Good Afternoon Waverly High School Students and Families,

I hope that you are all safe and well. I am confident we all share the same excitement that Summer Strength and Conditioning Sessions can begin June 1st. The purpose of this communication is to provide the general framework for how we will operate our training sessions and also communicate a summary of the safety efforts that will be enacted as part of these sessions.

Directed Health Measures and subsequent NSAA Guidelines allow for member schools to operate voluntary Strength & Conditioning Sessions beginning June 1st, 2020. Waverly High School plans to begin summer strength and training sessions on **Monday, June 8th**. We will conduct 60-minute training sessions in four different locations on our campus for 9-12 students only. The workouts will be designed to provide a combination of working out at the school two days a week and performing the other two workouts on their own. Workouts at the school will be held Mondays and Wednesdays beginning at 6:30 a.m. with the last session starting at 8:50 a.m. We will conduct our training sessions in the following locations: High School Weight Room, Summer Fitness Room, and the High School Main and Auxiliary Gyms.

This framework allows us to maximize the number of student-athletes we can serve, yet work within the parameters of the Directed Health Measures which allow a maximum of 25 students in each training area. As a staff, we will reflect after each week and make revisions based on safety, efficiency and effectiveness. Please fill out this short [Google Survey](https://docs.google.com/forms/d/e/1FAIpQLSfo1KMHopww7PCegnAOueAmm-bR-wLsrncRAGbGQLAMpsJosg/viewform) using your school email account by **Friday, May 29th at 4:00 p.m.** to indicate your desire to utilize the weight room during one  of the offered sessions. We have also kept the times similar to past training sessions and organized it by both grade levels and gender. Finally, we will require a [signed consent form](https://drive.google.com/file/d/11ejFa32KQaTg9i61dDWP_5Bpp9GQ45Q2/view?usp=sharing), which acknowledges the risks associated with using our facilities. This form, along with your $35 summer training camp fee must be turned in the day of your first workout. You will not be admitted into the building without this signed consent form and payment.

Prioritizing the health and safety of all students and staff remains the focus of School District #145. I am confident the comprehensive list of measures that compliment this letter meet that priority. It is very important to remember the better job we do this summer, the greater chances we have of continued and expanded opportunities moving forward. We all have a responsibility in this situation and I have the utmost confidence we all will exceed those responsibilities.

I appreciate the continued great work of our Coaching Staff, during these trying times.  We look forward to seeing you starting June 8th and beginning the important Strength and Conditioning work in preparation for the 2020-2021 Academic Year.

Please contact me at [brad.mcmillan@district145.org](mailto:brad.mcmillan@district145.org) should you have any questions or comments. Your respective Head Coach(s) will also continue to be in contact. Detailed information regarding our Summer Strength & Conditioning Framework is found below. We recognize the fluid nature of this pandemic and will be in communication with you should the situation warrant.

Sincerely,



Brad McMillan

Assistant Principal & Activities Director