

**WAGNER HIGH SCHOOL**  
*STRENGTH AND CONDITIONING---*  
*---SPORT SPECIFIC INSTRUCTION*  
**SUMMER 2020 (COVID-19)**



**Athletic Coordinators:**

Charles Bruce  
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**Athletic Directors:**

Mike Miller  
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**Principal:**

Mary Duhart-Toppen

**Athletic Trainers:**

## Statement to Community

The Covid-19 pandemic has caused the CDC, UIL, school officials, and communities at-large to completely change their perspective of what summer camps for student athletes might look like during 2020 and beyond. With this in mind, the coaching staff and administrators at Wagner High School are working collaboratively within the Judson Independent School District to create a plan for athletes to return to in-person on campus training. This plan is being written based on the current CDC informed UIL guidelines and regulations which have been released about governing safe and healthy operations of such camps as school districts and other organizations work to return to activities based on what is known to date about the coronavirus (Covid-19) and how to mitigate the spread of this virus. Our first priority is the health and safety of our athletes and staff, as well as any other individuals that are essential to the facilitation of training our athletes. This includes the continued education of staff and athletes about the current health and safety guidelines for individuals and groups, and those that will likely change during the weeks of our return. Our next goal is to develop a design to provide our student athletes with a quality, face-to-face summer enrichment camp which includes an opportunity to combine a Strength and Conditioning experience with Sport Specific Instruction. Our expectation is that this plan will be strategic, appropriate, respectful to participants, respectful to health and safety regulations, and an energizing catalyst of hope as we transition from digital instruction and training back into our physical school community one cautious step at a time.

# Overall Camp Guidelines and Strategies

## Training Sessions and Time Allotments:

### **Sport Specific Instruction (SSI):**

1. A student athlete shall attend **no more than 90 minutes per day of sport specific skill instruction.**
2. A student athlete shall attend **no more than 60 minutes per day in a given sport.**
3. NO competitive drills involving person to person contact (e.g. no 1-on-1; no 7-on-7, etc.).
4. No use of contact equipment (May include specific sports equipment TBD by UIL/JISD regulations).
5. Any **equipment used should be regularly disinfected during workout sessions** (This equipment should not be shared between groups. After a single group has used any equipment, that equipment must be thoroughly disinfected before being used by a different group).
6. School may provide shirt, shorts, and shoes but these **items may not be laundered on site.**
7. **Indoor activities** will be conducted at **25% capacity** as per UIL/CDC/JISD health and safety guidelines.
8. Wagner High School camp days for summer 2020 will be every Tuesday, Wednesday, and Thursday beginning June 15, 2020.

### **Summer Strength and Conditioning (SAC):**

1. A strength and conditioning session shall be **no more than two consecutive hours per day**, Monday through Friday.
2. Athletes may attend **one Strength and Conditioning session per day.**
3. **No Sport Specific Skills** shall be taught **during sessions.**
4. No Sport Specific Equipment shall be used during strength and conditioning.
5. Athletes not actively exercising may wear a mask or other face covering.
6. Any equipment used must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. **Campuses should limit the use of equipment** to further reduce the risk of spreading the Covid-19 virus.
7. **Indoor activities** will be conducted at **25% capacity** as per UIL/CDC/JISD health and safety guidelines.
8. Wagner High School camp days for summer 2020 will be every Tuesday, Wednesday, and Thursday beginning June 15, 2020.

### **Student Ratios (specific to both SSI and SAC):**

1. No more than **15 students** may train together in an **outdoor group for strength and conditioning and sports specific workouts – Per JISD Policy.** Athletes will work in **halo groups of 10 feet** with consideration of other outdoor groups.

2. Student Ratios: No more than **10 students** may train together in an **indoor group**. Athletes will work in **halo groups of 10 feet** with consideration of other indoor groups.

