

Student Athletes and Parents:

I apologize for the confusion on the first email and link. I accidentally attached the wrong link for signing up. Here is the correct link with the original email. **Make sure you are signing up for ONLY 1 SESSION PER DAY, and you need to SIGN UP EACH DAY.**

ORIGINAL EMAIL WITH CORRECT SIGN UP LINK

In June, we will start to phase out restrictions according to the Governor's Ad Astra Plan for Reopening, we have made a few changes that you all need to be aware of starting June 1st for Summer Strength and Conditioning.

KSHSAA is requiring all athletes to attend 10 days of acclimation conditioning before they are allowed to participate in any school related summer sports camps this year. Because of this, summer weights are being modified the first 2 weeks of June. Starting on June 1st and running Monday-Friday to Friday, June 12th, there will be 30 minute sessions starting at 8am and going through 11am. We will also have 2 sessions each evening from 6-7pm if numbers warrant.

Only 30 students will be allowed in each session and they will be broken up into groups of 10 participants with 1 coach. We will practice social distancing rules and we will clean equipment after each use by students, before the next group starts. **Please use the link below to sign-up for your requested time slot.** Due to the social gathering restrictions, we are limited in session size and once a session is full, it is closed. We know we may not be able to accommodate everyone.

To aid with attendance and organization, we are asking that you please use the attached link below to sign up for the time you would like to attend **each day**. **We are required to record your attendance so you will need to park in the student parking lot and come in and sign in and out through the office.** If you sign up for a session, you need to make every effort to be there on time each day as space is limited and we are trying to safely service as many students as we can in the first 2 weeks to meet the KSHSAA requirement so they may attend summer sports camps. If you arrive early, you will need to wait in your cars for your scheduled time before coming into the building.

Starting on June 15th, we are hoping that all restrictions will be lifted according to the Governor's Ad Astra Plan for Reopening and Coach Dumpert will have normal scheduled weight room times that Coach Dumpert will advise everyone on during the first 2 weeks.

PARENTS:

We will be following all suggested guidelines in the Governor's Ad Astra Plan for Reopening. However, if you feel you do not feel you want to send your student at this time, we respect that decision as everyone must do what they believe is best. We are doing this to give students the opportunity to get the 10 KSHSAA mandated conditioning practices in at one time so they may attend any summer sports camps later on in the summer. If your child does not have 10 conditioning practices by the time their camp is scheduled, they will not be able to attend, per KSHSAA restrictions. This does **NOT** mean that strength and conditioning or camps are mandatory for participation in sports in the upcoming school year.

We appreciate all of your support through this time.

<https://www.signupgenius.com/go/60B054CAEAA2FA46-athletics>