



# SHARYLAND HS

## Strength & Conditioning/Skills

### Summer Program



**Dates:**

**Summer Strength & Conditioning will begin June 15<sup>th</sup>.**

Week 1 -June 15-19 / Week 2 -June 22-26 / Week 3 -June 29-July 3  
Week 4 -July 6-10 / Week 5 -July 13-17 / Week 6 -July 20-24

**Period of No Activity**

Friday, July 3<sup>rd</sup> / Tuesday, July 7<sup>th</sup> and Wednesday,  
July 8<sup>th</sup> / Monday, July 20<sup>th</sup> and Tuesday, July 21<sup>st</sup>

**Who May Attend:**

**Only Sharyland ISD 9<sup>th</sup>-12<sup>th</sup> Grade Attendance Zone Students are allowed (by UIL Rule) to participate in this program. Jr. High Students (incoming 7<sup>th</sup> & 8<sup>th</sup> grade) will start July 6<sup>th</sup> – 24<sup>th</sup>.**

**Daily Schedule:**

**1<sup>st</sup> Session 8-10 am**

*\*Location: Fieldhouse*

Group 1: 11<sup>th</sup> -12<sup>th</sup> Boys Fall Sports  
Group 2: 11<sup>th</sup> -12<sup>th</sup> Boys Fall Sports  
Group 3: 11<sup>th</sup> -12<sup>th</sup> Boys Fall Sports

**1<sup>st</sup> Session 8-10 am**

*\*Location: Main Gym*

Group 1: Girls Fall Sports  
Group 2: Girls Winter Sports  
Group 3: Girls Spring Sports

**2<sup>nd</sup> Session 10-12 am**

*\*Location: Fieldhouse*

Group 1: 9<sup>th</sup>-10<sup>th</sup> Boys Fall Sports  
Group 2: 9<sup>th</sup>-10<sup>th</sup> Boys Fall Sports  
Group 3: 9<sup>th</sup>-10<sup>th</sup> Boys Fall/Spring Sports

**2<sup>nd</sup> Session 10-12pm**

*\*Location: Main Gym*

Group 1: Boys Winter Sport  
Group 2: Boys Spring Sports  
Group 3: Boys Spring Sports

**Physical Information**– Anyone with a 2019-20 or a 2020-2021 physical with no restrictions or with medical clearance may attend. Physical Packet and information can be found online: [Click Here!](#)

**Pre-Screen Form** – Please stay home if you answer yes to any question on link: [Click Here!](#)

**More Information**– Everyone will enter their designated areas for workout at least 20 minutes prior to the start of S&C, to be screened. **EACH ATHLETE WILL NEED TO BRING HIS/HER OWN MASK (FOR CHECK-IN) AND WATER! (At least one gallon)** There will be no access to water on campus. Therefore, you will need to bring enough to last you the entire time (**at least 1 gallon**). **NO SHARING WILL BE ALLOWED!** Athletes will not have access to any part of the building, other than the designated workout areas. Social Distancing practices will be enforced. All athletes will have appropriate dress attire. **DROP OFF AND PICK UP INFO:** [Click Here!](#)