***\*The term halo refers to the circular distance required around each person to ensure the health and safety guidelines are appropriately followed during times of active and inactive engagement.***

## **Important Highlights for ALL Camp Sessions and Attendees**

1. Camp attendees are required to bring their own water in a closed container. It is recommended that you label your bottle with the attendee's first and last name. This water should be for the sole purpose of hydration through drinking (Please do not use it as a cooling agent for yourself. You need to stay well hydrated and may not have access to another source of water once you begin your camp sessions). If needed, disposable water will be provided for students. **DO NOT SHARE WATER OR FOOD ITEMS!**
2. Camp attendees are encouraged to use the restroom prior to arrival at the camp site. There will be limited access to restrooms throughout the camp site.
3. Camp attendees will sanitize hands before, during, and after activities as per UIL/CDC/JISD guidelines.
4. Camp attendees **will not** have locker room access per UIL/JISD policy.
5. Camp attendees will follow the rules of social distancing in ALL circumstances, and may be asked to return home and not return if they willingly fail to honor the requirements per UIL/CDC/JISD guidelines (10 foot halos at all times).
6. Camp attendees will follow the check in procedures as outlined. **STAY HOME** if you show any of the Covid-19 symptoms, or meet any other conditions of symptom screening.
7. Camp attendees will follow the daily attendance protocols and attendance records will be kept, however, attendance is optional and students shall not be required or allowed to make up missed days, or work out opportunities.
8. UIL/CDC/JISD protocols regarding sanitization and disinfecting surfaces and other objects will be followed before, during, and at the conclusion of each camp session (and at times when camp is not in session as needed).

### **Student Athlete Screening Process:**

1. DAILY ATTENDANCE RECORDS WILL BE KEPT BUT ATTENDANCE IS OPTIONAL.
2. BEFORE being allowed to enter the summer training camp, student athletes will complete a paper copy self-screening questionnaire and waiver, or a digital questionnaire and waiver. This will be done on or before June 15, 2020 as an official camp launch baseline.
3. The official self-screening will be completed at the start of each additional weekly camp session.

4. A temperature check may 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 100.0F degrees or higher will need to be isolated and seen by a LAT or another designated staff member. If the LAT 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 LAT or another trained health professional and instructed to return home with a clear understanding of when he/she may return to the camp site.
7. Student Athletes will use hand sanitizer before being allowed to enter the camp site.

### **Staff Screening Process:**

1. DAILY ATTENDANCE RECORDS WILL BE KEPT.
2. Before the start of the summer training camp, staff members will complete a paper copy self-screening questionnaire and waiver, or a digital questionnaire and waiver. This will be done on June 10th, 2020 as an official staff development and planning week launch and baseline.
3. The self-screening will be completed at the start of each additional weekly camp session.
4. A temperature check may be included for each staff member on each day as they arrive to the camp site, and before beginning any work or set up of stations or equipment.
5. A staff member with a first check elevated temperature of 100.0 F degrees or higher will need to be isolated and seen by a LAT or another designated staff member. If the LAT or staff member confirms that the camp staff member does have an elevated temperature of 100.0F degrees or higher, the camp staff member will be sent home immediately with information about self-quarantine and how safely to return to camp.
6. Staff members who become sick during the day will be isolated from the group, evaluated by a LAT or another trained health professional and instructed to return home with a clear understanding of when he/she may return to the camp site.
7. Staff members will use hand sanitizer before being allowed to enter the camp site.

### **Covid-19 Symptoms and Management for Student Athletes & Staff:**

Any staff members or student who experience any symptoms of Covid-19 (see the symptoms list below) should self-isolate according to the following conditions:

*Individuals who are presumed to have Covid-19 or confirmed Covid-19 positive cannot report to the camp site until cleared to do so by the LAT, designated staff, or another medical professional by meeting the following criteria:*

1. Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms (e.g. cough, shortness of breath), AND

2. Negative results of an FDA Emergency Use Authorized Covid-19 molecular test for detection of SARS-CoV-2 RNA from at least two (2) consecutive respiratory specimens collected 24 hours apart (two negative results are needed), OR
3. The individual is symptom free for 72 hours without the use fever-reducing medications AND at least 10 days have passed since symptoms first appeared.

