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**2020 SUMMER STRENGTH &  
CONDITIONING & SKILL  
INSTRUCTION CAMP  
GUIDELINES**

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## **EDGEWOOD I.S.D. SUMMER STRENGTH & CONDITIONING/SPORT SPECIFIC SKILLS**

**WHEN:** June 15 – July 31; Monday – Friday (weeks may be shortened). Week 1 will be comprised of outdoor activities only.

8:00 am – 1:00 pm (high school)  
8:30 am – 11:30 am (middle school)

**Dead Days** - July 6 – 10, July 20 - 24

**WHERE:** JFK: Practice Field, Gym & Weight Rooms  
MHS: Practice Fields, Gyms & Weight Room  
Brentwood: Practice Field, Gym & Weight Room  
Gus Garcia: Practice Field, Gym & Weight Room  
Wrenn: Practice Field & Weight Room

**COST:** None

**WHO:** Edgewood Secondary Students

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**JUNE 8 - 12:** Coaches' preparation periods

**JUNE 15:** Coach/Athlete practice run-through.

**JUNE 16:** Activities begin

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### **ACTIVITIES**

Strength & Conditioning – 2 hours per day

Sport Specific Skills (Volleyball, Football, Basketball, Soccer, Baseball, Softball & Track and Field)

90 minutes per day – Not to exceed 60 minutes per day for any one sport

Virtual Meetings & Training – no limit

Attendance is not mandatory, as is, making up missed days

Attendance records will be kept

Sport specific skills cannot be taught or practiced during strength and conditioning drills

All activities can be conducted up to and prior to the first day of school or until an athlete's fall sport begins

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### **SOCIAL DISTANCING GUIDELINES:**

- Limited personal interaction will be practiced
- Athletes/Staff will be screened daily for COVID-19 before entering workout facilities
- Face coverings are mandatory for everyone
- No more than groups of 10 (indoor activities) and 10 (outdoor activities)
- Equipment may be used within the group it will be disinfected prior to the next group beginning the activity
- 1 Staff member per 10 participants
- 1 Staff member dedicated to monitoring social distancing
- 6 ft. of social distancing between athletes during inactivity; 10 ft. of social distancing during activity
- Access to locker rooms, school buildings or other restricted areas are NOT permitted
- Athletes are to bring their own water and towels
- Once an athlete's participation has concluded, the athlete is to leave the venue
- Hand washing will be frequently encouraged during activities
- Hand sanitizing will occur as athletes arrive and depart
- Congregation of athletes after the conclusion of their activities will not be allowed
- Disinfection of facilities will be done at the end of each day
- Entry and exit routes to buildings and parking lots will be announced to athletes and parents

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### **STUDENT ATHLETE REQUIREMENTS:**

- Athletes must complete the screening process daily before arriving on-site
  - A "yes" answer to any question in the screening process or an athlete not feeling well will be sent home
  - Drop-off, pick-up and parking areas will be designated
  - Limit physical contact; no high fives, fist bumps, hugs, chest bumps and handshakes will not be allowed
  - Restroom access will be a one out – one in process; trash cans will be placed outside of each restroom door and athletes are asked to dispose the paper towels that they used to dry their hands
  - Hydration: athletes are encouraged to bring their own water and towel
  - Athletes must have a completed UIL athletic physical on file
  - Intra or inter squad scrimmages/games are not permitted
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### **SCREENING PROCESS:**

Before arriving at the facility, each athlete must complete the screening questions on their phones; any YES answer will result in the student staying at home:

Any contact with a person who is/was positive for COVID-19; or

New or worsening of cough, shortness of breath/difficulty of breathing; or

Fever ( > 99.9); or

Any of the following: chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of sense of taste or smell or diarrhea

Any student with a fever or any of the COVID-19 symptoms will be asked to stay home and quarantine for 14 days from when symptoms first appeared or provide a negative COVID-19 test result.

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### **INDOOR REGULATIONS:**

Groups are limited to 10 or less. Groups must distance themselves 30 feet from other groups.

### **OUTDOOR REGULATIONS:**

Groups are limited to 10 or less. Groups must distance themselves 30 feet from other groups.

