

Off-Season Softball Weights/Conditioning

June-July 2020

- Team camp will be July 6-8, 2020, 9am-11am.
- Softball players are encouraged, if they and their family feel it is safe and are comfortable, to attend the weights and conditioning program this summer. There will be a girls' athlete only session led by several different Jaguar coaches. The program was designed by Coach Klein, head football coach. Here is the info we have so far:
 - Starts June 15, 2020; and will be in session M-Th in June and July.
 - **Girls session June 15-28 is 9:15-10:15.** These sessions will be OUTDOORS ONLY. We will not be in the weight room.
 - **Girls session, starting June 29, will be M-Th, 9:30-11am.** The later time allows for the boys to go early and for the weight room to be disinfected before the girls enter.
 - Volleyball and girls' basketball will also be participating.
 - There will be a parental permission slip required to attend conditioning sessions this summer. Temperatures will be taken every day upon arrival, and students will remain in the same groups for lifting and conditioning.
- I send reminders and communicate through the Remind app. **Text @allsof to 81010** That will get you on the list to receive text messages from me. Parents are encouraged to sign up as well. You CAN communicate with me through the app, and you and I are the only ones to see your messages.
- I also post information on Twitter at **@BSSJagsSoftball** – this is another place I put information that you may need. I use it a lot in the summer.
- **Summer activities:**
 - Team Camp – **July 6-8th, 9-11 a.m. Registration is due June 30th, 2020, and will be an RSVP only.** Payment will be collected on July 6, the first day of camp. You may pay cash or check. I am hoping to have a Paypal or Venmo set up by then as well.
- What do I need for camp, tryouts and practices (as the season closes in upon us)?
 - Cleats/turf shoes, pants, bats, helmets, catching gear (if you are a catcher) – We provide balls. If you need it to play, you will need it for **camp**. NO METAL CLEATS ALLOWED ON TURFED SURFACES, which is pretty much all of our playing surfaces.
 - We also will not be allowed to share equipment, so please bring your own.
 - **South t-shirt, or a plain shirt that is blue/green/white/black/gray...**
 - **A shirt that is blue/green/white/black/gray with non-South printing can be TURNED INSIDE OUT and be acceptable. Under no circumstances should anyone feel as if she needs to buy any South t-shirts to wear to camp/tryouts/practices.**
 - If it is a South shirt, but does not fall into one of the previously mentioned color categories (blue/green/white/black/gray), the answer is NO. Don't wear it.
 - Absolutely no other schools or comp teams (especially ANYTHING purple or yellow/gold) should be represented.
 - No side cut out shirts or tank tops. We wear sleeves in games, so we will wear sleeves in practice.
 - Socks – same color standards as shorts. If you forget socks, it will be uncomfortable, but OK. ☺
 - Any additional fundraisers, etc. we may do this summer...we will pass along information through team camp, league, and remind. Make sure you are signed up and listen when we are together!
- **For Fall 2020 planning purposes -**
- Tryout info will be discussed at a later date.
- Need a physical by **August 7th, 2020** in order to try out on **Monday, August 10th**. Any physical dated AFTER February 1, 2018 will get you through the 2020 softball season. Physicals expire 2 years from the date of the physical.
- Make sure all your information is uploaded to Privit and that parents have watched and signed off on all required material by August 7th, 2020.
- Tryouts begin on **Monday, August 20th, at 8 a.m** at Blue Springs South High School softball field.
- Teams are usually announced by the Friday of that week.