



LHS Summer 2020

Conditioning, Camps, and Weights

(all dates subject to change)

Athletic Facility Use

- **ALL Lawrence High Athletic INDOOR Facilities are CLOSED to Students, Staff, and the Public through July 8**
Outdoor facilities are now open - Access football stadium via NORTH lot

Weight Room

- **CLOSED to ALL Students and Staff through July 8**

June 15th – Start of LHS Summer Conditioning

10 days attendance minimum (15 days for football) REQUIRED per Student-Athlete to participate in a fall sport tryout or practice

- All Outdoors
- Current Physical Distancing Protocol/Practices Enforced
- Sign-in/ log of attendance required
- Registration Form and Participation Fee Required – Cost TBD
- Student-Athletes must provide own water, and will not be allowed inside facilities, restrooms, or locker rooms
- **Conditioning sessions will run 7:00am, 8:00am, 9:00am – Open to all LHS Student-Athletes grades 9-12**
- **Drop off/Pickup/Parking/Entrance at NORTH entrance ONLY**

July 3-7th – District Mandated Summer Moratorium for all Athletic Conditioning/Practice

July 8th - Resume Strength & Conditioning

- Current Douglas County Physical Distancing Protocol/Practices Enforced
- **Conditioning Sessions** 6:00-7:45am - JR/SR Male Athletes ONLY
8:00-9:15am – FR/SO Male Athletes ONLY
9:30-10:30am – Female Athletes ONLY
- Sign-in/ log of attendance required
- Registration Form and Participation Fee Required – Cost TBD
- Student-Athletes must provide own water and will not be allowed inside facilities, restrooms, or locker rooms

July 13 – First Possible Date for Team Camps

- Team camps would be open to grades 9-12 LHS Students Only

August 2nd – Last Possible Date for Winter/Spring Sports Team Camps

August 10th – All Sport Informational Meeting – Meet the new AD!

August 14th – Deadline for Fall Sports Forms Submissions

August 17th – First Day of Fall Sports Tryouts/Practices

- Only athletes with the five (5) required forms submitted online via link on www.lawrenceathletics.org when it becomes live

