

Hello Bluejay Parents,

We are finally at our starting point for the summer weight lifting program. Although it will look different and we will be having guidelines we must follow we are going to do our best to keep everyone safe and prepare for the upcoming sports season. I have met with Coach Vogler a few times and we hashed out different plans and have finally gotten times worked out. We will begin our training at Bluejay Stadium Monday June 15th. The times will be as follows

First Session- 6 am to 7:30 am (Upper classman Sophomores through Seniors)

Second Session 7:30 am to 9:00 am (Upper Classman Sophomores through Seniors)

Third Session 9:00 am to 10:30 am (All Freshman and Girl Athletes).

The first two sessions are usually reserved the upper classman boys and girls. However, we understand that sometimes our underclassman can only be at one of the first two sessions due to work schedules. That being said anyone can attend those sessions but we prefer that the freshman attend the last session. The reason for this is because most freshman are new to the training process and have never worked out before. We spend extra time in this session teaching and going over the important details of our program. We prefer to teach this one time to all the freshman instead of multiple times per day. The last session is also reserved for any girl athlete, regardless of class, who does not want to attend the first two sessions. In a normal year a lot of our boys will attend the first sessions and some of the girls feel they are able to do better in the last session. Again that is not a requirement just an option for any of our girl athletes. Just to be clear the last session is reserved for all freshman and girl athletes. This does not stop any freshman from attending other sessions, BUT we prefer them to attend the last session especially on the first two days. If the last session is not a good time for your athlete please have your athlete contact me or inform me or Coach Vogler on the first day.

When we arrive on Monday we will be going over our guidelines for the next two weeks and over the summer. Each student will be getting his or her temperature checked daily as well as answering two important questions regarding their potential exposure to any illness. If the temperature is at or above 100.4 the student will be asked to leave for the day. If the questions are answered yes the student will be asked to leave as well. We are only doing this for the safety of all student athletes who participate in the program. Safety is our number one priority right now. I will include the questions below:

1. Have you had contact with anyone with confirmed COVID-19 in the last 14 days?

Y

N

2. Are you currently experiencing NEW or WORSENING symptoms of the following:

Cough, Shortness of breath, Difficulty breathing, Chills, Repeated shaking with chills, Muscle pain, Headache, Sore throat, Loss of taste or smell, Diarrhea, Vomiting, Feeling feverish or a Measured temperature over 100 degrees?

Y

N

Again if any of these questions are answered with a yes, for the betterment of the student athlete and the other students, we will ask the student to go home for the day. We will also be sending each student home with a waiver for participation. **This waiver is due back to us on TUESDAY JUNE 16TH** at your students session. This is a super important piece of participation in the program this summer. The student gets one free day and will be able to participate on Monday but after the waiver has been handed out they can not participate until the waiver is signed and returned to either Coach Vogler or myself. Again this is precautionary and is designed to ensure safety for the student, school, parents, and coaches. If the student does not return a waiver on Tuesday he or she will be asked to leave. As soon as the waiver is returned he or she can resume participation. It is the students responsibility to get this document signed by one or both parents/guardians.

One last thing, Please make sure that each student is coming to the session fully prepared to work out this includes bringing his or her own water bottle, proper dress, and anything else the student feels they need. There will be NO access to any of the locker rooms or drinking stations. Please make sure each student is fully aware of this comes fully prepared. We will also be sticklers on the 6 feet rule for all students during drills and workouts.

We understand all of the precautions are a bit much but they are necessary for life in a pandemic. We want to ensure that will always put safety first over anything else but want to recognize that we can not fully prevent a student or coach from getting an illness or disease. We hope to prevent any serious spread of a disease or sickness through these guidelines. I have said to many people if this is what we have to do to get our kids up and moving again, and return to something "kind of" normal we will do whatever it takes.

If there are any questions, comments, concerns please feel free to reach out to me either through my email or through phone.

Thank you so much. We look forward to seeing all of our student athletes together again on Monday June 15th.

Sincerely,

Coach Dalton Jones  
Head Football Coach/Assistant Weightlifting Coach/Assistant Basketball Coach  
Rock Port High School