

Minutemen Summer Camp

Strength and Conditioning & Sport Specific Instruction

When: June 16- July 31

Location: MHS Athletic Facilities

Cost: Free to All EISD Students

Training Sessions and Sport Specifics:

Monday -Thursday

8:45-9:30am Pre-Screen and Temperature Check in Auditorium

9:30-10:30am Start of Strength and Conditioning

10:30-11:30am Start of Specific Sport Instruction

*Start times may be adjusted due to group size

Screening Process:

1. DAILY ATTENDANCE RECORDS WILL BE KEPT BUT ATTENDANCE IS OPTIONAL. STUDENTS MUST ALSO HAVE A FACE COVERING PRESENT IN ORDER TO WORKOUT.

2. BEFORE being allowed to enter the summer training camp, student athletes will complete a digital questionnaire.

3. The self-screening will be completed at the start of each additional weekly camp session.

4. A temperature check will be included for each camper on each day as they are checked into the camp.

5. An athlete with a first check elevated temperature of 99.9 degrees or higher will need to be isolated and seen by a AT or another designated staff member. If the AT or staff member confirms that the camper does have an elevated temperature of 100.0F degrees or higher, the camper will be sent home immediately with information about self-quarantine and how safely to return to camp.

6. Student athletes who become sick during the day will be isolated from the group, evaluated by a AT or another trained health professional and instructed to return home with a clear understanding of when he/she may return to the camp site.

“WIN THE DAY”

Reminders

1. Athletic Shoes and Attire
2. Pre- Filled Water Bottle
3. Face coverings required



Entry/Exit Procedures (Auditorium):

1. (A) Student athletes will **enter** through the front main doors to the auditorium. There will be a hand sanitizing station set up for athletes to use before entering the training session.
2. (B) Student athletes will **exit** from their last station to the front of the school waiting area with a designated staff member until parent or guardian arrives for pick up.

Camp Coordinators

Boys Athletic Coordinator
Coach Lewis
(210) 444-8342
Email: Kemmie.lewis@eisd.net

Girls Athletic Coordinator
Coach Zapata
(210) 444-8343
Email: Laura.Zapata@eisd.net