*Individuals who have been in close contact with someone who has tested positive for Covid-19, or has a family member that lives with them who has tested positive for Covid-19 should follow these guidelines:*

1. The individual should inform the camp coordinator, LAT, or designated staff member as soon as possible and then self-quarantine for 14 days.
2. The camp coordinator will notify the district Athletic Directors and any other health professionals as required by the CDC and UIL regulations.
3. The camp coordinator, LAT, or designated staff member will notify any camp participants who may have been exposed and provide guidance about treatment and returning to the camp site. Exposed individuals will be sent home and asked to follow the self-quarantine protocol. Some individuals, especially if they become symptomatic, may be required to provide evidence of negative testing according to the “presumed to have” protocol.
4. Individuals who have symptoms that could be COVID-19 and want to return to work before completing the required self-isolation period, MUST obtain a medical professional’s note clearing the individual for return based on an alternative diagnosis.

## **COVID-19 Symptoms for Screening**

- a. Cough*
- b. Shortness of breath or difficulty breathing*
- c. Chills*
- d. Repeated shaking with chills*
- e. Muscle pain*
- f. Headache*
- g. Sore throat*
- h. Loss of taste or smell*
- i. Diarrhea*
- j. Feeling feverish or a measured temperature greater than or equal to 100.0F degrees*
- k. Known close contact with a person who is lab confirmed to have COVID-19*

**SAMPLE ROLL CALL SHEET/DAILY CHECK**

<u>Student</u>	<u>Temp</u>	<u>Prior Positive Test? Y/N</u>	<u>Exposed to Individuals Positive Covid Test? 14 days) Y/N</u>	<u>Fever (14 days) Y/N</u>	<u>Cough</u>	<u>Shortness Of Breath (not during exercise)</u>	<u>Sore Throat</u>	<u>Chills</u>	<u>Body Aches</u>	<u>Loss of Smell or Taste?</u>	<u>Allowed to participate Y/N</u>
<u>John Smith</u>	<u>98.6</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>Y</u>
<u>Rick Jones</u>	<u>99.1</u>	<u>N</u>	<u>N</u>	<u>Y</u>	<u>N</u>	<u>N</u>	<u>N</u>	<u>Y</u>	<u>N</u>	<u>N</u>	<u>N</u>

- Positive Cases of Covid and Students Showing Symptoms
  - If a positive case is identified among a participant, either staff or student, the group to which the staff member or student is assigned and in possible close contact with must be removed from the sessions while all group members self-isolate for a period of two weeks.
  - Any staff member or student who experiences symptoms but has not tested positive for COVID-19 must meet all three of the following criteria before returning to activity
    - At least 72 hours of being fever free without the use of fever reducing medications,
    - Improved respiratory symptoms and
    - At least 10 days have passed from arrival of first symptoms.
  - Anyone wanting to return before the above has met must obtain a medical professional’s note clearing the individual for return based on a possible alternative diagnosis
  - Any student or staff that is living with someone that experiences symptoms of COVID-19, whether they have a positive test or not, should self-isolate and stay away from athletic activities for a period of 2 weeks.
  - **If we have any student or staff member that is positively identified to have contracted COVID-19, we are required by TEA to provide written notice to all.**

**It is important to the health and safety of everyone that if you, or someone you live with or have had close contact with develops any of the above symptoms, you stay home and immediately notify the camp coordinator, a designated staff member, or the camp athletic trainer!**

### **Student/Parent/Guardian Communication Plan:**

Our goal is to keep camp attendees and their listed contacts as informed as possible throughout the summer camp experience. Each campus will hold a parent informational meeting via zoom. In addition, campuses will communicate with parents using:

1. SportsYOU
2. Huddle
3. Remind
4. Zoom Meetings (as needed)
5. US Postal System (as needed)
6. In Person
7. Google Docs/Forms/Surveys (as needed)
8. Email
9. Telephone

\*In the event of inclement weather athletes will be notified of any changes no later than 30 minutes prior to camp.