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Additional information is available at: UIL guidelines/Recommendations/FAQ's  
<https://www.uil texas.org/athletics/summer-strength-conditioning>

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### **DISTRICT WORKOUT SCHEDULE TIMEFRAME:**

8:00 am – 1:00 pm; Monday – Thursday

#### **Campus Workout Schedules:**

Brentwood MS: 8:30 am – 10:30 am; Monday – Thursday

Gus Garcia MS: 8:30 am - 11:30 am; Monday – Thursday

ET Wrenn MS: 8:30 am - 11:00 am; Monday – Thursday

JF Kennedy HS: 9:00 am – 11:30 am; Monday – Thursday

Memorial HS: 8:45 am – 11:30 am; Monday – Thursday

Individual time schedules are subject to change dependent on participation numbers.

Pick-up and drop-off procedures will be tailored by each individual campus.

**The COVID-19 Pandemic is a very fluid situation,  
as restrictions change so will campus plans.**



## **2020 Summer Strength & Conditioning & Skill Instruction Camp**

### **ACKNOWLEDGEMENT FORM**

In signing this form, I acknowledge that Edgewood ISD has taken all the necessary precautions in regards to the requirements and recommendations in response to COVID-19 and social distancing as set forth by UIL, TEA and EISD. I understand that attendance is NOT mandatory and my child is participating on a voluntary basis.

Parent/Guardian: \_\_\_\_\_

Student Athlete: \_\_\_\_\_

Date: \_\_\_\_\_ Campus Name: \_\_\_\_\_



## **2020 Summer Strength & Conditioning & Skill Instruction Camp**

### **ACKNOWLEDGEMENT FORM**

In signing this form, I acknowledge that Edgewood ISD has taken all the necessary precautions in regards to the requirements and recommendations in response to COVID-19 and social distancing as set forth by UIL, TEA and EISD. I understand that attendance is NOT mandatory and my child is participating on a voluntary basis.

Parent/Guardian: \_\_\_\_\_

Student Athlete: \_\_\_\_\_

Date: \_\_\_\_\_ Campus Name: \_\_\_\_\_



**BRENTWOOD MIDDLE SCHOOL**  
**SUMMER STRENGTH & CONDITIONING**



- ❖ MUST bring a face covering.
- ❖ MUST bring your own water bottle/towel. Please label your water bottle.
- ❖ Permission slip MUST be filled out by parents.
- ❖ Temperature will be taken daily.
- ❖ If you do not have a physical on file, you will not be allowed to participate.
- ❖ You will need to reserve your spot in order to attend. Spots MUST be reserved within 24 hours: <https://calendly.com/krystal-mcclain/brentwoodrsvp>
- ❖ The cut off time for athletes to arrive is 9:00 am.
- ❖ Athletes will be 6-10 feet apart the entire time, even at dismissal.
- ❖ At dismissal, athletes will have a designated spot for pickup. Athletes are expected to be picked up within 15 minutes. (no later than 10:45 am).
- ❖ Entry will be through Kennedy parking lot and dismissal will be behind Hoelscher Gym. Please ensure you are using these routes upon entering and leaving the campus.
- ❖ Daily attendance will be taken.
- ❖ Athletes/Staff will be screened daily for COVID-19 prior to entering.
- ❖ Hand sanitizing will occur upon arrival and departure.
- ❖ Congregation of athletes after the conclusion of their activities will not be allowed. No high fives, fist bumps, hugs, chest bumps, or handshakes.
- ❖ No more than 10 athletes per coach will be allowed.
- ❖ One athlete at a time for bathroom use.
- ❖ NO BUILDING OR LOCKER ROOM ACCESS.

**\*\* ATHLETES WILL BE DENIED ENTRY IF THEY DO NOT BRING A FACE COVERING, A WATER BOTTLE, HAVE A TEMP OF 100.0 OR HIGHER AND/OR IF THEY ANSWER YES TO ANY OF THE SCREENING QUESTIONS\*\***

**MONDAY- THURSDAY: 8:30AM-10:30AM**

**Conditioning Days: June 15<sup>th</sup> – July 16<sup>th</sup>**

**Off days: July 6<sup>th</sup> – 9<sup>th</sup>**



## **Strength and Conditioning Camp**

### **\*Camp Restrictions/Guidelines Due to COVID\***

**\*Must have current physical on file with athletic trainer. Only incoming 8<sup>th</sup> grade students are eligible to participate.**

