



NORMA CERVETTO <norma.cervetto@sville.us>

Fwd: Summer Strength and Conditioning

2 messages

JEROD WOMACK <jerod.womack@sville.us>
To: NORMA CERVETTO <norma.cervetto@sville.us>
Cc: MATT UNDERWOOD <matt.underwood@sville.us>

Wed, Jun 3, 2020 at 5:31 PM

Norma,

Dr. Underwood wanted me to send this information to you about our plan for starting summer strength and conditioning.

Thanks,
Coach Womack

Athletic Parents,

The UIL is allowing our student athletes to begin summer workouts on Monday June 8th. We look forward to having our athletes back with our coaches and their teammates. We have a plan in place that will ensure the safety of all involved in our summer workouts. Our coaches will be informing our athletes with the information they will need the next two days (Thursday and Friday) in regards to arriving, working out, and leaving. If your child does not get information about Monday please email me at jerod.womack@sville.us and I will make sure you get the information they need as they arrive on Monday morning the 8th. The workouts will be conducted at Henderson Jr. High with several groups working out at different times in the morning. Social distancing will be mandatory at all times from the time they arrive until they leave.

- No shared water will be available and we will be asking our athletes to bring their own water
- Please bring a water bottle that is easily identifiable with the athletes name on it
- Restrooms will be available with a one in one out model
- Masks will be available upon request (these will be issued to those that want them)
- Hand sanitizer will be available at all times during the workout
- Coaches will be sanitizing equipment throughout the workout
- If your child is sick in any way please have them stay at home
- Athletes will be required to fill out a health screening form each night before arrival
- Temperatures will be checked each day upon arrival to the workouts

We ask that you as parents help emphasize the importance of social distancing during this time. We also ask that if you are dropping your athlete off at the Jr. High that you do not get out of your vehicle.

Please review the two attachments with more details about our summer workouts.

Jerod Womack
Stephenville ISD
Athletic Director

2 attachments

 SISD Strength and Conditioning Guidelines and Response Strategies.pdf

65K

 **UIL Health Guidelines.pdf**
38K

NORMA CERVETTO <norma.cervetto@sவில்.us>
To: BRENDA RAMIREZ <brenda.ramirez@sவில்.us>

Tue, Jun 9, 2020 at 10:15 AM

Just FYI

Norma Cervetto

Stephenville ISD
254-968-7990 - office



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2 attachments

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