TAYLOR ROAD --- TAYLOR ROAD --- TAYLOR ROAD --- TAYLOR ROAD ---TAYLOR ROAD --- TAYLOR ROAD

# Sharyland High School



Softball

C.T.4 C.T.5  
C.T.3 Office  
C.T.6 C.T.2  
C.T.1

Ag/Shop

ISS  
Discipline  
Center

Support  
Services

Old Gym

Boys Dressing  
Work Out  
Trainer  
Office  
Office  
Girls Dressing

New Gym

AD Sec

**CHECK IN  
FOR BOTH  
SESSIONS**

**DROP OFF  
WILL BE  
AT FLAG  
POLE  
BOTH  
SESSIONS**

Music Building

Main Building

Library

East Caf  
Central Kitchen  
West Caf  
Cafeteria

400 Building

Science Building

Athletic Storage

Tennis Courts

Tennis Courts

7 8

Castleman Gym

Football Practice Field

Baseball

Old Field House

Field House

**DROP OFF FOR  
10AM SESSION**

**PARKING LOT**

**DROP OFF  
FOR 8AM  
SESSION**

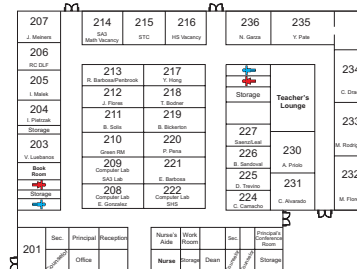
**CHECK IN  
FOR BOTH  
SESSIONS**

**ENTRANCE 8AM SESSION**

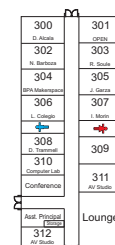
**PARKING  
AREA**

**ENTRANCE 8AM BOYS SESSION**

**EXIT 8AM BOYS SESSION**



200 Building



300 Building

**GUARD  
SHACK**

**ENTRANCE FOR BOTH SESSIONS**

SHARY ROAD --- SHARY ROAD --- SHARY ROAD --- SHARY ROAD --- SHARY ROAD --- SHARY ROAD





**SHARYLAND ISD**  
**Summer Strength and Conditioning Program**  
**June 15 through July 24<sup>th</sup>, 2020**  
**Monday through Thursday each week**  
**6 Weeks Total**



The UIL Summer Strength and Conditioning Program may be conducted by school coaches for students in grades 9-12 from that coach's attendance zone only under the following conditions.

1. Sessions may be conducted by school coaches only from Monday through Thursday, for no more than six weeks during the summer and only until July 24<sup>th</sup>.
2. A student shall attend no more than one two-hour session (conducted by a school coach) per day. Schools shall take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.
3. Sessions conducted by school coaches shall include only students who are incoming ninth graders or above.
4. Sessions shall include only strength and conditioning instruction and exercises. Sport Specific instruction is prohibited. Sport Specific Equipment (balls, dummies, spacer dummies, sleds, contact equipment) is prohibited. Specific groupings of athletes by sport or position are prohibited.
5. Proper attire shall be worn. This includes: shirts, shorts and shoes.
6. Athletes will be required to provide their own water bottle (labeled with their name) and towel. Water will be available on campus to refill your bottle.
7. Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out or participate in any UIL Sport. Attendance records will be kept, however students will not be required or allowed to make up missed days.
8. No fee is required for any Sharyland ISD Student or Student Athlete.
9. Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.
10. Period of No Activity include: July 7<sup>th</sup> and 8<sup>th</sup>, July 20<sup>th</sup> and July 21<sup>st</sup>.
  - There are 2 or more sessions scheduled each day Monday through Thursday at the Field House and the Main Gym.
  - \*Only two Friday sessions will be conducted Friday, July 10th and Friday, July 24th.
11. Athletes will:
  - Follow UIL social distancing guidelines (6 ft non-active and 10 ft active).
  - Follow entry and exit guidelines and not congregate before or after the workout.
  - Be questioned over Covid-19 symptoms and have their temperature taken.

Name: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Sports Played: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

I CERTIFY THAT \_\_\_\_\_ HAS MY PERMISSION TO PARTICIPATE IN THE SHARYLAND ISD SUMMER STRENGTH AND CONDITIONING PROGRAM. I AUTHORIZE THE COACHING STAFF TO ACT ON MY BEHALF AND USE THEIR BEST JUDGEMENT IN ANY EMERGENCY REQUIRING MEDICAL ATTENTION. I HEREBY WAIVE AND RELEASE SHARYLAND I.S.D AND ITS EMPLOYEES FROM LIABILITY FOR INJURY AND ILLNESS. I KNOW OF NO PHYSICAL OR MENTAL PROBLEMS THAT MAY AFFECT MY CHILD'S ABILITY TO PARTICIPATE SAFELY IN THE PROGRAM. I UNDERSTAND THAT ALTHOUGH SAFEGUARDS ARE IN PLACE, SHARYLAND ISD CANNOT GUARANTEE THAT INJURY OR ILLNESS WILL NOT OCCUR.

