

BLOOMING GROVE LIONS 2020

STRENGTH AND CONDITIONING

TIMES:

7 - 9 AM: ALL INCOMING 7TH - 12TH GRADE GIRL ATHLETES

Outside workout from 7 - 8 AM and Sports Specific Skills will be 8- 9 am daily.

9 - 11 AM: ALL INCOMING 7TH - 12TH GRADE BOY ATHLETES

Outside workout from 9 - 10 AM and Sports Specific Skills will be 10 - 11 am daily.

LOCATION/CHECK IN:

Lion Stadium. Entrance and exit locations will be at Home and Visitors gates

DATES:

June 8th - July 30th

*See attached calendar

*Schedule is subject to change

WHAT TO BRING:

Wear athletic clothing, shoes and cleats

Your own water jug with water

POSITIVE ATTITUDE and EFFORT

COVID-19 CHANGES AND UIL GUIDELINES

In an effort to maintain a safe environment, all of our athletes will be required to self-screen at our check in points before entering the stadium. We will be using the Home and Visitor gates as entrance and exit locations. We will ensure that our athlete to coach ratio will remain small and athletes will be placed the required 10 feet apart during workouts and coaches and athletes will maintain social distance at all times. All athletes need to be dressed out upon arrival. We will have assigned spots for personal belongings. Water fountains and locker rooms will be unavailable for use. Please bring a water jug with water. BG athletic department will clean equipment and areas between each group. Hand sanitizer, hand washing areas, and restrooms will be available. If your son or daughter has ran fever in the last 24 hours or feels ill, do not send them to workouts!

If you have any question, please feel free to contact Coach Chandler at echandler@bgrove.org