

INDOOR/OUTDOOR: Wildcat Summer Strength and Conditioning

Schedule for Daily Workouts: (Monday, Tuesday, Wednesday, and Thursday)

Contact Information: Brian King | Phone: 913-667-6250 | Email: bking@usd232.org

Session CONTACTS:

Session 1: Coach King bking@usd232.org Coach Gastelum mgastelum@usd232.org

Session 2: Coach Hothan bhothan@usd232.org

Session 3: Coach Hoffman lhoffman@usd232.org

Session 4: Coach King bking@usd232.org

Session 5: Coach Rice mrice@usd232.org

USD 232 is committed to taking all steps necessary to help maintain the safety of students and staff in light of the COVID-19 pandemic. As such, we are following the Governor's plan for Kansas, along with guidance from Johnson County health officials, as well as cooperating with all Johnson County public school districts and KSHSAA.

The Week of July 6th changes will be made to the summer weight's schedule due the recent information we have been given from the state regarding individuals being required to wear masks. All athletes MUST bring and wear a mask/face covering when arriving to Summer Weights and Conditioning. At any point (indoor/outdoor) if athletes and coaches come within 6 feet of each other a mask MUST be worn. During any and all transitional times, breaks, etc. athletes MUST wear their masks.

INDOOR CONDITIONING- Football will be staying inside where they will be required to wear a mask at ALL TIMES!! They will also continue to be required to bring a water bottle and towel for sanitation. There are enough racks/platforms to keep one student per station for most groups. If there are two athletes at a station they will be required to sanitize the equipment between each use. This format will keep the group sizes inside between 20-30 students. Football will remain indoors due to the physical demands of the sport. The physicality of football, and it being a fall sport, requires adequate strength training to ensure the safety of our athletes.



FOOTBALL ONLY Indoor Workout Times (Athletes will need water bottle, towel, mask, and cleats)			
	Check-In	Lifting Time	Outdoor Speed & Agility (Bring Cleats)
Seniors	6:20am	6:30-7:00am	7:00-7:30am
Juniors	6:50am	7:00-7:30am	7:30-8:00am
Sophomores	7:20am	7:30-8:00am	8:00-8:30am
Freshman	7:50am	8:00-8:30am	8:30-9:00am

OUTDOOR CONDITIONING- This will be a similar format to the outdoor training we did in weeks 3 and 4 however there will be time changes. Once again, we will have three 15 minutes stations. We will be focusing on functional movement, body weight strength exercises, and speed and agility. Athletes will maintain **6' of social distance at all times!** Athletes will check-in while standing on pre-marked dots that are 6' apart. **As athletes transition from each station they will be required to wear masks.** Once they arrive at their next station and are standing on their designated spot, 6' from the nearest person, they can remove the mask to begin their workout.

SESSIONS 2-5 Outdoor Workout Times (Athletes need to bring water bottle and a mask)		
	Check-In	Workout Time
Session 2 (Soccer/CC/Track)	6:20am	6:30-7:15am
Session 3- Group 1 (Volleyball, Soccer, Cheer, Dance, Girls Swimming)	6:35am	6:45-7:30am
Session 3 Group 2 (Girls Basketball, Softball)	6:50am	7:00-7:45am
Session 4 – 8 th Grade	7:05am	7:15-8:00am
Session 4 – 7 th Grade	7:20am	7:30-8:15am
Session 5 (Boys Basketball, Baseball, Boys Swimming)	7:35am	7:45-8:30am

2020 Summer Weights and Conditioning Weekly Schedule

Week 1:	Monday, June 1	–	Friday, June 5	(Virtual)
Week 2:	Monday, June 8	–	Friday, June 12	(Virtual)
Week 3:	Monday, June 15	–	Thursday, June 18	(Outside)
Week 4:	Monday, June 22	–	Thursday, June 25	(Outside)
Week 5:	Monday, June 29	–	Thursday, July 2	(Indoor)
Week 6:	Monday, July 6	–	Thursday, July 9	(Indoor/Outdoor)
Week 7:	Monday, July 13	–	Thursday, July 16	(Indoor/Outdoor)
Week 8:	Monday, July 20	–	Thursday, July 23	(Indoor/Outdoor)
Week 9:	Monday, July 27	–	Thursday, July 30	(Indoor/Outdoor)

