

# Summer S&C Information

All student-athletes must register before participating in summer strength and conditioning or sport specific training.

## Registration



Students that have a cleared physical on file from 2019-2020 will not be required to submit a new physical.

## Medical



Every student-athlete must submit a Covid-19 screening questionnaire and a signed waiver.

## Screening



Our number one priority is keeping our students and staff safe. Please view our safety plans outlined in the summer information packet.

## Safety



**JISD**  
Summer  
Strength &  
Conditioning  
Judson Independent School District

## Communication



Each campus will host a zoom informational meeting for students and parents. Summer information packets will be emailed.

## Essential Items



Students should bring:  
-Labeled Water  
-Hand Sanitizer  
-Cloth Mask

## Prohibited



The following will not be permitted for safety concerns:  
-Shared water/food  
-Training rooms  
-Spectators

## Questions

Students/Parents can contact campus coaches directly. For more information, please visit our district athletic website:

<https://www.judsonisd.org/Page/19943>