your team name starts with N-Z | LaTrae Lewis: llewis@varsity.com

varsity.com/the-quest