 Weights and Conditioning Sessions RACK Performance App (for virtual workouts)	 Sport Specific Team Info VNN Team App (for virtual workouts)
Session 1: High School Football RACK Performance Athlete App Roster Invite Code: R2YPKWG INDOOR:30 minutes weight room/30 minutes on field conditioning. 1 KIDS Per STATION Seniors-6:30am Junior – 7:00am Sophomores- 7:30am Freshman- 8:00am MUST WEAR MASKS INSIDE AT ALL TIMES!	Football Access Code: <i>dhsfootball</i> FOOTBALL TEAM TIME: 8:30-9:15am Mon- Thurs (Turf Field)
Session 2: High School Coed Soccer, Coed Cross Country, and Coed Track RACK Performance Athlete App Roster Invite Code: UGMRBQL OUTDOOR ON TURF 6:30am Be there 10-15 minutes early for check-in.	Boys Soccer Access Code: <i>soccerdhsboys</i> Girls Soccer Access Code: <i>soccerdhsgrils</i> Cross Country Access Code: <i>dhsrunning</i> SOCCKER TEAM TIME: 7:30- 8:30am Mon-Thurs (Soccer Game Field)
Session 3: High School Girls Basketball, Volleyball, Girls Tennis, Girls Golf, Softball, Girls Swimming, Girls Bowling, Cheerleaders, and Dance Team RACK Performance Athlete App Roster Invite Code: XQHDRBO Girls Group 1 -- OUTDOOR ON TURF 645am Be there 10-15 minutes early for check-in. Girls Group 2(Basketball)- - OUTDOOR ON TURF 7:000am Be there 10-15min early.	Girls Basketball Access Code: <i>dhsldyhoops</i> Volleyball Access Code: <i>dhsvolleyball</i> Softball Access Code: <i>dhssoftball</i> Girls Swimming: <i>dhsgrilsswim</i> Volleyball Team Time : 10:00-10:45am Tue & Thurs (Main Gym) Girls Basketball Team Time: 8:00-9:00am Mon-Thurs (Main Gym) Softball Team Time: 8:00-9:00am Wed (Softball Field)
Session 4: Middle School – Coed All Sports RACK Performance Athlete App Roster Invite Code: CFYASON 8th Grade- OUTDOOR ON TURF 7:15am Be there 10-15 minutes early for check-in. 7th Grade- OUTDOOR ON TURF 7:30am Be there 10-15 minutes early for check-in.	
Session 5: High School Boys Basketball, Baseball, Wrestling, Boys Bowling, Boys Swimming, Boys Tennis, and Boys Golf RACK Performance Athlete App Roster Invite Code: LLTHHTO OUTDOOR ON TURF 7:45am Be there 10-15 minutes early for check-in.	Boys Basketball Access Code: <i>dhsbasketball</i> Baseball Access Code: <i>dhsbaseball</i> Wrestling Access Code: <i>dhswwrestling</i> Wrestling Team Time: TBD Basketball Team Time: 9:30-11:00am (Tentative) Aux Gym

Athletic Trainer: For any questions regarding injuries and evaluation, or requests for modifications or rehabilitation, please reach out to our Athletic Trainer Kara Steen via cell or email. Kara Steen MS, LAT, ATC, CES | ksteen@usd232.org | 316-259-9917

Online Registration: [Click Here or go to https://goo.gl/IIWMlp](https://goo.gl/IIWMlp)

You can also go to <https://dhswildcatnation.com/summer-camps/> to see all DHS Summer Camps and Opportunities

W I L D C A T N A T I O N
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