



CHHS FEMALE ATHLETICS

STRENGTH, CONDITIONING, SPORT SKILLS

(volleyball/basketball/soccer/softball/track)

SUMMER 2020

Questions should be directed to: Allison.conaway@gcisd.net

Dates

- Week 1-June 9-11 *high school students only*
- Week 2-June 15-18 *high school students only*
- Week 3-June 22-25 middle school students begin
- Week 4-June 29-July 2
- Week 5 -July 13-16
- Week 6-July 22-24
- Week 7-July 27-30
- Week 8 August 3-7

Times: 9:00 am - 11:15 am; sport related skills will run from 9:00- 10:00, and general strength/conditioning/agility will run from 10:15-11:15

M/W- basketball skills and softball skills Track TBA

T/R- Volleyball skills, soccer skills, softball skills Track TBA

Cost: \$150 for high school
\$100 for middle school

NOTE: Those who plan to tryout for a CHVB team fall 2020 and choose to attend the CHHS Strength & Conditioning will have the following schedule:

- * General strength/conditioning/agility from 10:15-11:15
- * Volleyball Skill Group from 11:30 - 12:30 on either M/W or T/TH (skill groups to be determined by Coach McKinney)

Cost for VB Skills + CHHS Strength & Conditioning is \$150/participant
Cost for VB skills only is \$75/participant

Entry/Drop Off

- Female athletes will report to gym, track, outdoor turf field, or softball field for skill specific workouts beginning at 9:00 am.
- Basketball and Volleyball will meet at the gym at HMS. Soccer will meet on the outdoor turf field and softball at the softball field.
- Separate doors and gates will be used for arrivals and athletes and athletes will be put into groups of no more than ten based on age/skill.
- After skill specific workouts, female athletes will enter the PAC(with coach) through the the garage doors next to the turf practice field.
- Athletes not participating in skills we meet at the track and only enter the PAC with the coach. **DO NOT ATTEMPT TO ACCESS THE PAC EARLY AS THE BOYS CAMP WILL BE GOING ON**
- **Parents should not exit their vehicle to drop off players.**

Check In/Holding

Check in will start fifteen minutes before the start of S&C each day. After check in, players will report to their assigned groups for warm up procedures. Athletes will work in groups in compliance with rules set forth by the UIL for strength and conditioning.

Screening

At check in, On Mondays and Thursdays, coaches will ask COVID screening questions using a Google Form to insure players have not been around COVID. On the first day of camp, players will be introduced to protocols and screening questions.

Player Equipment- PLAYERS MUST PROVIDE THEIR OWN WATER BOTTLES

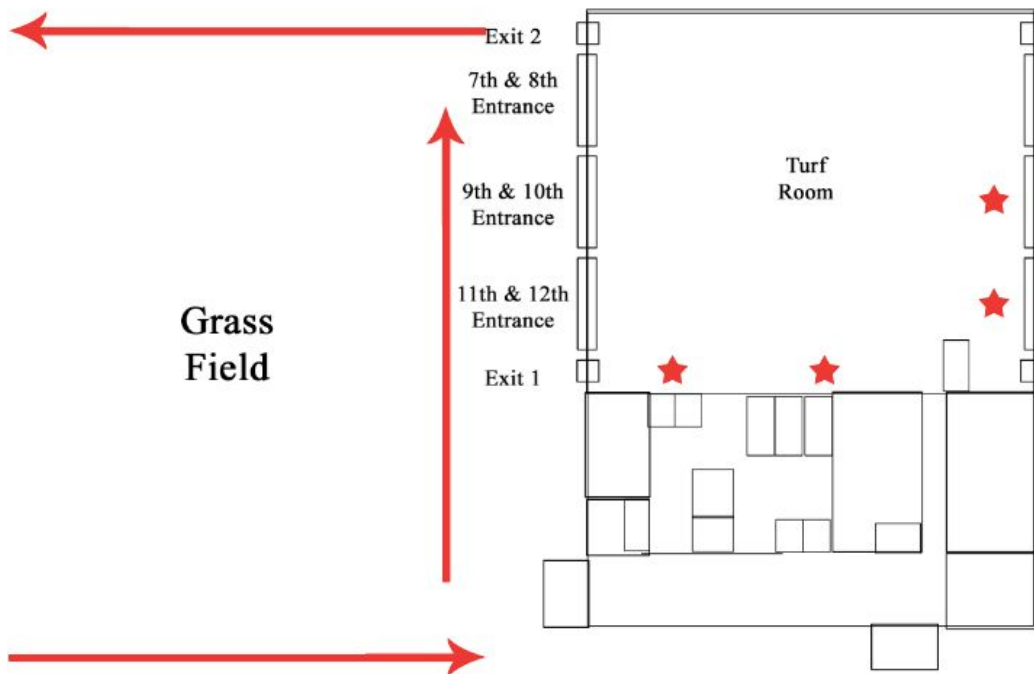
- Player equipment and water bottles will be placed along the edge of the PAC.
- Players will place distance between their equipment.
- Tape will be put on the wall to show areas to store items while in the PAC.
- On the track turf and softball fields, items should be spread out.

Exit

Players will exit through the double doors on the Southwest and Northwest side. Coaches will monitor them to ensure proper social distancing. Athletes will not be allowed to stay late and hang out.

- 7th, 11th, & 12th-Southwest Double Doors
- 8th, 9th, & 10th-Northwest Double Doors

Parents should not exit their vehicle to pick up players.

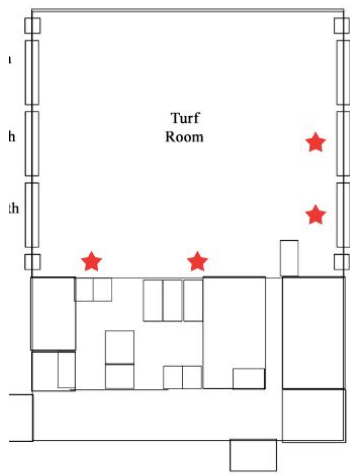


Outside Visitors

S&C is closed to all outside visitors. Only registered participants are allowed in the PAC, on the outside turf fields, and on the track. Parents should not exit their vehicles for any reason. All visitors will be asked to leave immediately.

Hand Sanitizing/Washing Stations

Wipes will be provided for all players as they check in and at four locations in the PAC.



Wipes will be placed at each station/bench in the weight room and in various locations.

Disinfecting

- All equipment will be disinfected before each rotation.
- At the end of the day, all equipment will be disinfected.
- Wipes and anti-bacterial hand wash will be provided in a variety of locations.

Possible COVID Situation

Players that start showing symptoms should contact their position coach and Coach Conaway ASAP. Players must receive a negative test result or written clearance from a doctor to return to S&C. All members in the player's rotation groups will be immediately notified. In the event of a positive test result or concern from a doctor, all players in the rotation groups will be asked to quarantine for at least 14 days. The coach in charge of the rotation groups will be asked to quarantine for 14 days, as well. In the event of a positive test result, all players in S&C will be notified.