



MEMORANDUM

DATE: June 24, 2020
TO: MHS Families & Athletes
CC: MHS Coaches
FROM: Evan Brown, MHS Athletic Director
RE: Summer Workouts - Athletics Guidance and Information

Thank you for your patience in awaiting our communication about our summer athletic activities. We are eager to welcome your students back to team workouts. Please [click here](#) to complete a COVID waiver so that your athlete may participate. The following information is for your reference as we re-open.

- ❑ Coaches will be in contact with student-athletes via SportYou (app), Facebook, and/or team website on www.madrasathletics.org if he/she is going to be conducting summer workouts.
- ❑ If you do not hear from anyone contact me at ebrown@509j.net and I will forward your information to the coach and ask them to reach out to you.
- ❑ Summer workouts are optional, not required. Participation will be limited to HS aged student-athletes and supervised by current MHS licensed coaching staff.
- ❑ Student-athletes may only practice once per day. No doubling up with practices.
- ❑ When student-athletes arrive, they are to remain in their vehicles until waved in by their coach. No congregating by the entrance or exit. **Coaches and student-athletes must keep 6 feet of separation at all times.**
- ❑ Student-athletes may wear a mask if they wish. It is not required. Coaches may also wear a mask. If a coach is working with more than one pod, or cohort of student athletes they will be required to wear a mask.
- ❑ Student-athletes are required to bring their own water bottle. Water fountains will not be available for use. Hydration is very important. **No Water Bottle, No Practice.**
- ❑ Restrooms and Locker Rooms will not be available. Please take care of your personal needs before you come to the workout.
- ❑ Workouts will be limited to 60 minutes the first two weeks, 75 minutes week 3. Practices will have a 10 min Warm-Up and 10 min Cool-Down/Stretching period. Because most student-athletes have been sedentary for much of the past few months we will follow strict National Federation of High School guidelines for getting into shape.
- ❑ Personal Hygiene. Students must wash hands before they come to practice. Upon arrival they will be required to sanitize their hands before starting any activity. They may bring their own sanitizer. We will also have some on site.
- ❑ Coaches will have sanitizing disinfectant and towels to clean equipment after use.
- ❑ Please be advised that there will be no Athletic Trainer on duty.
- ❑ Spectators will not be allowed at practices. This includes, parents, rides, or injured student-athletes. The only people allowed to congregate at the times of the workouts are those participating in the workouts.
- ❑ Please feel free to contact your coach directly with specific questions.

DISTRIBUTION: Facebook, Blackboard, Webpage, Email

2020-2021 HEAD COACHES

Football - Kurt Taylor - ktaylor@509j.net

Track - Eddie Adams - jeadams@509j.net

Boys Basketball - Nick Brown - nbrown@509j.net

Girls Basketball - Jerin Say - jsay@509j.net

Girls Soccer - Shawn Darrow - sdarrow@509j.net

Boys Soccer - Clark Jones - cjones@509j.net

Girls Tennis - Dave Jordan - kumu@crestviewcable.com

Boys Tennis - Margaret Kincaid - mkincaid@509j.net

Cross Country - Brian Martz - bmartz@509j.net

Softball - Shawna McConnell - smcconnell@509j.net

Wrestling - Brad Padgett - bpadgett@509j.net

Baseball - Jerry Shaw - jshaw@509j.net

Volleyball - Natalie Villanueva - nataliescheller@gmail.com

Cheer - Brittany Killion - britkillion@gmail.com

Athletic Secretary - Zuleyma Canales - zcanales@509j.net