- Athletes should arrive in workout clothes and bring their own water (There will be no water fountain or access to locker rooms/showers)
- Athletes must provide a daily health screening form, signed by parent.
- Temperature will be taken daily by coaches using infrared thermometer (Any temp at or above 100.0 F will result in athlete being sent home).
- Athletes must follow social distancing guidelines before and after camp. Athletes should not congregate or socialize. Check in and report to group/station. When camp is completed, maintain at least 6 ft. apart. Parents should make an effort to pick up their child on time.
- Athletes will be put in groups of 10; they will remain in that group for the duration of the camp. Coaches of those groups will remain with the group for the duration as well.
- If an athlete displays any COVID-related symptoms, that athlete should NOT report to Gus, but self-isolate. See checklist and guidelines at the end of this document for more specific information.
- There will be no sharing of food/water/towels. Bathroom access will be on a 1 out 1 in basis.
- Coaching staff will ensure surface areas are disinfected throughout camp.
  - Multiple opportunities will be provided throughout facility for hand sanitizing.

## STRENGTH AND CONDITIONING INFORMATION

**TIMES:** 8:30 am – 11:30 am

**DATES:**

Week 1: June 15- 19 (M-TH) <outdoor workouts> Quiroz/DeMiero/Morales (FB,V)

Week 2: June 22-25 (M-TH) Morales/Ortiz/Quiroz (B, SC)

Week 3: June 29-July 2 (M-TH) <July 3- No activity> Villa/DeMiero/Quiroz (TR, T)

Week 4: July 6-10 (M-TH) <Dead Week, Virtual Workouts>

Week 5: July 13-16 (M-TH) Quiroz/Morales/DeMiero (FB, V)

**\*Virtual workouts may apply (TEAMS classroom)**

### Registration Information

Athlete Name: \_\_\_\_\_

Home address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Sports Played/Interested \_\_\_\_\_

I agree that neither Gus Garcia University nor any of its workers or representatives are to assume any responsibility in case an accident occurs. If, in the judgement of any workers or representatives of the camp, the above athlete should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said athlete by any physician, trainer, nurse, or camp representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said athlete.

**Parents Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **DAILY ADMITTANCE CHECKLIST**

**Please check each box to verify that your child has NOT experienced any of the following symptoms in the last 24 hours:**

- ☐ Cough
- ☐ Shortness of breath/difficulty breathing
- ☐ Chills ☐ Repeated shaking with chills
- ☐ Muscle pain
- ☐ Headache
- ☐ Sore throat
- ☐ Loss of taste/smell
- ☐ Diarrhea
- ☐ Feeling feverish/measured temp greater than 100.0 F
- ☐ Known close contact with person confirmed to have COVID-19

**Be sure your child has the following items:**

- ☐ Water bottle/container
- ☐ Appropriate workout attire
- ☐ Appropriate footwear
- ☐ Face Covering
- ☐ Rescue inhaler (if asthmatic)