### **Preparing Staff/Athletes/Facilities:**

#### **Staff:**

1. Will meet via zoom prior to the start of camp to learn and discuss the most currently available UIL/CDC/District guidelines contained within this document, or otherwise posted by the regulating bodies up to and throughout the duration of the summer camp.
2. Will determine safe and healthy student to staff ratios.
3. Will learn, discuss, and modify as needed the summer 2020 Strength and Conditioning & Sport Specific Instruction camp plan to include health and safety protocols, camp health and safety procedures, staff assignments, staff assignment responsibilities and duties (e.g. in-take procedures, screening procedures, traffic points, sanitation, disinfection).
4. Will do an in person walkthrough of procedures prior to the start of camp, and the arrival of student athletes in order to make health and safety adjustments as needed.
5. Will create the camp site prescreening questionnaire, daily attendance form (paper/digital), camp attendee information packet, camp site signage, traffic point/flow pattern maps, social distancing halo markers, or other required distancing markers, labels for sanitation and disinfecting solution bottles (as required), handwashing stations, restroom use protocols and availability maps, guidelines for additional water availability during camp sessions, and other administrative tasks as assigned.
6. Will secure supplies necessary for camp prior to the start of each camp session (e.g. sanitizing solutions, trash cans, trash bags, hand sanitizer, gloves, first aid items, paper towels, wipes, paper for making signage, tape, permanent markers, plastic page protectors/sleeves, handwashing station tables, zip ties, scissors, hole punches, etc.).

**Student Athletes:**

1. Will be required to participate in a walkthrough (in person) of protocols and procedures on the first day of summer camp.
2. Will complete the pre-camp screening questionnaire and waiver with the designated staff member.
3. Will Sanitize hands before entering camp site, and throughout the camp day and sessions.
4. Will enter the camp site using social distancing protocols at one of the designated traffic points as specified.
5. Report to a designated area to form safe social groups as identified by the CDC/UII guidelines for health and safety for the purpose of summer camp orientation.
6. Will exit the camp site using social distancing protocols at one of the designated traffic points as specified.
7. Will physically walk through the dimensions of every phase of the summer camp. During this time, the staff member in charge will teach the student athletes what is expected at every phase.
8. Will read the camp information packet when returning home to ensure readiness for arrival back to camp.

*Traffic points (entry/exit/waiting/transitions/etc.), hand washing stations, and available restrooms, will be clearly identified throughout the camp site for BOTH indoor and outdoor activities.*

**Entry/Exit Procedures (Outside Fields):**

1. Student athletes will enter and exit the field using several marked, designated traffic points.
2. 6 ft. indicators will be marked along the entry ways to indicate social distancing safety.
3. Student athletes will be asked to use hand sanitizer before they enter the camp site.
4. Student athletes will exit the fields using the same traffic points as used at entry.
5. Student athletes will wait in a designated area with a designated staff member until parent or guardian arrives for pick up.

**Entry/Exit Procedures (Small Gym and Game Gym):**

1. (A) Student athletes will enter through the **side door with the ramp**. There will be a hand sanitizing station set up near the door for athletes to use before entering the training session.  
(B) Student athletes will exit through interior gym doors to a designated waiting area to wait with a designated staff member until parent or guardian arrives for pick up.
2. (A) Student athletes will enter through **double glass doors**. There will be a hand sanitizing station set up near the door for athletes to use before entering the training session.

(B) Student athletes will exit through the far side gym doors near hot box to a designated waiting area to wait with a designated staff member until parent or guardian arrives for pick up.

