



Hello Blue Devils Fans and Athletes,

We wanted to update you on the upcoming events, as well as present what our expectations are through the summer.

Summer Workouts- Monday through Thursday starting June 4th

Workout times will be from Monday through Thursday, 7pm-9pm, *Wednesday* 7:30pm-9:30pm @ HS Weight room. Please understand that these workouts are for improving athletes' strength, agility, physical and mental toughness. We feel these attributes are important for all of our programs. With that being said, we encourage all athletes to make at least 18 out of the 25 workouts (72%). We believe that we need to have standards. Failure to meet the standard during the summer will require each athlete to undergo drills and skills equivalent to that of the summer workout at the beginning of next school year. At least 18 days or the difference from summer work outs must be made up. It is a blanket standard that can be obtained by all.

*Ladies/Gentlemen will work out at the same time, but they will not perform exercises together.

Physicals for Athletes

Physicals will be held on May 15th at the High School Gym. We will start physicals at 3pm. We hope to finish by 5pm. Please make arrangements for your child. This service is made available for incoming 7th graders up to next year Seniors. The price is \$20.00, (cash preferred). Please make checks out to **Ron Bolton**.

Paper Work

Each year we are required to have certain paperwork completed before athletes may participate.

JH Forms Needed- Sudden Cardiac, Concussion, Physicals, Acknowledgement of Rules, Athletic Code of Conduct, and, Celeste Drug Test.

HS Forms Needed- Sudden Cardiac, Concussion, Physicals, Acknowledgement of Rules, Athletic Code of Conduct, Celeste Drug Test, and Steroid.

Athletic Clothes

The price of a new set will be \$20.00. Incoming 7th graders will need to purchase these clothes. Athletes do not have to purchase a new set if they feel that their old clothes are in good shape. We will evaluate their old clothes as well. Every effort will be made to have everyone suited in athletic clothes. **Due by end of 2018 SCHOOL YEAR.**

We have passed out Calendars and Forms. Please ask your child about the above documents. If you prefer me to email them to you, Please email me at rectord@celesteisd.org

Celeste ISD Coaching Staff