**Parent Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

## 2-3 Coach Team

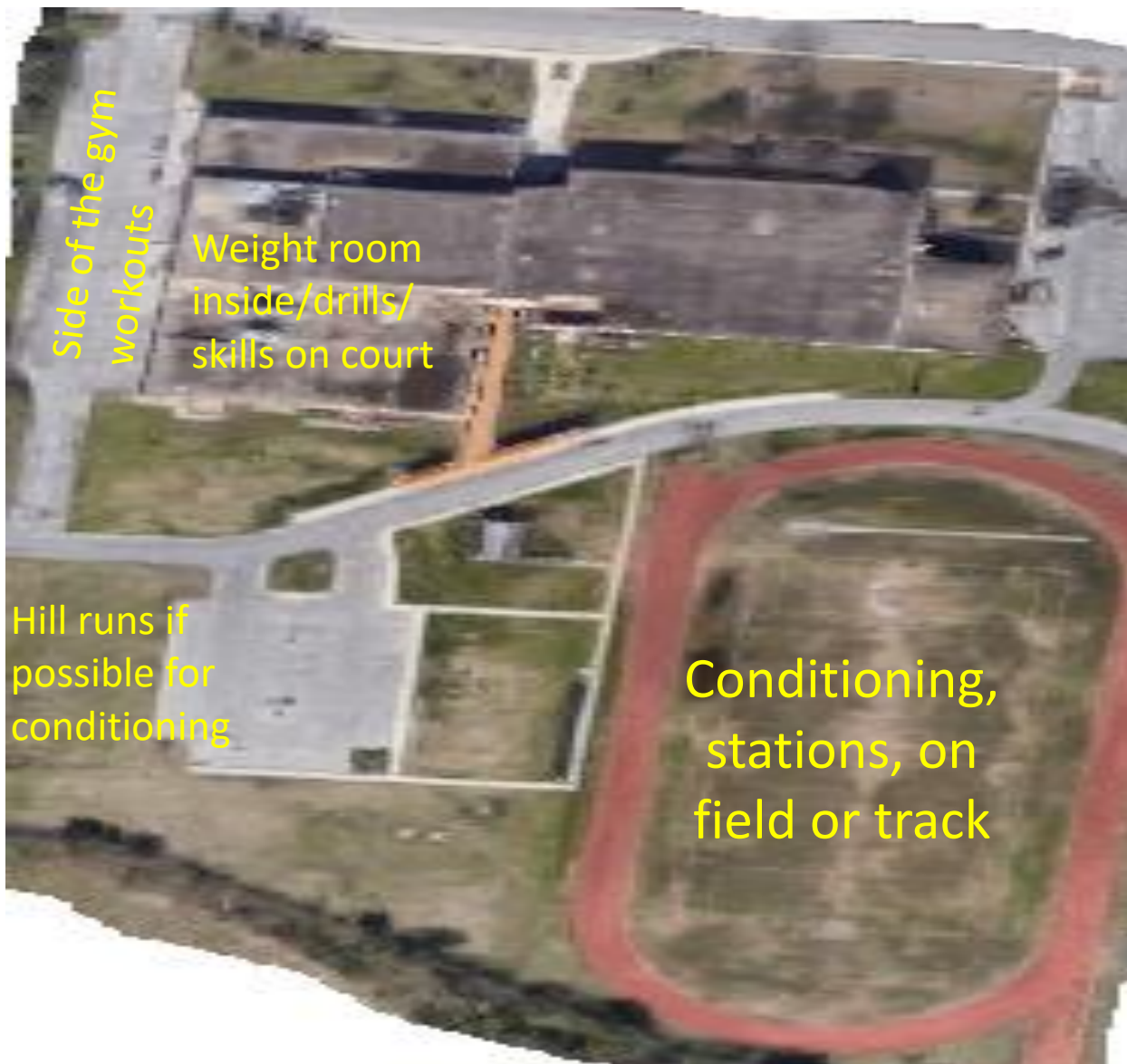
***\*off days will be virtual\****

Day/Times	Monday	Tuesday	Wednesday	Thursday
Daily Rotation	Girls	Boys	Girls	Boys
8:30-8:45am Pre-screen				
8:45-9:30am Strength				
9:30-10am Conditioning				
10-10:15am BREAK				
10:15-11am Skills				
11-11:30am Extra time if needed				

- 1<sup>st</sup> week introductory week to fitness
- Depending on numbers we will break off boy/girl rotation
- Cap is 20 for 2 coaches, 30 for 3 coaches
- Daily checklist is athlete's ticket to be allowed to stay
- Extra time utilized for pick-up, meditation if needed, or if check-in is running long.

Weight room: 5x5 Hallway:

-Squats -Dead  
-Front squats -thrusters







## **E.T. Wrenn Middle School Summer Strength & Conditioning**

**When:** Monday – Thursday / Girls 8:30-9:30 am / Boys 10:00-11:00am

June 16-18

June 22-25

June 30-July 2

July 13-16

**Where:** E.T. Wrenn Middle School Football Field

**Who:** 7<sup>th</sup> graders (incoming 8<sup>th</sup> graders)

Activities: strength & conditioning to include body weight exercises, cardio and interval training

<https://m.youtube.com/watch?feature=youtu.be&v=uOe8gBYlOc>

### **Social Distancing Guidelines: NO EXCEPTIONS**

Athletes/Staff will be screened daily for COVID-19 before entering workout facilities

Face coverings are mandatory for everyone

No more than 10 students per 1 coach

1 staff member dedicated to monitoring social distancing

6-10 ft. of social distancing between athletes at all times

Once an athlete's participation has concluded, the athlete is to leave the venue within 5 minutes

Hand sanitizing will occur when athletes arrive and depart

Disinfection of facilities will be done at the end of each day

Congregation of athletes after the conclusion of their activities will not be allowed

-Map included for instructions on entry and exit procedures



Students must be dropped off at the front of the school and follow the sidewalk into the entrance gate located by the side gym doors and portable marked 2. X's will be marked on the sidewalk to maintain social distancing should a line form while one coach screens athletes. Once athletes have been screened, another coach will take them to their designated spot on the football field.

