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Parents and Students,

I hope this letter finds all of you safe and healthy. The following information is to update you on summer practice and conditioning for your students. We know that they are all anxious to get out of the house and into a normal routine again. The coaches are excited to get back to work as well. Please carefully read the information below. If you have any questions, please feel free to email, call, or text me to the information provided above. The second page provides a schedule for all middle school and high school summer activities. Although this is not mandatory, we are highly recommending summer participation because of the long layoff by our students. We hope this limits the number of injuries as we move into the fall sports season.

SUMMER KSHSAA REGULATIONS:

The KSHSAA is allowing each sport to begin summer activities on June 1st. The KSHSAA has put a heavy emphasis on strength and conditioning as your students return to activities this summer. Our students must have a certain number of conditioning sessions prior to them participating in any outside scrimmages. The rationale behind this comes from the lack of activity for most of our students since March 13th. Conditioning sessions can be a combination of summer practices, or weight room sessions. The coaches are highly recommending that students who can make it to the weight room this summer do so. The hope is that these extra conditioning sessions can prevent injuries from inactivity. Below are the number of conditioning sessions each student must have before participation in an outside scrimmage can occur:

High School Football - 15 conditioning sessions
High School Basketball - 10 conditioning sessions
High School Volleyball - 10 conditioning sessions

SUMMER SAFETY MEASURES

Please know that your student's safety is our first concern. All students will be asked to sanitize their hands when they come to any weights session or practice and will do so frequently throughout practice. The facilities and equipment will be sanitized often during each practice and after each training session. We ask that if your student is not feeling well or has a temperature, that they stay home for at least 24 hours just as we do during the school year. The commons area restrooms will be the only restrooms available during the beginning of the summer. Locker rooms will be closed until restrictions are lifted. By limiting the restroom use allows for less cleaning for the staff. Students will be asked to bring a water bottle to practice or weights each day. Water fountains will only be used to fill bottles not to drink out of.



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SUMMER MIDDLE SCHOOL AND HIGH SCHOOL PRACTICE SCHEDULE

High School Football

Starting June 1st, practices will be held Mondays at 7:00 p.m. and will last until about 8:30 p.m. Football Camp will be held on July 20 21 23. The time will be 7:00 p.m. to 8:30 p.m.

High School Volleyball

Starting June 1st, practices will be held Mondays at 7:00 p.m. and will last until about 8:30 p.m. Volleyball Camp will be held on Aug 3, 4, 5. The time will be 7:00 p.m. to 8:30 p.m.

High School Girls Basketball

Starting June 1st, practices will be held on Tuesdays from 4:00 p.m. to 6:00 p.m. and Thursdays from 7:00 p.m.- 9:00 p.m.

High School Boys Basketball

Starting June 1st, practices will be held on Tuesdays from 7:00 p.m. to 8:30 p.m.

Middle School Girls Basketball

Starting June 1st. practices will be held on Mondays from 10:30 a.m. to 12:00 p.m.

Middle School Volleyball

Starting June 1st. practices will be held on Mondays from 5:00 pm - 6:30 pm

Middle School Boys Basketball

Starting June 1st, practices will be held on Tuesdays from 6:00 p.m. to 7:00 p.m.

High School Cheer Camp

Camp will be held in Rexford on June 25-26 from 9:00 a.m. to 4:00 p.m.