



2020 HIGH SCHOOL PACK STRONG

LEISD SUMMER STRENGTH & CONDITIONING PROGRAM

High school coaches get the opportunity to work with all **MALE** and **FEMALE ATHLETES, GRADES 9th- 12th** to enhance their abilities through **WEIGHT TRAINING, SPEED AND AGILITY DRILLS** and **SPORT SPECIFIC SKILLS TRAINING**. Everything is geared towards helping them develop the tools they need to be successful in their sport(s). The lifts and movements that will be done are aimed at creating a stronger more explosive athlete that has the ability to accelerate, come to balance, and change direction quickly.

2020 PROGRAM INFORMATION

Camp Locations

Grades 9-12th – Little Elm HS

Session Time (s)

SC 8:00 -9:30AM, Skills 9:45-10:15AM
SC 9:45-11:15AM, Skills 11:30AM-12:00PM

Dress

Workout Clothes, Shoes, Mask,
and Cleats (If Applicable)

Workout Weeks & Days	Daily Routine	Payment Information	Contact Information
* Week of June 8th June 8th,9th, 10th, 11th * Week of June 15th June 15th, 16th, 17th,18th * Week of June 22nd June 22nd,23rd,24th,25th * Week of June 29th June 29th,30th, Jul. 1st,2nd * Week of July 6th July 6th, 9th & 10th-FRI * Week of July 13th July 13th, 14th, 15th,16th * Week of July 20th July 22nd, 23rd & 24th *Week of July 27th *Football Only July 27th, 28th, 29th, 30th	Session I: *8:00 AM 1st Group Report (7:45am) HS Sports Football-OL,DL & LBers Session II: *9:45 AM 2nd Group Report (9:30am) HS Sports Football- WR's QB's, RB's & DB's Please Note Arrival & Dismissal Time For Each Group *Head Coaches of each sport will set up report times for players to ensure following UIL Safety Precautions due to Covid 19.	On or Before June 7th Early Registration Price: \$80.00 After June 7th Late Registration Price: \$90.00 Register & Pay Online: Please visit us at https://www.littleelmlobosportsnetwork.com/camps Checks/Money Orders: Make Payable To - LEISD Athletic Department (Include Athlete's Name On The Memo Line) Please pay Online if possible. Cash, Check, or Money Orders will only be accepted by athlete delivery on the first day. If you have extenuating circumstances contact your athlete's head coach.	Please direct all questions & concerns to: <i>Jeff Price (Boys)</i> Email: jprice@leisd.ws <i>Kristen Coffey (Girls)</i> Email: kcoffey@leisd.ws <u>Little Elm Athletic Dept.</u> Phone: 972-947-9443 Ext. 24119 Address: 1900 Walker Lane Little Elm, TX 75068 Attention: Pack Strong

Athlete & Guardian Information

Athlete Name: _____ '20 -'21 Grade: _____

What Sports Does This Athlete Compete In: _____

Print Parent Name: _____

Phone #: _____

Parent Email: _____

Emergency Contact: _____

Phone #: _____

Recognition and Assumption Of Risk Agreement Form

I, the parent/legal guardian of _____, authorize his/her participation in Pack Strong Program. I hereby waive all claims against the Little Elm Independent School District employees, trustees, and agents, individually and in their capacity as such for any injury or illness including COVID-19, which may directly or indirectly result from participation in this event. I understand that this event will be held in accordance with applicable local, state, and federal guidance related to the COVID 19 pandemic. Little Elm ISD is not responsible for any loss, damages, or personal injuries that he or she may receive as a result of participation. Please read the Little Elm ISD Summer Athletic Programs Health and Safety Guidelines.

