



Modesto Christian School
5755 Sisk Road
Modesto, CA 95356
209.529.5510

MCS Outdoor Summer Athletic Conditioning Program

June 8, 2020

Dear Student Athletes and Parents,

We have more great news! Modesto Christian High School Athletics is eager to start our **Summer Athletic Conditioning Program** beginning Monday, June 15, Monday-Thursday, 6:00-8:00 p.m. Due to state and local mandates this is subject to change.

PHASE ONE	Start Date - Monday, June 15	Start Time - To be determined by Coach
	Location - Outdoor training only (Baseball Field, Football Field, Soccer Field, Softball Field)	
PHASE TWO	Start Date - TBA	Start Time - To be determined by Coach
	Location - Indoor Training (Gym, Weight Room, Wrestling Room)	

Summer Workouts: Summer workouts are limited to students who are registered to attend Modesto Christian High School for the 2020-2021 school year. AAU programs, youth programs, he/she must abide by the following stipulations:

For athletes to participate in our summer conditioning program, he/she must abide by the following stipulations:

- **Student Enrollment** must be complete for the 2020-21 school year. See the Registrar, Mary Gomez, in the HS main office for assistance.
- **Student Physicals AND Student Athletic Packets** must be complete and submitted to the Athletic Office in A5.

The following COVID-19 guidelines for athletes and families will be observed:

1. Daily attendance checklists will be completed, including temperature checks, symptom checks, etc.
2. Workouts are voluntary and not mandated.
3. Workouts are limited to a maximum of 10 athletes or less per coach.
4. Athletes must bring their own bottled water to hydrate properly, as water fountains are non-operational. Properly label the water bottle with your name. Do not share a water bottle.
5. Athletes should arrive in workout apparel and wear clothing at all times. Do not share towels.
6. Only approved coaches and athletes will be permitted to participate in summer conditioning while observing social distancing. Social distancing will be observed during all training sessions.
7. Coaches and athletes are prohibited from physical contact during the workout.
8. Parents must remain in or at their vehicles (off the grass) for outdoor training and cannot be in the gym, weight room or wrestling room during the duration of the workout.
9. Athletes must remain in their vehicle until the start of the workout.
10. The locker room will be closed.
11. Designated restrooms will be available for athlete use only.
12. All coaches and students will be screened before each session, which may include temperature, cough, etc... of each athlete at the beginning of each workout. Any athlete with symptoms consistent with COVID-19 is not permitted to take part in workouts. Parents are also encouraged to screen his/her student prior to participating. Masks are optional.
13. Supplies needed during each training session: hand sanitizers, paper towels, gloves, masks, etc...
14. Athletes are required to leave the campus at the completion of the workout.

For a list of COVID-19 symptoms and emergency warning signs of COVID-19 please see page 2 of this letter. We have also included the names of local physicians who are "Friends of MCS" to schedule physicals.

We are looking forward to seeing our athletes return to campus in the coming week.

Building For The Future,

Cynthia A. Jewell
Interim Superintendent/Principal HS

Greg Pearce
Dean of Students/AD

Robb Spencer
Dean of Students/AD

Please keep the following in mind...



If you are experiencing any of the following symptoms please do not attend workouts. Symptoms may appear 2-14 days after exposure to the virus.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Physicals:

The following individuals are authorized to perform physical examinations:

Dr. John Warwick, Physician

205 W. Granger Avenue, Modesto

209-579-9930 / \$20.00

Mike Taylor, Dr. of Chiropractic

1421 Standiford Avenue, Modesto

209-521-1122 / \$30.00

Please call in advance to schedule an appointment (walk-in appointments may not be available).