Once workouts have concluded, athletes will exit through the main gate between portables 2 and 3 and stand on an "X" marked spot to wait to be picked up. There will be a designated

area for pick-up in the parking lot along portable 3 with cones to protect student-athletes.

### **Student Athlete Requirements: NO EXCEPTIONS**

Must complete the 1 time permission slip before attending

Athletes must complete the screening process daily before arriving on-site

Consumed breakfast is required in order to attend the workouts

A yes answer to any question in the screening process will result the athlete staying home

Drop-off and pick-up areas will be designated

Athletes are to bring their own water

No physical contact such as high-fives, fist bumps, hugs, and handshakes will be allowed

Access to locker rooms, school buildings or other restricted areas are NOT permitted

-porta potties are available for restroom use

Athletes must have a completed UIL athletic physical on file

### **Prescreening and Screening Process:**

Before arriving to the facility, each athlete must complete the screening questions on their phone; any YES answer will result in the student staying at home

1. Any contact with a person who is/was positive for COVID-19
2. New or worsening cough, shortness of breath/difficulty breathing or fever above 99.9 F
3. Any symptoms including chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of sense of taste, smell or diarrhea

Any student with a fever or any of the COVID-19 symptoms will be asked to stay home and quarantine for 14 days from when symptoms first appeared or provide a negative COVID-19 test result.

<https://m.youtube.com/watch?feature=youtu.be&v=uOe8gBYlOc>



**JOHN F. KENNEDY HIGH SCHOOL ROCKETS**  
**SUMMER STRENGTH AND CONDITIONING SPORTS PLAN**  
**COVID-19 PANDEMIC PLAN**

All of our lives and schedules have been altered since March 2020. Words and phrases like TEAM and Zoom Meetings, Virtual Learning and Edgenuity have changed the education world like never before. Our nation has not faced a crisis like this in 100 years and our school responded in the ROCKET way and continued to educate and motivate our students throughout the remainder of the school year. That included the athletic program; both girls and boys programs conducted virtual Zoom workouts in an effort to maintain that continuity that we have worked so hard to build. Unfortunately that effort can never replace the “face to face” contact that we build in our athletic period, afterschool activities and spring practices; all of which were lost in addition to our spring sports seasons (baseball, softball, track and field, golf and tennis). The state of Texas and UIL have posted guidelines to restart athletic programs on June 8<sup>th</sup> and the following proposal is our plan to conduct our athletic strength and conditioning program. We will conduct cleaning and coaches’ orientation on the new procedures the first week of June.

**HEALTH AND SAFETY PROTOCOLS**

We will begin June 15<sup>th</sup> (June 15<sup>th</sup> will be coaches walk-through and June 16<sup>th</sup> will be athletes walk-through). We will offer onsite Strength and Conditioning to John F. Kennedy athletes (incoming 9<sup>th</sup> – 12<sup>th</sup> graders) from 9-11:30 a.m. Monday – Thursdays. John F. Kennedy is committed to health and safety protocols & training guidelines established by the CDC, Federal and Local Government mandates, the Texas Department of State Health Services, City of San Antonio and the UIL. To ensure the safety of our student athletes, we not only will meet all health and safety guidelines but guarantee to exceed them throughout the summer.

Getting our scholars/athletes back on campus is the first step in confirming a fall sport season and academic semester. Below is a detailed outline in the strategy, process and approaches that will enable a safe and effective approach to preparing our student athletes for the fall semester and future safety changes.

**PRE-SCREENING PROCESS AND COVID SYMPTOMS PROTOCOL**

The pre-screening process will begin with informing parents and students to fully understand what we will be offering and will allow us to get information on the health of our students. We will provide all parents with an informational sheet and give screening questions to our athletes. We will also offer the opportunity for an online video conference (via Zoom whenever possible) to allow for discussion with our families if necessary. If necessary we can have a Zoom Q & A with the parents about expectations from our athletes, expectation from our parents and the expectations from the coaches.

Once our athletes arrive on-site, we will do daily temperature checks as soon as they arrive. If their temperature exceeds 99.9 Fahrenheit upon arrival, they will be asked to remove themselves from the workout setting, their parents will be contacted and the student will be sent home.