LITTLE ELM INDEPENDENT SCHOOL DISTRICT

2020 SUMMER SPORTS CAMPS PAYMENT FORM

This form is for check, cash or money order payments only and paper registration. Online payments and online registration are at:
<http://www.littleelmlobosportsnetwork.com/camps>

Student's Legal First Name _____ Student's Legal Last Name _____
 School Attending (2019-20) _____ Grade Entering (2020-2021) _____ Date of Birth _____
 Student's Address _____ City _____ Zip Code _____

☐ I give my permission for my child to be photographed for use in district publications, websites or local media and newspapers.

Camp Name/ Grade Level/ Session – Summer Camps Attending	Camp Code	Camp Fee
Total Fees		

Payment Method: Check No. _____ Cash _____ M.O. # _____ Check Amount _____

Name on check if different than child attending camp _____

Registration:

For online registration and payments for all camps go to <http://www.littleelmlobosportsnetwork.com/camps> and/or register through the Little Elm Athletics app by clicking "Registrations". If you do not have a computer you may use your smart phone or come to the athletic office or a coach's office to use a computer to register. **Stripe** is the new online payment company.

Paying with cash or money order complete this form and mail it to:

Little Elm ISD Athletic Dept. | 1900 Walker Lane | Little Elm, Texas 75068

You may write one check for all children and all camps | List camps on check memo | Incomplete applications will be returned

Cancellation Policy: Letter of explanation and \$10 charge per camp will be deducted from original camp fee.

EMERGENCY INFORMATION (Required)

Name Parent/Guardian 1: _____ Name Parent/Guardian 2: _____
 Cell No.: _____ Work No.: _____ Cell No.: _____ Work No.: _____
 Parent/Guardian Email: _____ Parent/Guardian Email: _____
 Family Physician: _____ Office No.: _____
 Insurance Policy With: _____ Policy No.: _____
 Emergency Contact Name: _____ Cell No.: _____ Work No.: _____

LITTLE ELM ISD WAIVER (Signature Required)

I, the parent/legal guardian of _____, authorize his/her participation in Pack Strong Program. I hereby waive all claims against the Little Elm Independent School District employees, trustees, and agents, individually and in their capacity as such for any injury or illness including COVID-19, which may directly or indirectly result from participation in this event. I understand that this event will be held in accordance with applicable local, state, and federal guidance related to the COVID 19 pandemic. Little Elm ISD is not responsible for any loss, damages, or personal injuries that he or she may receive as a result of participation. Please read the Little Elm ISD Summer Athletic Programs Health and Safety Guidelines.

Parent/Legal Guardian Signature / Print completed form, then sign _____

_____ Date

Questions: See LEISD Athletic Dept. Website <http://www.littleelmlobosportsnetwork.com> or call 972.947.9443 x 24130 or email Coach contact for camp.

LITTLE ELM ISD ATHLETIC SUMMER PROGRAMS HEALTH AND SAFETY GUIDELINES

All guidelines are recommended or required by the University Interscholastic League (UIL) and comply with local, state and federal health and safety authorities. Health and safety guidelines of our summer programs are subject to change based on executive orders given by Governor Greg Abbott and/or UIL.

Guideline Overview:

To ensure the health and safety of all involved in Summer Athletic Programs, Little Elm ISD Athletics is limiting participants of the Summer programs to student athletes and Little Elm ISD coaches and trainers. The following daily procedures are outlined below:

- Pre-screening of all participants
- Personal interactions
- Hygiene
- Cleaning and sanitization of equipment
- Safe access to facilities

Daily Procedures:

- All coaches and athletes will self-screen for COVID-19 symptoms at home by completing an online Google Form. Alert your coach and/or program director immediately if symptomatic and stay home.
- All equipment will be sanitized before, during, and after workouts.
- Parking and entry/exit doors will be coordinated for safe access to all facilities.
- Hand wash stations and hand sanitizer will be available.
- Water refill stations will be available.
- Restrooms will be accessible one person at a time.
- Maintain UIL required social distancing of 10 feet during workouts and six feet during rest. Exception when weight lifting and spotters are needed.
- Masks should be worn by participants who are spotting other athletes.
- Coaches will take attendance.

