

# Hempstead Bobcats



## Summer Strength & Conditioning Program 2020

**When:** Three days a week beginning on June 8<sup>th</sup>. We will work out Monday, Tuesday and Thursday from 5:30pm – 7:30pm. The following days have been deemed by the UIL to be periods of non-activity:

- July 3<sup>rd</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup>

**Where:** Due to the covid-19 pandemic and in the spirit of social distancing we will be using the outdoor areas of Bobcat stadium.

**Who:** Students that are entering grades 7-12 and are currently in the Hempstead I.S.D. attendance zone.

**What:** We will focus on becoming bigger, faster and stronger. Our first hour will be dedicated to drills to improve their overall athleticism, while the second hour will target sport specific skills.

**Per the University Interscholastic League (UIL) we will follow these guidelines:**

- Attendance records will be kept, however, athletes will not be required or allowed to make up any missed workouts.
- Athletes may not be given access to locker rooms or shower facilities. Athletes must report to the area with the proper workout attire.
- Hand sanitizer will be available and athletes will be encouraged to frequently use it.
- No clothing or towels will be laundered on site or shared during workouts.
- There will no shared water or food.