

WAXAHACHIE ISD 2020 SUMMER STRENGTH & CONDITIONING

TIME, LOCATION AND AGE GROUPS

Girls grade 7-8 @ WHS IAC 7:00-8:30 am
Girls grade 9-12 @ WHS IAC 9:00-10:30 am
Boys grade 10-12 @ Lumpkins 8-10 am Session I
Boys grade 10-12 @ Lumpkins 9-11 am Session II
Boys grade 7-9 @ Lumpkins 11:00-12:30

COST

Free for WISD student athletes entering grades 7-12 athletic programs

DATES

*See calendar below for specific dates.
Due to the constant changing of restrictions some dates may change.

BRING

Athletic clothing, appropriate footwear, water bottle and towel. No sharing of towels, bottles, food, drinks, or other personal items.



ALL ATHLETES MUST HAVE A PHYSICAL ON FILE WITH THE SPORTS MED DEPT

For incoming 7th grade students that elect to have a personal EKG, the results must be turned in with the physical before the student may participate.

*COVID CHANGES

In an effort to maintain a safe environment, all athletes will be required to complete a COVID screening weekly and temperature screening daily. A dedicated entrance and exit will be used to help with social distancing. All coaches and athletes are expected to follow social distancing guidelines as well as UIL guidelines for summer workouts. Please bring water and clean towel each day. No spectators will be allowed in the buildings. Appropriate cleansing and disinfecting will be done on all equipment and areas between each group. All participants will go through an orientation and be instructed on social distancing rules, equipment safety, exit and entry procedures and UIL guidelines. Hand sanitizer and hand washing areas will be available before, during and after workouts.

- Please visit the UIL Quick Reference Guide for more information
<https://www.uiltexas.org/athletics/covid-19-strength-conditioning-2020>
- Required COVID screening at <https://forms.gle/2DvwQebuNVL5TKoG9>
- WISD camp protocols found on the Waxahachie ISD athletic website hachiesports.org

Strength and Conditioning Camp is intended to develop better athletes for all sports with focus on agility, acceleration, maximum and dynamic strength, unilateral movement, mobility, stability and core strength through non sport-specific skills in a competitive and intense environment. Waxahachie ISD coaches will help students stay active and improve their confidence and athleticism while modeling and teaching positive character traits and habits.

Pre-registration is available June 1-2, 4:00-6:00 pm in front of the WHS Mike Turner Gymnasium. On site registration will take place on the first day of camp, June 8.

For questions please contact the coaches below:

Girls, Dana Scott dscott@wisd.org

Boys, Todd Alexander talexander@wisd.org

Director of Sports Medicine, EJ Hairston ehairston@wisd.org

Director of Athletics, Greg Reed greed@wisd.org

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

■ = Camp Days

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					X	
5	6	7	8	9	10	11
		X	X			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	X	X				
26	27	28	29	30	31	

X = Closed Camp Days

2020 STRENGTH & CONDITIONING ENROLLMENT FORM

****Please bring this signed portion of the form to registration****

Student Name: _____

Parent/Guardian: _____

Contact Phone #: _____

Grade (Fall 2020): _____

I agree to allow my child to participate in the summer camp and affirm that my child's participation is completely voluntary. I understand that there are risks inherent in athletic activities which could cause serious injury. I also understand that, despite safety precautions, Waxahachie ISD cannot guarantee that my child will not be injured. I hereby authorize the staff of Waxahachie ISD to use their best judgement in any emergency requiring medical attention, and I release all camp personnel from liability for injuries. To minimize the risk, I have instructed my child to obey all the rules, regulations and instructions of the staff of the summer camp.

Parent/Guardian Signature: _____ Date: _____