## Response Strategies and Guidelines

### **Sanitization/Disinfection:**

1. **Facilities** will be cleaned before, during, and after use according to the appropriate guidelines for ALL surfaces and equipment.
2. **High touch surfaces and areas** such as door knobs, faucets, sinks, and other handles will be sanitized more frequently as per UIL/CDC/JISD guidelines.
3. **Any equipment used during Strength and Conditioning** sessions must be thoroughly disinfected **BEFORE AND AFTER EACH use** (If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. It is recommended that the **use of equipment be limited** to reduce the risk of spreading the covid-19 virus).
4. **Any equipment used during Sport Specific Instruction** sessions should be regularly disinfected **during workout** sessions and **NOT SHARED between groups** as they work out. **AFTER a group has used equipment**, that equipment must be thoroughly disinfected **BEFORE** use by a different group.
5. **ENHANCED MEASURES will be taken in the event of any confirmed Covid-19 case and exposure. This may include camp closure until it has been determined by UIL/CDC/JISD governing bodies that returning to camp sessions is safe.**



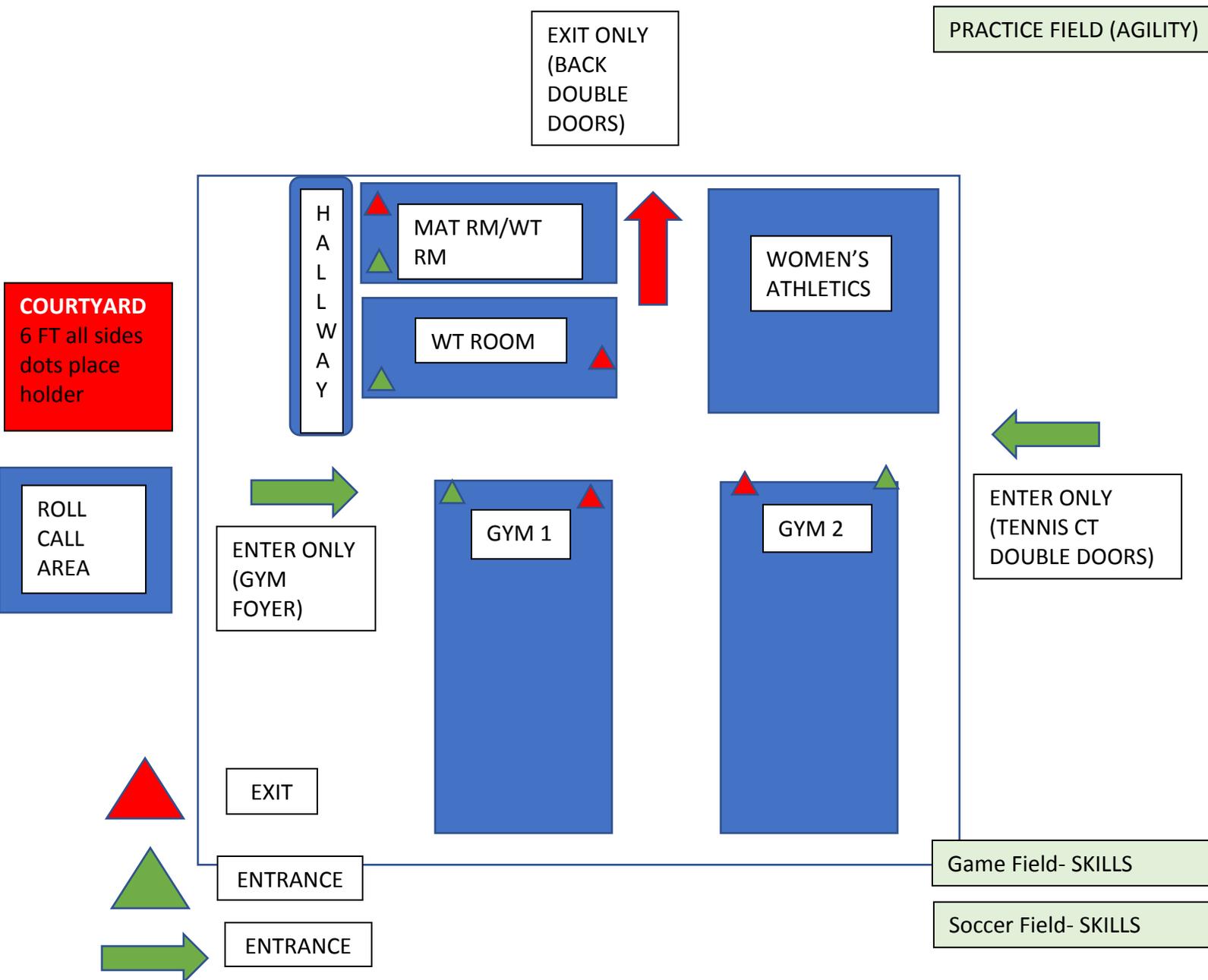
## Comprehensive All Sport Overview

Sport	Days of Operation	**Duration	# of Athletes	# of Coaches	Location	Start Date
Football	T/W/TH	6:45-9:45 SSI @ 60 mins each SAC @ 120 mins each	105 (7 groups of 15)	14	Football Field Game Field Practice Field	June 15th
Girls Basketball	T/W/TH	9:00-11:30 SSI @ 60 mins each SAC @ 120 mins each	20 (2 groups of 10)	3	*Game Gym	June 15th
