



CHARACTER COMMITMENT SACRIFICE EFFORT
COLLEGE STATION HS
2020 COUGAR ELITE TRAINING

ELITE Dates:

Week 1: June 8 - June 12 Mon-Tue-Wed-Thu *	Week 2: June 15 - June 19 Mon-Tue-Wed-Thu *	Week 3: June 22 - June 26 Mon-Tue-Wed-Thu *	Week 4: June 29 - July 3 Mon-Tue-Wed-Thu *
Week 5: July 6 - July 10 Mon-Thu-Fri (no Tue-Wed)	Week 6: July 13 - July 17 Mon-Tue-Wed-Thu *	Week 7: July 20 - July 24 Wed-Thu-Fri (no Mon-Tue)	Week 8: July 27 - July 31 Bad weather days if needed

Fridays will be used as Bad-Weather Makeup Days

ELITE Times:

GYMNASIUM AREA FACILITIES		FIELDHOUSE AREA FACILITIES	
7-9 am	Girls Basketball, Softball, Tennis, & Golf	7-10 am	Football (10-12)
9-11 am	Baseball, Track and Volleyball	9:30-11:30 am	Football (9), Soccer (Boys & Girls), Wrestling, Powerlifting
11 am - 1 pm	Boys Basketball, Middle School Girls	11 am - 1 pm	Middle School Boys

Daily COVID-19 Screening

- Athletes and staff will have temperature taken at entrance to camp each day. Athletes and staff will be sent home if temperature is greater than or equal to 100.0 degrees Fahrenheit.
- After having temperature taken, athletes and staff will report to their assigned coach for attendance and symptom screening. Screening questions will include:
 - Any contact with person who is/was positive for COVID-19, or
 - New or worsening cough or shortness of breath/difficulty breathing; or
 - At least two of: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.

Parking and Pick-Up/Drop-Off Plan

- Athletes working out in the field house will park or be picked up/dropped off in the band parking lot nearest the portables.
- Athletes working out in the gyms will park or be picked up/dropped off in the athletics student parking lot.
- Athletes are expected to maintain social distancing while waiting for their ride.
- Parents must stay in their cars during the pick up process.
- Please refrain from parking in the parking lot immediately in front of the field house or the parking lot by the portables, these lots are reserved for CSHS staff.

Entrance/Exit Plan

- Athletes working out in the field house will enter and exit through the home ticket gate.
- Athletes working out in the gyms will enter through the main gym entrance and exit out the back gym or hallway doors.
- Athletes should practice social distancing while waiting to enter/exit camp and while they are waiting for their session to start.
 - Athletes will not be allowed to wait on the front porch of the field house before or after camp.

Locker Room and Bathroom Facilities

- Locker rooms and showers will be off limits.
- Bathrooms will be made available on a one-in and one-out basis.
- Athletes should wear appropriate gear (including flats/cleats daily) to and from workouts and shower at home immediately after workouts

Strength and Conditioning

- Athletes will work in groups of no more than 10 while in the weight room and groups of no more than 15 while doing outside stations.
- The ratio of coaches to athletes will be 1:10 in the weight room and 1:15 outside so that social distancing can be monitored.
 - Athletes and coaches will maintain a distance of 6 feet apart when not exercising.
 - Athletes and coaches will maintain a distance of 10 feet apart when exercising with the exception of when spotters are needed for lifting.
- Athletes will workout with the same group all summer.
- While attendance is not mandatory, we will keep a record of attendance so that if an athlete is identified as testing positive for COVID-19 we can notify parents of potential exposure.

Sanitization and Disinfection

- Athletic facilities will be disinfected and sanitized per industry guidelines, before, during and after workouts. Emphasis will be given to ensuring disinfecting high touch surfaces and surfaces that are used by multiple student-athletes, disinfecting between users.
- Equipment like bar bells will be sanitized between users and at the end of the day. Spray bottles and paper towels will be at each station so that athletes can spray and wipe after they use the bar.
- Hand sanitizing stations will be available for athletes and coaching staff as they enter/exit indoor facilities and with each station. While in the weight room athletes will be asked to use hand sanitizer between each rotation.

Hydration

- Athletes will be required to bring their own water bottle(s) that are labeled. Water sharing will not be allowed. There will not be any fill up stations available. Bottled water is available for purchase in school vending machines.

Bad Weather Plan

- Athletes working out in the gyms will be able to work out during inclement weather.
- Should there be inclement weather, athletes working out of the field house will use Friday as a make up day. If there is inclement weather on Friday, they will be able to use the indoor facilities.
- Notifications will be made through Remind

Staff Requirements

- Staff will use hand sanitizer before entering the facility, during workouts and skills sessions
- Staff will have temperature taken daily before athletes arrive and will answer the health questionnaire.
- Staff should bring their own labeled water bottle.
- Staff performing registration and or temperatures will wear appropriate PPE.

To register for ELITE camp, visit:

www.TheCougarWay.com

For more information regarding UIL COVID-19 Guidelines visit:

<https://www.uiltexas.org/covid-19-information>