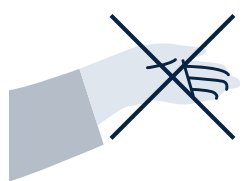
PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

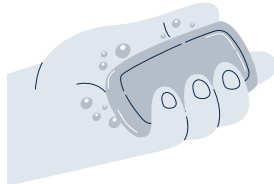


# SHARYLAND ISD STRENGTH & CONDITIONING REMINDERS

## Practice Good Hygiene



Stop hand shakes and use **non-contact greeting methods.**



**Wash your hands** at check-in and regularly during your workout.



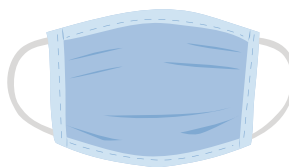
**Disinfect** all equipment after use.



**Avoid touching your face** and cover your coughs and sneezes.



**Practice social distancing.** Maintain at least 6 feet away from others.

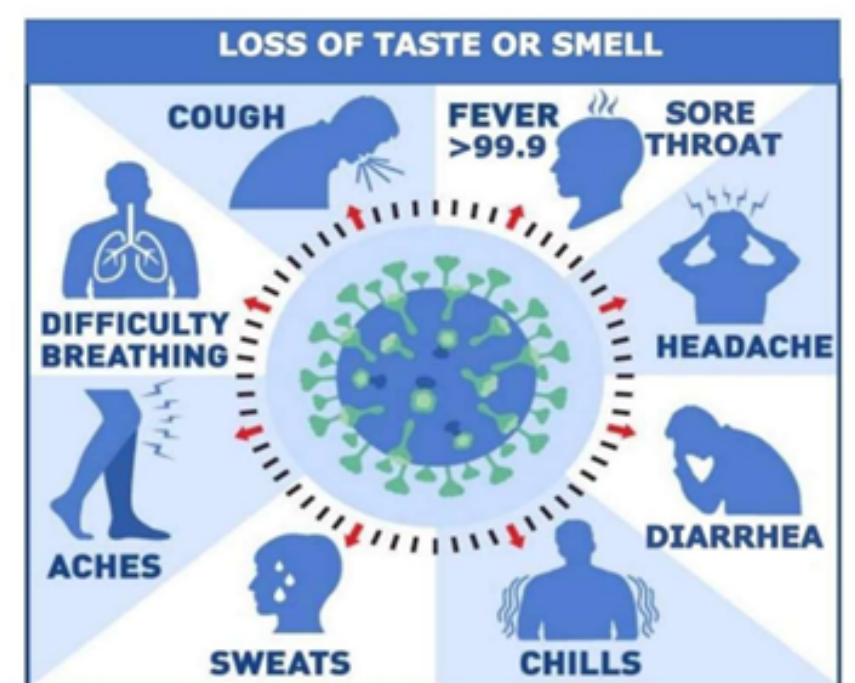


**Bring a mask** for check-in and possible spotting situations, etc.

## Pre-Screening Questions



Do you or have you had any of the following symptoms?



Have you been in close contact (within 6 feet for longer than 20 minutes) or taking care of someone with confirmed case of coronavirus (COVID-19) in the last 14 days?

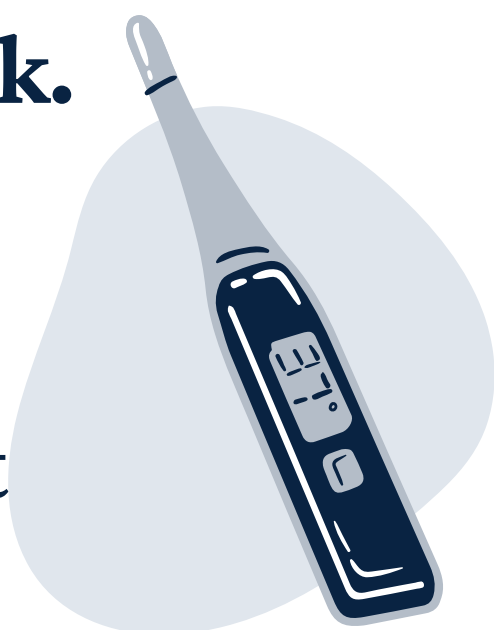


Have you been in self-quarantine/isolation (due to exposure to or confirmed case of COVID-19) in the last 14 days?