Boys Basketball	T/W/TH	9:30-12:00 SSI @ 60 mins each SAC @ 120 mins each	30 (3 groups of 10)	3	Practice Gym	June 15th
Volleyball	T/W/TH	12:00-2:30 SSI @ 60 mins each SAC @ 120 mins each	30 (3 groups of 10)	3	*Game Gym	June 15th
Girls Softball	T/W/TH	9:00-11:30 SSI @ 60 mins each SAC @ 120 mins each	30 (2 groups of 10)	2	Softball Field	June 15th
Boys Baseball	TBA	TBA SSI @ 60 mins each SAC @ 120 mins each	30 (2 groups of 15)	2	Baseball Field	<b>July 8th</b>
Girls Track	TBA	TBA SSI @ 60 mins each SAC @ 120 mins each	30 (2 groups of 15)	2	Track	<b>July 8th</b>
Girls Soccer	T/W/TH	9:00-11:30 SSI @ 60 mins each SAC @ 120 mins each	30 (2 groups of 15)	2	Soccer Field	June 15th

*\*Staggered start and end times allow for required social distancing and sanitation procedures.*

*\*\*Time durations listed include attendance and prescreening procedures, transitions, water and restroom breaks, hand sanitizing, and sanitation/disinfection procedures.*

**CAMPUS DIAGRAM**







# PHASE 1

## *Individual Schedules*

**SPORT SPECIFIC INSTRUCTION  
& STRENGTH AND CONDITIONING**

**CAMP SESSION TIMES ARE SUBJECT TO CHANGE.**

Student athletes will be required to participate in a walkthrough (in person) of protocols and procedures on the first day of summer camp.

# THUNDERBIRD FOOTBALL

## **Sport Specific Instruction & Strength and Conditioning SCHEDULE**



### Sport Specific

6:50am – 7:10am	Check in at assigned area
7:15am – 8:15am	Offense by position on Practice Field (Practice Schedule TBA)
7:15am – 8:15am	Defense by position on Game Field (Practice Schedule TBA)

