

CARRIZO SPRINGS CISD SUMMER STRENGTH AND CONDITIONING 2020



Who: Incoming 9th Grade – 12th Grade Boys and Girls

Location: Frank Carter

Stadium: July 13, 2020-

July 30, 2020

Junior High will resume at a later date.

Carrizo Springs Athletics will observe all UIL, State, and Local protocols during the Summer Program. Guidelines are subject to change. If needed, Carrizo Springs Athletics will continue to make necessary adjustments as we progress through the summer. The safety of students and staff remains our primary focus.

“Tough People Win Everyday”

#EAT

Effort Attitude Toughness

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
July	12	13	14	15	16	17	18
July	19	20	21	22	23	24	25
July	26	27	28	29	30	31	1

****Workouts are voluntary****

Sessions

8:00 a.m. – 9:30 a.m. Boys S&C Training

9:15 a.m. – 10:15 a.m. Girls S&C Monday - Wednesday

9:45 a.m. – 10:45 a.m. Boys Sport Specific Training
Specific Skills

10:00 – 11:00 a.m. Girls Thursday & Friday Sports

10:45 a.m. – 11:00 a.m. Boys Pick up Time

Restrictions

- ALL COACHES AND ATHLETES WILL WEAR MASK IN ACCORDANCE WITH UIL
- No sharing of water bottles or towels (must bring own bottles / towels)
- No socializing before or after sessions
- Must remain in assigned group
- We ask everyone to wear masks while spotting (must provide their own)
- Anyone not actively exercising must wear masks (Coaches included)

Preventative Measures for Staff and Athletes

- Daily sanitizing of hands before entering and exiting facility
- Daily pre-screening and temperature checks before work out begins
- Hand sanitizer will be available at all times
- Social distancing (6' when not active....10' when active)
- Equipment will be sanitized between each use
- Daily cleaning and sanitizing of all equipment after each day

COVID-19 Strength and Conditioning Guidelines, the required weekly prescreen questionnaire and the 2020 physical form can be found on the Carrizo Springs CISD web page.

Camp Trainers Carrizo Springs CISD Coaching Staff

Direct questions to: jescobar@cscisd.net