Student Athlete Pre-Arrival

1. Self-pre-screen.
2. Wear clean workout clothes every day.
3. Bring their own water bottle clearly labeled with your name. Towels are optional.
4. For outdoors - wear sunscreen and bring mosquito spray if needed.

Daily Athlete Arrival for each session

1. Check in at the designated entrance.
2. Go to check-in stations with coaches.
3. Athletes will sanitize and/or wash hands.
4. Go to your assigned small group workout station and maintain social distancing. Outdoor workouts max is 15 participants per group and Indoor is 10 participants per group.

During Workouts

1. Coaches will wipe down and/or spray equipment between workout transitions. Weights will be sanitized after each person.
2. Athletes are required to sanitize hands between workout stations.
3. Athletes who are spotting will be required to wear a mask.
4. Maintain UIL required social distancing of 10 feet during workouts and six feet during rest.

Post Workouts

1. Athletes sanitize/wash hands prior to leaving.
2. Pick up a provided bagged meal and take all personal items home.
3. Coaches sanitize/wipe down all equipment and door knobs.
4. If an indoor facility is used it will be sanitized upon conclusion of workouts.
5. Once home, athletes wipe down any personal gear including shoes and shower. Wash clothing and gear after each session if possible.

Parents Section:

1. Check that your athlete is dressed appropriately and has a labeled water bottle daily.
2. Assist athlete in completing pre-screening if cell phone and/or internet is available.
3. Drop athletes off at designated drop off sites in the parking lot. (Coach assigned)
4. Please pay for Summer Strength and Conditioning and Skills online if possible. If you need to bring cash or money order payment on the first day, it must be given to the athlete to bring.

General

1. If you have a special situation in your family and have concerns, please reach out to your head coach to discuss.
2. For the safety of all participants, parents will not be allowed to co-mingle with athletes or coaches at any time.
3. Make sure your assigned coach is notified immediately if an athlete shows symptoms.
4. We will have an athlete Zoom orientation prior to workouts beginning and parents are welcome to be on the meeting so that we can answer all questions.
5. Coaches will be trained in appropriate guidelines, procedures, and sanitization requirements prior to starting.

Q & A

1. **What if I do not have cell phone or internet access to complete the Google Form?**

Arrive 15 minutes early and go to a check-in station with your coach for pre-screening completion.

2. **What if I do not have a thermometer at home?**

Go to the check-in station and see a coach for a temperature check.

3. **What if my house does not have a washer and dryer to wash clothes daily?**

For safety reasons, we are unable to wash any personal clothes on site. Plan your week by having a different set of workout clothes each day and wash at the end of the week. See a coach if you have personal needs.

4. **Why do I need to complete a daily pre-screen and report it on Google Form?**

Pre-screening ensures the health and safety of all participants.

5. **What happens if I do not pre-screen and I show up to summer workout?**

You will have to be screened upon arrival. Without a pre-screen, you cannot workout.

6. **If I forget a water bottle, can I just drink out of the water fountain or share a friend's?**

Water fountains will be shut off and sharing water bottles is not recommended. Please bring a water bottle to refill at a provided water station.

7. **I am an athlete, but I am afraid to co-mingle in large groups due to health concerns at home. Is it required that I attend Summer Strength and Conditioning?**

It is recommended that athletes attend so they are ready to begin their sport's season but it is not required. Little Elm ISD Athletics has carefully considered the health and safety of all participants through implementation of these procedures. See your head coach if you cannot attend.

8. **I am not sure we can pay the full amount by the deadline but I want to work out. What do I (we) do?**

Contact your sport's head coach for extenuating circumstances. We will handle concerns on a case-by-case basis.

9. **We do not have a credit card and cannot pay online. What do we do?**

Fill out the LEISD Summer Camp Cash payment form and bring the form and payment on the first day to the check-in area.