We will provide parents the COVID-19 symptoms sheet and ask them to answer the COVID screening questions daily.

#### COVID-19 Symptoms for Screening

- Cough
- Shortness of breath or difficulty 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 99.9 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

If a positive case is identified among a participant in these summer activities, either staff or student, the group to which that staff or student was assigned and in contact with must be removed from the sessions while all members of the group self-isolate. If the confirmed individual had regular close contact outside a single group, then all of the students and staff with whom the confirmed individual had close contact shall be removed from workouts for two weeks.

-Students will be placed in a single group so that if one has symptoms of COVID-19 only that group would need to isolate.

If any student or staff member exhibits the symptoms of COVID-19 listed above then they should self-isolate until the following conditions are met.

- In the case of an individual who was diagnosed with COVID-19, the individual may visit when all three of the following criteria are met: at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); and the individual has improvement in respiratory symptoms (e.g., cough, shortness of breath); and at least 14 days have passed since symptoms first appeared; or

-In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return to workouts until the individual has completed the same three-step criteria listed above; or

-If an individual has symptoms that could be COVID-19 and wants to return to workouts before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

## **WORKOUT PROTOCOLS**

We will require face coverings to be worn prior to and after the workout and in some cases during. (Please bring 2 Face coverings if possible). You must launder your own clothes.

We will also have our waiting area by the weight room (underneath the stadium) marked to allow for proper social distancing to occur.

We will highly encourage immediate drop-offs and pick-ups, meaning that we do not want students lingering on campus or in the parking lot. Our goal is to have parents drop-off students no earlier than 10 minutes prior to the workout and pick them up no later than 5-10 minutes after the workout.

We will have Hand Sanitizers for use before and after every workout. We will have Hand Sanitizers available in the Weight Room and at all outdoor/indoor workouts.

We will provide a restroom break when needed and antibacterial hand soap will be readily available. However, no more than 1 athlete at a time will be allowed to go in the restroom (Stadium Restroom) at the same time and he/she must wear face covering and wash hands upon leaving the restroom.

Parents will be asked not to stay for the workouts as we do not want extra people being on the campus for safety purposes. The stadium will not be open to the public. We will stress proper hand washing to our athletes before and after workouts.

For weight room activities (Week 2), all doors and garage door in the Rocket room will be open to allow for proper ventilation and reduce participants from touching the door handles.

We **will not** open up the locker room for changing purposes. Athletes will **NOT** be allowed in the Locker room location.

We **will not** provide towels or other supplies for the athletes. The athlete must bring their own and may not share with another athlete.

Athletes will come dressed for the workout and will shower at their homes.

Athletes must provide their own water or sports drinks and they may not share that drink with another athlete. Please bring enough water to last for 2 hours.

For weight room activities, all equipment will be wiped down and sanitized after each set and will be sanitized at the end of the workout. Athletes must wear masks when indoors.

When lifting in the weight room only the lifter will not be required to wear a face covering. Spotters must wear a face covering when not lifting. Gloves are preferred, but not required when lifting. Depending on the district, UIL and/or TEA, some of the restrictions may be lifted on a day to day or week to week basis.

For all activities, we will do everything possible to keep students in the same group with the same students throughout the summer.

## **NO SHARING OF EQUIPMENT WILL BE PERMITTED.**

While the workout is optional, attendance records will be kept to monitor groups and collect data in case of an outbreak. We highly recommend that fall athletes participate in strength and conditioning if at all possible to insure proper conditioning when we begin. However, it is mandatory that ALL athletes follow the safety guidelines or they will be asked to leave.

For our training, our goal will be to have at least 75% of the workout outside and no more than 25% of the workout indoors.

We will limit the weight room's capacity to 25% until given other instructions. This will include the use of every other power rack, keeping one out of use between each group. There will be a maximum of 10 athletes in each of the weight rooms plus 1 coach at any time. We will keep the same group using the same power rack and platforms for the entire workout. Wipes will be available to wipe down equipment between sets.

For outside activities, no more than 10 per group with a minimum of 6 feet between individuals and no more than 4 at a time competing in a drill. If multiple groups are on the field at the same time then a minimum of 30' will be observed between groups at all times.

Coaches and/or custodial crew will sanitize our indoor workout facilities after every workout to ensure proper sanitation upon arrival for the next workout.

