



ACADEMY ATHLETICS

2020 SUMMER STRENGTH & CONDITIONING



WHEN: JUNE 8TH – JULY 23RD (SEE CALENDAR BELOW)

WHERE: JOHN GLOVER STADIUM (VISITOR SIDE TICKET BOOTH ENTRY)

TIME: 7:00AM-8:30AM HS BOYS (Non-Football) & HS GIRLS (INCOMING 9TH GRADE-INCOMING SENIORS)
 9:00AM-10:30AM MS BOYS & MS GIRLS (INCOMING 7TH GRADE & INCOMING 8TH GRADE)
 6:00PM-8:00PM HS FOOTBALL ONLY (INCOMING 9TH GRADE – INCOMING 12TH GRADE)
 60 Minutes of Strength & Conditioning and 60 Minutes of Football Skill

COST: FREE


BRING: PERSONAL WATER BOTTLE, RUNNING SHOES, MASK (OPTIONAL), HS FOOTBALL BRING CLEATS

****MUST HAVE A PHYSICAL ON FILE WITH AISD (INCOMING 7TH GRADERS WILL NEED TO BRING ONE ON THE FIRST DAY****


COVID Symptoms (If you are experiencing any of these symptoms do NOT attend)

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater or equal to 100.0 degrees Fahrenheit
 *We will scan temperature at the beginning of each workout
- Known close contact with a person who is a lab confirmed to have COVID-19

Academy ISD will be following all local state requirements along with the UIL Summer Strength/Conditioning and Sport Specific instruction. Academy ISD will also continue to monitor the Texas Department of State Health Services dashboard. The safety of your child and the staff at Academy ISD is our greatest concern and all ensuring health protocols will be followed.

JUNE BUILD THE HIVE 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Weight Room Closed	2 Weight Room Closed	3 Weight Room Closed	4 Weight Room Closed	5 Weight Room Closed	6
7	8 ALL SESSIONS	9 ALL SESSIONS	10 ALL SESSIONS	11 ALL SESSIONS	12 Weight Room Closed	13
14	15 ALL SESSIONS	16 ALL SESSIONS	17 ALL SESSIONS	18 ALL SESSIONS	19 Weight Room Closed	20
21	22 ALL SESSIONS	23 ALL SESSIONS	24 ALL SESSIONS	25 ALL SESSIONS	26 Weight Room Closed	27
28	29 Weight Room Closed	30 Weight Room Closed	1	2	3	4
5	6	NOTES: **Weight Room Closed June 29-July 5				

JULY BUILD THE HIVE 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Weight Room Closed	2 Weight Room Closed	3 Weight Room Closed	4
5	6 ALL SUMMER SESSIONS	7 UIL Blackout Days	8 UIL Blackout Days	9 ALL SUMMER SESSIONS	10 ALL SUMMER SESSIONS	11
12	13 ALL SUMMER SESSIONS	14 ALL SUMMER SESSIONS	15 ALL SUMMER SESSIONS	16 ALL SUMMER SESSIONS	17 Weight Room Closed	18
19	20 UIL Blackout Days	21 UIL Blackout Days	22 ALL SUMMER SESSIONS	23 ALL SUMMER SESSIONS	24 ALL SUMMER SESSIONS	25
26	27	28	29	30	31	1
2	3	NOTES: FIRST DAY OF VOLLEYBALL / FOOTBALL (TWO-A-DAYS) **Weight Room Closed June 29-July 5				

Athletic Director – Jared Hunt (jared.hunt@academyisd.net)

Strength and Conditioning Coordinator – Chris Lancaster (chris.lancaster@academyisd.net) 254.709-1990