

## **HIGHLANDER FOOTBALL STRENGTH AND CONDITIONING CAMP/FOOTBALL SKILLS**

The football coaching staff of The Woodlands High School will be conducting our summer strength and conditioning camp/football skills beginning June 8, 2020 running through July 31, 2020. This camp will run Monday-Friday each week, but we will take mandatory days off on July 3, 6, 7, 8, 20, and 21. We will follow all UIL and Conroe ISD COVID-19 guidelines to conduct our camp. We will limit groups to 20:1 player/coach ratio and limit weight room occupancy to 25% capacity. Athletes will stay in their group, with their coach, weekly, to limit possible exposure. The weight room will be sanitized nightly and in between sessions. Weight equipment will be sanitized after each use and outdoor equipment will be sanitized after each group. Hand sanitizing stations will be set up in the weight room and hand washing stations will be available in the restrooms.

To comply with these guidelines, we will hold our camp at 3 campuses, The Woodlands HS, The Woodlands HS 9<sup>th</sup>, and McCullough Jr HS.

**Session 1-7:30-9:30 am**, Grades 10-12, will be divided by position groups:

OL/DL/LB-**TWHS**

QB/RB/WR's-**TWHS 9<sup>th</sup>**

Outside LB/Safety/Corners-**McCullough**

**Session 2 10:00-Noon**, Grades 7-9 will be divided by grade:

7<sup>th</sup> Grade at **TWHS 9<sup>th</sup> Campus**

8<sup>th</sup> grade at **McCullough**

9<sup>th</sup> Grade at **The Woodlands HS**

We realize that 3 sites may cause conflicts, but this configuration allows us to offer more opportunity for participation. We will deal with conflicts on a case by case basis. For example, if a 9<sup>th</sup> grader has a 7<sup>th</sup> grade sibling, we will make a consideration for the younger sibling to workout on the same campus as his older sibling.

**All registration must be done ONLINE using the link below and completed by the first date of camp attendance.**

The cost of the camp will be \$50. Payment should be made by using this link: <https://conroeisd.schoolcashonline.com/Fee/Details/19474/195/False/True>

The cost of the camp should not be a prohibitive factor to attending camp.

Contact Gary Madore [gmadore@conroeisd.net](mailto:gmadore@conroeisd.net) ,

Ryan Clapsaddle [rclapsaddle@conroeisd.net](mailto:rclapsaddle@conroeisd.net), or

David Colschen [dcolschen@conroeisd.net](mailto:dcolschen@conroeisd.net) if you have any questions.

## **REQUIREMENTS**

Complete COVID-19 Self-Screening daily prior to arriving.

**ATHLETES MUST BE FEVER FREE FOR 24 HOURS BEFORE RESUMING TRAINING.**

Any athlete exhibiting symptoms will be dismissed from the training immediately.

Only athletes will be permitted to enter training area, unless there is an emergency.

Carpooling is discouraged. Each athlete should be brought to camp by parent or be able to drive themselves. Parents should stay in car for pick up and drop off unless there is an emergency.

Athletes should remain in car until 5 minutes prior to camp beginning.

Water will NOT be available. **Proof of hydration** will be required daily for camp attendance. Bring enough water for 2 hours. A 1-gallon jug should be enough. Label water container with your name.

A **cloth mask** is required in the weight room, required for spotting for safety.

Bring tennis shoes, cleats, workout gear. A locker room will NOT be available.

Always maintain a social distance of 6 feet unless exercising, then 10 feet.

A restroom will be available, but please encourage your child to use the restroom prior to camp.