

Activities Director Report
June 17th, 2020

Athletics/Activities Updates:

- Our summer speed and strength program started on June 15th for all 7th-12th grade students.
 - Workouts are taking place at the track and football field for the time being.
 - Participation numbers average around 30 students for the morning session and 15 students for the evening session.
 - Sessions run two times a week and focus on conditioning after the long time off, body weight exercises, and speed development.
- June 15th also started the MSHSL summer waiver period, giving coaches the ability to work with their students on off season activities. A few of our coaches are using district outdoor facilities for workouts and a few are choosing to use non-district facilities, such as the Deerwood Auditorium. All coaches have been instructed to follow current MDH and CDC guidelines for youth sports activity.
- There is currently no new update regarding fall sports and activities. The high school league continues to tell schools to plan as if fall sports will start on time. Practices are scheduled to start on August 17th for all fall sports.

Respectfully submitted,

Jared Matson
Activities Director/Dean of Students

Go C-I Go!!