## **SPORTS SPECIFIC WORKOUT PROTOCOLS**

### **Limitations and Rules**

- Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed.
- No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted.

Examples (including but not limited to):

Basketball players may participate in drills, but cannot conduct drills/activities against a defender.

In football, offensive and defensive drills are allowed, but no 7 on 7, or offense vs defense drills are allowed, etc.

## **Sport Specific Activities Conducted Indoors**

### **Risk Mitigation**

- Students and staff must maintain at least 6 feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least 10 feet of distance from all sides when possible.
- Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.
- Indoor workout activities can be conducted up to a maximum of 25% capacity.
- Students may be placed in working groups no larger than 10 total students. Each working group should maintain appropriate distance from other working groups.
- Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such

equipment, that equipment must be thoroughly disinfected before being used by a different group.

### **MEAL DISTRIBUTION:**

The closest location that will be distributing meals will be Winston Elementary. Check the EISD website for days and times of distribution. Summer hours are subject to change.

### **NOTES:**

The TEA put out guidelines regarding school summer programs. Regarding summer strength programs, here is what they stated:

*“School gyms, weight rooms, and indoor workout facilities can be open to students participating in a UIL-approved conditioning program while supervised by school staff consistent with UIL guidance. Indoor facilities are to remain closed for purposes of athletic or fitness activities to unsupervised students and to the community. “*

This basically frees the school to open its facilities to its students. However, it must remain closed to those outside the school population. We cannot conduct open gym or weight rooms during the summer to any outside athletes or leagues.

If you have any further questions, please do not hesitate to contact the School’s athletic coordinators.





