

Golden Plains 2020 Summer Weights and Conditioning Schedule

<p><u>Phase 1 Summer Weights Schedule</u></p> <p><u>June 1st Through June 19th</u></p>	<p>Why are we conducting the first 3 weeks in this manner?</p>
<p>The first 3 weeks of Summer Weights will take place Monday - Thursday in the Big Gym. The Tuesday Evening Session will take place in the Little Gym. This format is taking place in this manner because of the social distancing mandated by the State of Kansas and Thomas County.</p> <p><u>Morning Session.</u> High School Boys 7 am - 8 am</p> <p>High School Girls 8:15 am - 9:15 am</p> <p><u>Evening Session</u> 5:00 pm - 7:00 pm This session is for ONLY those who could not make the morning session and for middle school students.</p>	<p>The KSHSAA States that:</p> <ul style="list-style-type: none"> • The conditioning period is required and designed to gradually acclimate students back into activities following an extended period of inactivity. • The focus should be on general conditioning including stretching, running, lifting, agility drills, and sport-specific movements. • Sport-specific equipment is permitted for drill purposes. All activities are subject to social distancing and group size limits. • Although Summer Weights is not mandatory, it is highly recommended by the coaching staff because of the long inactivity period our students have had since our time away from school. • Each high school football player must have 15 days of conditioning before they can participate in contact related football activities.

<p><u>Phase 2 Summer Weights Schedule</u></p> <p>June 22 - July 31</p>	<p>How will we move forward with Phase 2 of the Summer Weights and Conditioning?</p>
<p><u>Morning Session.</u> High School Boys 7 am - 8 am</p> <p>High School Girls 8:15 am - 9:15 am</p> <p><u>Evening Session</u> 5:00 pm - 7:00 pm This session is for ONLY those who could not make the morning session and for middle school students.</p>	<ul style="list-style-type: none"> • If allowed by the KSHSAA, The State of Kansas, and Thomas County, we will shift our program from the Big Gym to the Weight Room. • The focus of the program will be strength training and the continued conditioning program established in Phase 1.

ALL AREAS WILL BE PROPERLY SANITIZED BEFORE AND AFTER EACH SESSION!!!