### Summer Strength and Conditioning

County Fair - Circuit Training

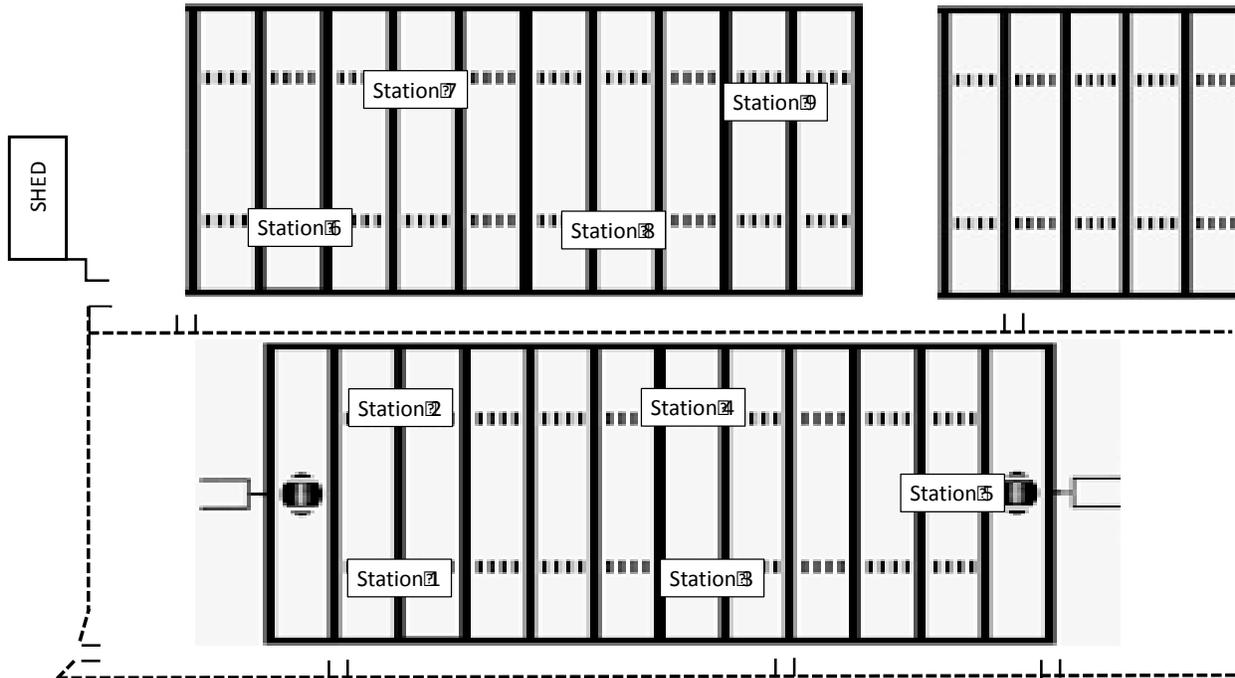
- 8:30am – 9:30am
- Hurdle Drill
  - Cone Drill – Candy Cane
  - 40's
  - Plyo's
  - Grass Drills
  - L Drill with cones or dots
  - Sprint, shuffle, sprint with cones or dots
  - Star Drill with cones or dots
  - Quick feet
  - Wall Drill and Claw Drill
  - \*Coaches will rotate with their group.

\*Each Station will last for 8 minutes.

\*Social distancing will be monitored throughout the camp.

\*Frequent hand sanitizing will be highly encouraged.

# Football Camp Map of Coaches groups/Station Locations/Entry &





## Girls Basketball

### Tuesday/Wednesday/Thursday

9am – 11:30am

8:50am-9am Hastings (Roll Call/Covid-19 Symptoms Check)

9am-10am (sports specific court work)

\*Craft/Roberson- 10 athletes per coach (each coach will be on one half of the court)

\*Hastings- getting equipment set up for strength and conditioning/in middle of court monitoring and coaching up both groups.

10am-10:15am (water/bathroom break, sanitize balls, strength and conditioning station set-up)

\*Hastings- sanitizing balls/station set- up

\*Craft- monitoring bathroom (One athlete at a time)

\* Roberson- station set up

10:15am-11:15am- Strength and Conditioning station work (in gym)

5 stations/4 athletes per station

Upper Body Day

1. Battle ropes

2. Kettle bells

3. Dumbbells

4. Abs

Lower Body Day

Sliding Boards

Lunges

Barbell Squats

DB Deadlift

Outside Conditioning (10-15 athletes per group)

Bleachers/Lunges behind Bleacher/Lap on Track (repeat 4 times)

Hill work / sleds/ gassers on football field



## Boys Basketball

### Tuesday/Wednesday/Thursday

9:30am – 12:00pm

8:50am-9am (Roll Call/Covid-19 Symptoms Check)

9am-10am (sports specific court work)

\*Clark/Smith/Batiste – 10 athletes per coach

10am-10:15am (water/bathroom break, sanitize balls, strength and conditioning station set-up)

10:15am-11:15am- Strength and Conditioning station work (in gym or outside)

# Volleyball

## Tuesday/Wednesday/Thursday

12:00pm – 2:30pm

11:20am- 11:30am (Roll Call/Covid-19 Symptoms Check)

11:30am- 12:30pm (sports specific court work)

\*McKinney/Bush – 10 athletes per coach (each coach will be on one half of the court)

\*McGill- Monitoring and coaching both sides of the court. Setting up stations for strength and conditioning.