# 2020 JFK Summer Training Program



## SCHEDULE

### Dates:

June 15th - July 31st  
Monday - Thursday

### Arrival:

8:30 - 8:50 am

### Departure:

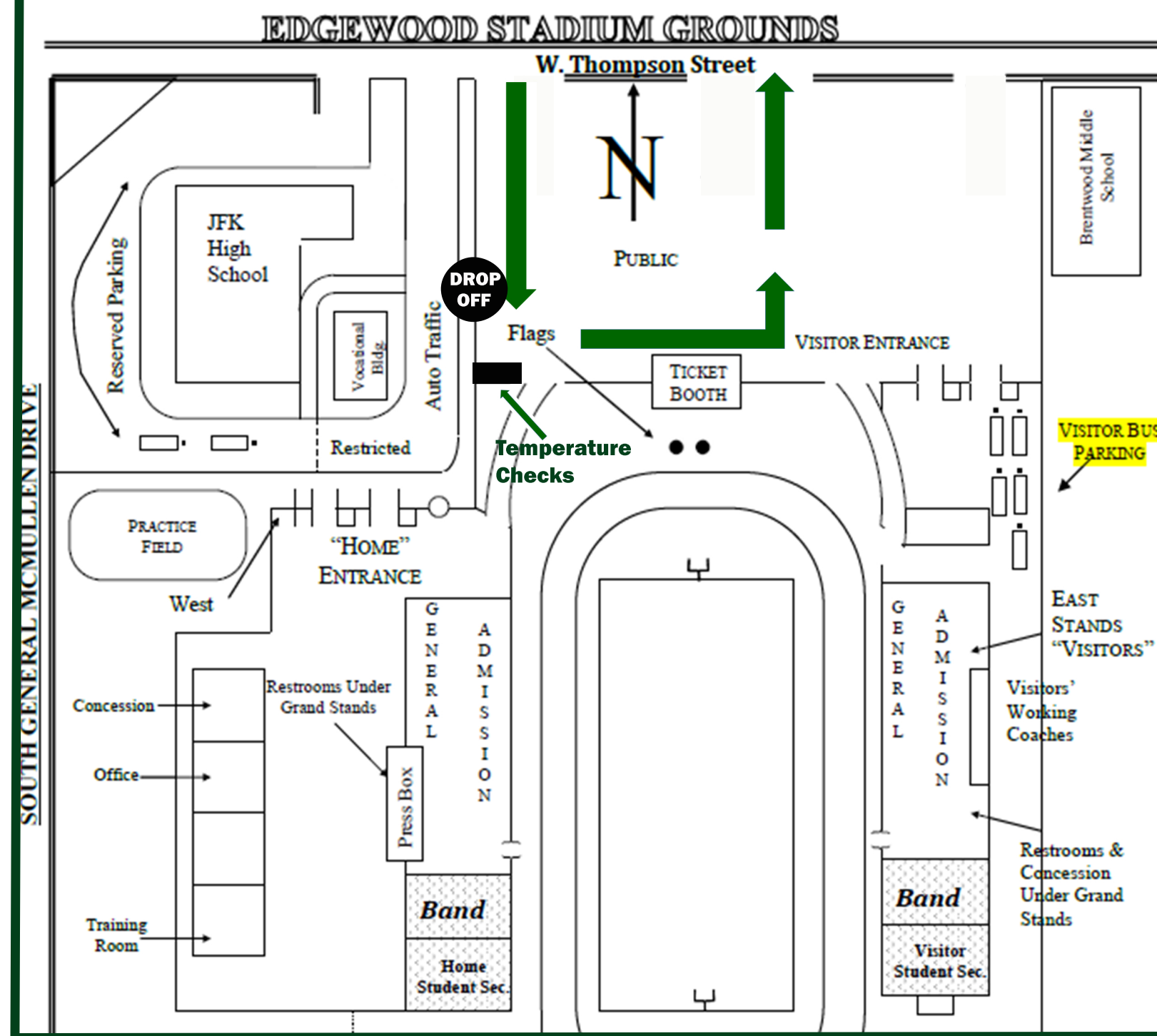
11:00 - 11:20 am

### Off-Days

July 6th - 10th

July 20th - 21st

## Maps/Drop-off/Pick-up



## GUIDELINES

- \* Athlete pick up/Drop off will be in the Brentwood/Kennedy parking lot between the ticket booth and the vocational bldg.
- \* Daily Covid-19 screening will take place prior to camp. QR code will be provided.
- \* Social Distancing will be strickly enforced throughout camp.
- \* Groups will be assigned with a 10:1 player to coach ratio.
- \* Hand Sanitizer and cleaning stations will be available throughout camp.
- \* Athletes must bring their own water and face coverings.
- \* **Grab and go lunch will be provided post workout everyday.**

# Minutemen Summer Camp

## Strength and Conditioning & Sport Specific Instruction

When: June 16- July 31

Location: MHS Athletic Facilities

Cost: Free to All EISD Students

### Training Sessions and Sport Specifics:

Monday -Thursday

8:45-9:30am Pre-Screen and Temperature Check in Auditorium

9:30-10:30am Start of Strength and Conditioning

10:30-11:30am Start of Specific Sport Instruction

\*Start times may be adjusted due to group size

### Screening Process:

1. DAILY ATTENDANCE RECORDS WILL BE KEPT BUT ATTENDANCE IS OPTIONAL. STUDENTS MUST ALSO HAVE A FACE COVERING PRESENT IN ORDER TO WORKOUT.

2. BEFORE being allowed to enter the summer training camp, student athletes will complete a digital questionnaire.

3. The self-screening will be completed at the start of each additional weekly camp session.

4. A temperature check will be included for each camper on each day as they are checked into the camp.

5. An athlete with a first check elevated temperature of 99.9 degrees or higher will need to be isolated and seen by a AT or another designated staff member. If the AT or staff member confirms that the camper does have an elevated temperature of 100.0F degrees or higher, the camper will be sent home immediately with information about self-quarantine and how safely to return to camp.

6. Student athletes who become sick during the day will be isolated from the group, evaluated by a AT or another trained health professional and instructed to return home with a clear understanding of when he/she may return to the camp site.

## “WIN THE DAY”

### Reminders

1. Athletic Shoes and Attire
2. Pre- Filled Water Bottle
3. Face coverings required



### Entry/Exit Procedures (Auditorium):

1. (A) Student athletes will **enter** through the front main doors to the auditorium. There will be a hand sanitizing station set up for athletes to use before entering the training session.
2. (B) Student athletes will **exit** from their last station to the front of the school waiting area with a designated staff member until parent or guardian arrives for pick up.

### Camp Coordinators

Boys Athletic Coordinator  
Coach Lewis  
(210) 444-8342

Email: [Kemmie.lewis@eisd.net](mailto:Kemmie.lewis@eisd.net)

Girls Athletic Coordinator  
Coach Zapata  
(210) 444-8343

Email: [Laura.Zapata@eisd.net](mailto:Laura.Zapata@eisd.net)