

Volleyball Summer Workouts 2020

Hello Parents and Athletes,

We hope you are doing well! We have been working hard on creating a plan for summer camp, especially with Covid 19 and all the new UIL requirements. We are excited to get the summer workout underway, and to see our student athletes push beyond the circumstances that we are all facing at this time.

We are anticipating to start the first phase of summer camp on June 22, which will be held Monday through Thursday for the month of June and will include some Fridays in July. Training will run from 8:00am to 10:30am at the Hempstead Bobcat Stadium (a calendar will be provided). There are some new UIL guidelines that will need to be followed and a form to be filled out prior to summer camp. If the form is not completed prior to summer camp, then your athlete will not be allowed to participate.

The new UIL guideline for physicals states that if your child had a physical on file for the 2019-2020 school year, that same physical will be accepted for the 2020-2021 school year, as long as there is no changes in the athletes' medical history when you fill out a new Medical History Form. If there is a change in the athletes' medical history, it may require further evaluation and/or an updated physical.

With everything going on and all the new UIL guidelines, we wanted to assure you that we will be taking every precaution necessary to make sure that not only your athlete, but all coaches and personnel will be protected. We have listed some of the things we are doing to show we are going above and beyond the UIL guidelines to ensure everyone's safety.

- Two phases of summer camp
 - Phase 1 - all outdoors for 4-5 weeks
 - Phase 2 - starting outdoors and transitioning to indoors after Phase 1 completed
- Social Distancing (6 feet at all times and 10 feet while exercising)
- 15 to 1 ratio for athletes and coaches
 - Once an athlete is assigned to a group and coach, that group will stay together through the duration of summer camp
 - The coach will enforce social distancing guidelines for his group from the time they are dropped off until picked up
- Everyone will be required to bring a mask - a mask is not required to be worn, unless the social distancing rule is not observed due to extenuating circumstances
- Parents/Students will be required to check their temperature daily before arriving to the school facilities
 - The coaches will be required to wear a mask and gloves during check-in
 - The athlete will be required to wear their mask
- Designated drop-off and pick-up locations **(Bobcat Stadium)**

- **No Sharing Allowed** - athletes will need to bring the following:
 - o 1 gallon of water - please make sure your name is on your container of water
 - o Towel
 - o Personal hand sanitizer
 - o Personal items such as knee braces, ankle braces, etc.
- Weights/volleyballs will be assigned to athletes or groups daily and will be sanitized immediately after group is finished and before any other athlete or group can use again
- <https://www.uil texas.org/athletics/covid-19-strength-conditioning-2020>

Please have your athlete contact the volleyball coach to let them know if they will be participating in summer camp through **Remind**. Once they have made contact, they will receive information regarding their group, as well as other information needed for summer camp. Please indicate if the athlete is an incoming freshman.

Thank You,

HHS Volleyball Coaching Staff