### Individual Sport Specific drills

- On the wall- Passes/ Alt Knee Wall Passes/ Sets/Snaps/Swings/Serves/Short-Deep Passes
- On the court without a ball- Approaches/Shadow defense
- On the court with a ball- Self Tossing/ Serving/ Ball control

12:30pm- 12:45pm (water/bathroom break, sanitize balls, strength and conditioning station set-up)

\*McKinney- sanitizing balls/station set- up

\*Bush- monitoring bathroom (One athlete at a time)

\* McGill- station set up

12:45pm- 1:45pm Strength and Conditioning station work (in gym)

5 stations/4 athletes per station

### Upper Body Day

1. Plank Shoulder Taps
2. Kettle bells
3. Dumbbells
4. Ball Push Ups
5. Bent over Rows

### Lower Body Day

- Jump Ropes
- Lunges
- Squats Jumps 180\*
- Abs
- Glute Bridges

### Total Body

- Burpees
- Jumping Jacks
- Abs
- Mountain Climbers
- Jump Ropes

Outside conditioning (10-15 athletes per group)

Bounding on field/Lap on Track x2

Bleachers/Lap on Track x2

# Girls Softball

## Tuesday-Wednesday-Thursday

9:00am – 11:30am

**8:15am-8:45am** Dubois/Assistant Sports specific stations set up

**8:45am-9am** Dubois (Roll Call/Covid-19 Symptoms Check)

### **9am-10am (sports specific field work)**

5-12 min stations

\*Dubois/Assistant - 15 athletes per coach (each coach will be on one half of the field)  
Enter ½ in by Concession stand and through home side Dugout and Other ½ by Bus Gates and through the Away Dugout

**10am-10:15am** (water/bathroom break, sanitize balls, strength and conditioning station set-up)

\*Dubois- sanitizing balls/station set- up

\*Assistant monitoring bathroom (One athlete at a time)

**10:15am-11:15am- Strength and Conditioning station work** (on soccer/Practice field)

5 stations/4 athletes per station

### **10:15am-10:45am**

Upper Body Day

1. Resistance Bands
2. Triceps Dips
3. Bear Crawl circuit
4. Abs
5. Push up circuit

Lower Body Day

- Calf Raises
- Lunges
- Squats
- DB Deadlift
- Resistance Bands

### **10:45am-11:15am**

Conditioning (15 athletes per group)

Bleachers/Lunges/timed miles/ladders on Track (repeat 4 times)

Hill work / sleds/ gassers on field

# Girls Soccer

## Tuesday-Wednesday-Thursday

9:00am - 11:30am

8:15am-8:45am Guerra/ Serrano Sports specific stations set up

8:45am-9am Guerra (Roll Call/Covid-19 Symptoms Check)

Girls enter in two groups- One group in by ticket booth and go down past bleachers

Other group enters the double gates and goes down the path field.

All athletes and coaches will sanitize hands upon entry.

9am-10am (sports specific field work)

5-12 min stations

\*Guerra/Serrano- 15 athletes per coach (each coach will be on one half of the field)

10am-10:15am (water/bathroom break, sanitize balls, strength and conditioning station set-up)

\*Guerra- sanitizing balls/station set- up

\*Serrano- monitoring bathroom (One athlete at a time)

10:15am-11:15am- Strength and Conditioning station work (on soccer field)

5 stations/4 athletes per station

10:15am-10:45am

Upper Body Day

Lower Body Day

1. Resistance Bands

Calf Raises

2. Tricep Dips

Lunges

3. Bear Crawl circuit

Squats

4. Abs

DB Deadlift

5. Push up circuit

Resistance Bands

10:45am-11:15am

Conditioning (15 athletes per group)

Bleachers/Lunges/timed miles/ladders on Track (repeat 4 times)

Hill work / sleds/ gassers on field