

ATTENTION CHARGERS!!

Santa Fe Trail Summer Conditioning/Weights COVID-19 Guide

Questions? Contact Coach Duncan jduncan@usd434.us or Coach Erickson rerickson@usd434.us

ALL PLANS ARE SUBJECT TO CHANGE.

Updated information will be posted during Week 1

PLEASE: If you are experiencing COVID symptoms or have known exposure, do not come to Summer Conditioning/Weights.

Our goal is to help as many students get to 10 sessions as possible. Inclement weather will most likely cancel the session, because of outdoor activities.



TENTATIVE PLAN

Week 1 - June 1,2,4,5 (M-T-Th-F)

6:00 PM Girls grades 7-12 - (6 Coaches) 2 on Track (20 - 20's), 2 on practice field (plyos, sleds, ropes, tires, sledges) 2 on baseball field (pushups, sit ups, planks)

7:00 PM Boys grades 7-12 (same)

***** 3 rotations 20 minutes each

***** Keep group size at 15 or less

***** Director in charge of Role

***** PM only for acclimation process

Week 2 June 8, 9, 11, 12 (M-T-Th-F)

6:00 PM Girls grades 7-12 (6 Coaches) 2 on Track, 2 on practice field, 2 in weight room (or outside if preferred)

7:00 PM Boys grades 7-12

**Morning make-up times possible - TBA*

Week 3 June 15,16,18,19 (M-T-Th-F)

6:00 PM Girls grades 7-12 (6 Coaches) 2 on Track, 2 on practice field, 2 in weight room (or outside if preferred)

7:00 PM Boys grades 7-12

**Morning make-up times possible - TBA*

Students must participate in 10 total Strength and Conditioning sessions before they can attend a Team Practice or Camp week 4 (this is a KSHSAA rule)

Week 4 June 22, 23,24,25,26

MWF- High School 7:00-8:20 AM Strength and Conditioning (4 Stations- 4 Coaches)

Jr. High 7:00-8:20 AM Volleyball, Cross Country and Football Camp/practice (Team Coaches)

High School 8:30 to 10:00 AM Volleyball, Cross Country, and Football Camp/practice

Jr. High 8:30 to 10:00 AM Strength and Conditioning

T-TH - HS and Jr. High 6:00-7:30 PM Strength and Conditioning

No winter or Spring/camps/leagues/practices this week

Week 5 June 29th - July 3rd

Same M-T-W-Th-F schedule

Intro to winter and spring Sports

August 2nd - 7th No More winter or Spring Activities "Fall Activities Only"

August 10th - 14th NO SUMMER ACTIVITIES