

Summer Weight Room Guidelines

June 1st - July 31st

1. Athletes will be assigned to a group and a certain time. They will be with this group at the same time every day. Athletes will not be allowed to switch groups or times. They need to come and leave at their assigned times.
2. There will be no more than 10 athletes in one group.
3. There will be 15 minutes in between sessions for coaches to wipe down equipment.
4. The athlete will need to wipe down and sanitize the rack/station when they are done using it. There will be cleaning supplies at each station.
5. All athletes and coaches will need to maintain social distancing of 6 feet apart at all times.
6. Athletes will need to park behind (east side) of the elementary and then they will enter through the bottom weight room (east) doors and then exit through the office door and exit through the same doors they entered. This is why it is imperative that students do not show up earlier than their assigned time. The doors will be propped open.
7. Each athlete will need to bring their own bottle. Using the water fountain will be prohibited.

Summer Schedule:

Morning:

Session 1: 6:00a - 7:00a

Session 2: 7:15a - 8:15a

Session 3: 8:30a - 9:30a

Session 4: 9:45a - 10:45a

Session 5: 11:00a - 12:00p

Evening

Session 6: 4:00p - 5:00p

Session 7: 5:15p - 6:15p

Session 8: 6:30p - 7:30p

If you did not get signed up but would like to participate in the strength and conditioning program, please contact Neil Bowman at neil.bowman@jccentral.org or at school.