



SPRINGLAKE-EARTH WOLVERINES ATHLETICS

May 28, 2020

Athletes will begin Summer Strength and Conditioning and skill development on June 15. Girl athletes will receive information from Coach Goodman.

We will follow the rules and requirements set forth by the UIL regarding the Covid-19 virus. We will be having small group instruction in strength and conditioning, as well as, skill development for football and basketball. Baseball skills will be addressed in our summer league programs. All incoming 7th-12th grade athletes are welcome to attend.

We will keep the athlete to coach ratio at or below 15:1. There will be no 1-on-1 drills, and our facilities will be at a maximum of 25% capacity at all times. Proper distancing will be observed. We will thoroughly disinfect equipment before and after each use. Hand sanitizer will be readily available.

All athletes must bring their own water, the school will not be furnishing water. Locker rooms will also not be available. Athletes must dress and shower at their homes.

Parents and students should familiarize themselves with symptoms of Covid-19. We are asking parents to pre-screen their children at the beginning of every week for Covid-19 symptoms. If at any time a student exhibits Covid-19 symptoms (or tests positive), the athlete should remain home (self-isolate) and school administrators must be notified immediately. All members of that athlete's group, or those who have had close contact with that child, will be notified and they will need to self-isolate, as well. At least three days (72 hours) must have passed symptom free before that individual may return, and at least 10 days passed since symptoms first appeared. This is directly from the UIL guidelines.

Sincerely,
Israel De Leon
Athletic Director

SPRINGLAKE-EARTH HIGH SCHOOL
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(806) 257-3819



SPRINGLAKE-EARTH WOLVERINES ATHLETICS

Summer Workout Schedule

June 15-19

- 6:00 warm up
- 6:30 football skills
- 7:30 strength and conditioning
- 8:30 open gym

June 22-26

- 6:00 warm up
- 6:30 football skills
- 7:30 strength and conditioning
- 8:30 open gym in JH gym

June 29-July 2

- 6:00 warm up
- 6:30 football skills
- 7:30 strength and conditioning
- 8:30 open gym in JH gym

July 6-10: All Facilities Closed

July 13-17

- 6:00 warm up
- 6:30 football skills
- 7:30 strength and conditioning
- 8:30 open gym in JH gym

July 22-24

Coaches begin meetings.

Period of No Activity – During a “Period of no Activity”, no school facilities may be open for student athletes.

- Friday, July 3 , 2020
- Tuesday July 7
- Wednesday July 8
- Monday, July 20
- Tuesday, July 21

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