If the answer to any of these questions is **yes**, please stay **home**.  
Contact your coach for return to participation policy.

## Stay home if...

- You are **feeling sick**.
- You have a **fever**.
- You have a **sick family member** at home.



## You **MUST** bring your own water bottle.

- Label your water bottle.
- Make sure to bring enough water for the duration of your workout.
- Water fountains and shared water stations will not be available.
- Water will be available on campus to re-fill your bottle.



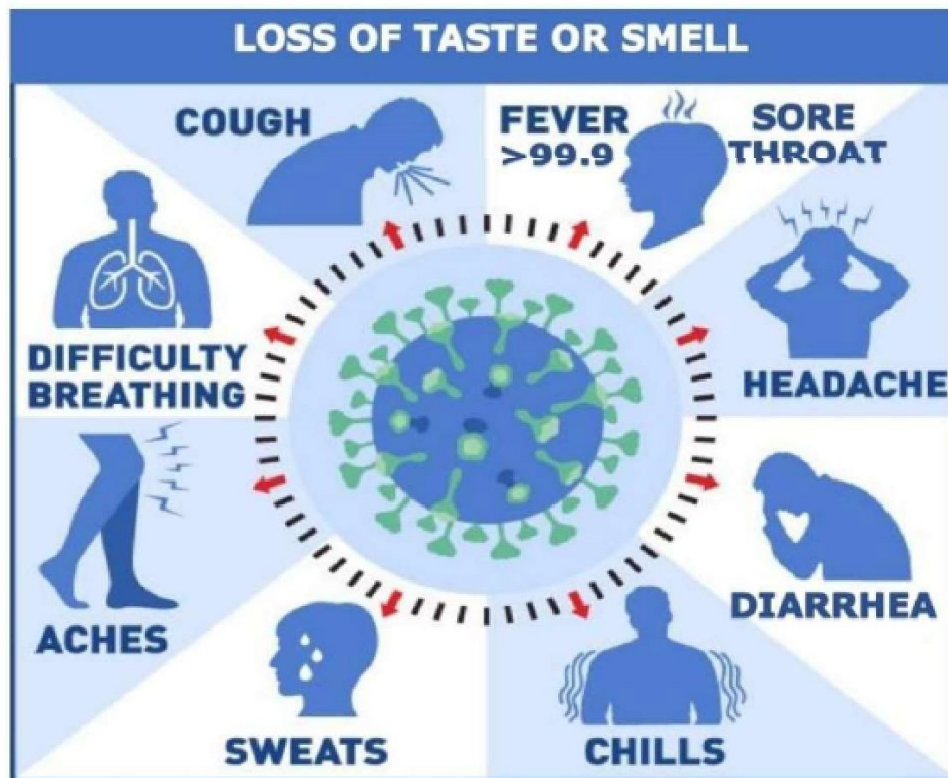


**DO NOT ENTER**  
IF YOU HAVE ANY OF THE  
FOLLOWING SYMPTOMS



**-OR-**

IF YOU HAVE BEEN IN CLOSE CONTACT [IN THE LAST  
14 DAYS] WITH A PERSON WHO IS LAB-CONFIRMED TO  
HAVE COVID-19



Questions that must be asked before student athletes may enter the athletic facility:

1. Do you or have you had any of the following symptoms? (you will display the poster of all COVID-19 Symptoms at each entrance site)
2. Have you been in close contact (within 6 feet for longer than 20 minutes) or taking care of someone with confirmed case of coronavirus (COVID-19) in the last 14 days?
3. Have you been in self-quarantine/isolation (due to exposure to or confirmed case of COVID-19) in the last 14 days?