

Summer 2020 Team Workout Schedules and Messages

Schedule for Weeks of June 15th and 22nd

Reminders:

If your physical expires this summer, get it scheduled. Must have a current physical on file before fall sports start August 1st.

Register on FinalForms. Register for all sports you are interested in for the 20-21 school year. Here is the link to register on FinalForms: <https://tecumseh-oh.finalforms.com/>

All times and days are subject to change, check with coaches.

Athletic Trainer on Campus:

An Athletic Trainer will be at the training room at the Athletic Complex on Tuesday, Wednesday, and Thursday from 8:30am to 10:30am.

High School Volleyball:

Volleyball Families,

We are entering Phase 2 for our Skills Training. ALL GIRLS will report Monday and Wednesday 8am-10am starting this Monday, June 15th. We will workout the whole 2 hours just in rotating stations. "Pod 1" (girls that were in the original 8am group) will report to the home bleachers at 8am . The rest of the girls Pod 2 and Pod 3 (original 9am and 10am groups) will report to Shannon gym East door. Bring everything we have been bringing for weight training and volleyball skills. Please bring enough water for 2 hours.

Thanks,
Coach Cory

Girls Tennis:

Any girl that will be in grades 9 through 12 during the 2020-21 school year should contact Coach Crago for open court details. michael.crago@tecumsehlocal.org
Open Courts are Wednesdays 6-8pm, Saturdays 9-11am.

High School Football:

Monday, Tuesday, Thursday 8:15am to 10:30am

Girls Soccer:

Conditioning is Tuesdays & Thursdays

- 5:45PM - 7PM (Group 1-3)
- 7PM-8:15PM (Group 4-6)

Please arrive at the Athletic Building/Training Room 15 mins prior to the start of your schedule time for check-in. To be assigned a group please reach out to the coaches via TeamLinkt. If you are not yet signed up for the app, download TeamLinkt and use the sign up code: UV58-ZNSG

Boys Soccer:

Starting June 22nd, Monday and Wednesdays from 6:00pm to 7:30pm

High School and Middle School Cross Country:

Will start July 16th at Smith Park. Time TBA. Make sure you are running. Cross Country has a Google Classroom. If you are interested in Cross Country reach out to Coach Vaughan or Coach Bozarth.

HS Girls Basketball:

Conditioning and Lifting:

Monday and Wednesdays at 3pm

Thursday - Gym time at 3pm

HS Boys Basketball:

Individual Skill Work

Monday through Thursday

5pm, 6pm

Make sure you sign up with Coach Culbertson

Middle School Volleyball:

Monday/Wednesday from 4pm-6pm

July 6, 8, 13, 15, 27, 29 at the Middle School

July 20, 22 5-6pm at the track. (Gyms closed for rescreening)