

Rockets,

We will be starting up our summer strength and conditioning program on Monday, June 1st, for all 7th-12th grade boys and girls. MSHSAA has recently announced they are allowing students to have summer strength and conditioning/contact days. The plan of action is to get our students back in the gym and weight room by following the most up to date, local, and state government social distancing guidelines. Students will be required to use disinfectant after each set. There will be disinfectant wipes and hand sanitizer in the weight room and gym. Students are to bring their own water bottle.

Just as last year, students who miss less than 3 days will be rewarded with a summer weights T-Shirt and will be eligible for summer weights awards at the end of the summer.

The schedule will go as follows- Monday/Tuesday/Thursday throughout the months of June and July. Open gym/skills and drills will begin at 8:00 a.m. Please see schedules.

HS Boys 7:00-7:50 a.m

JH Boys 7:50-8:40 a.m

HS Girls 8:40-9:30 a.m

JH Girls 9:30-10:20 a.m

*Students are to report to the gym prior to their start time.

Important Dates:

Weights/Open will begin June 1st.

Dead week will be Aug. 1st-Aug. 9th.

First Fall Practice is August 10th for HS.

First Fall Practice is August 17th for JH

First Day of SCHOOL is August 27th.

If you have any questions please reach out to your fall season head coach or Coach Phipps.

Thanks,

Coach Phipps

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