

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: May 18, 2020

Office Hours: 10:00 am - Noon

Announcements and Important Links:

- Football Athletics will focus on Character Development and Football Knowledge Improvement.
- Google Classroom code: 4th Period - [r45iwva](#); 7th Period - [i4iae4d](#)
- sportsYou app access code: [4ZCLDPKZ](#)
- Rack Performance app invite code: [TUOUIN2](#)
- Zoom Meetings Held by Position Coaches.
- Hudl Account in order to watch Videos & View Playbooks.

Subject 1

Week of: May 18, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility &	Observe 2 Words Video. Complete Rack Performance Workout.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.



Hays CISD Home Learning

	Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Review material presented by position coaches through Zoom & Hudl.	
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Links in Google Classroom 2 Words link for Video and Workbook Material
Thursday/ jueves	EQUIPMENT EXCHANGE	EQUIPMENT EXCHANGE · THURSDAY - MAY 21st AM EXCHANGE 8:00 am - 12:00 noon - VARSITY TEAMS & PLAYERS	o BOYS BASKETBALL - Sandoval & Engler Located at Bales Front Entrance o GIRLS BASKETBALL - Preuss & Koehler Located at Bales

Hays CISD Home Learning



		• THURSDAY - MAY 21st PM EXCHANGE 1:00 pm - 5:00 pm - JV TEAMS & PLAYERS - o BASEBALL - Howard & Cain Located at Baseball Parking area - o SOFTBALL - Cone & Rivera Located at Softball Parking area - o GIRLS SOCCER - Bellver & Romero Located at Red Gym Entrance - o BOYS SOCCER - Reynolds & Fisher Located at Red Gym Entrance - o BOYS TRACK - Lopez & Jones Located at Track Entrance - o CC & GIRLS TRACK - Hightower & Ferrell & Martin Located at Track Entrance - o PE - Holmgreen	Front Entrance - o POWERLIFTING - Postert & Aming Located on Back of Weight Room - o FOOTBALL - Located at Back Of Field House Area (Back Door of Each Locker Room) § Harrison & Goad at Varsity Locker Room § Gonzales & I Rodriguez & R Rodriguez at JV Locker Room § Perez & Frazer at 9th Locker Room - o TENNIS - McKinley & Brown Located at Tennis Parking - o GOLF - Johnston Located at Bales Front Entrance - o VOLLEYBALL - Davis & Bodelson Located at Bales Front Entrance - o TRAINING ROOM - Winter & Leos Located at Back Training
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Hays CISD Home Learning

		& Stigall Located at Red Gym Entrance	Room Door
Friday/ viernes	EQUIPMENT EXCHANGE	· FRIDAY - MAY 22nd AM EXCHANGE 8:00 am - 12:00 noon - FRESHMEN TEAMS & PLAYERS	· FRIDAY - MAY 22nd PM EXCHANGE 1:00 pm - 5:00 pm - ALL THAT MISSED PREVIOUS TIMES

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: May 11, 2020

Office Hours: 10:00 am - Noon

Announcements and Important Links:

- Football Athletics will focus on Character Development and Football Knowledge Improvement.
- Google Classroom code: 4th Period - [r45iwva](#); 7th Period - [i4iae4d](#)
- sportsYou app access code: [4ZCLDPKZ](#)
- Rack Performance app invite code: [TUOUIN2](#)
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Hays CISD Home Learning



Subject 1

Week of: May 11, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive &	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Links in Google Classroom 2 Words link for Video and Workbook Material



Hays CISD Home Learning

	Defensive positions.		
Thursday/ jueves	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	
Friday/ viernes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: **May 4, 2020**

Office Hours: **10:00 am - Noon**

Announcements and Important Links:



Hays CISD Home Learning

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- sportsYou app access code: [4ZCLDPKZ](#)
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- Zoom Meetings Held by Position Coaches.
- Hudl Account in order to watch Videos & View Playbooks.

Subject 1

Week of: May 4, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by	Rack Performance. Must have app downloaded and be on the roster to receive workouts.



Hays CISD Home Learning

	gaining understanding of Offensive & Defensive positions.	position coaches through Zoom & Hudl.	
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Links in Google Classroom 2 Words link for Video and Workbook Material
Thursday/ jueves	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	
Friday/ viernes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	



Hays CISD Home Learning

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: April 27, 2020

Office Hours: 10:00 am - Noon

Announcements and Important Links:

- Football Athletics will focus on Character Development and Football Knowledge Improvement.
- Google Classroom code: 4th Period - [r45iwva](#); 7th Period - [i4iae4d](#)
- sportsYou app access code: [4ZCLDPKZ](#)
- Rack Performance app invite code: [TUOUIN2](#)
- Zoom Meetings Held by Position Coaches.
- Hudl Account in order to watch Videos & View Playbooks.

Subject 1

Week of: April 27, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility &	Observe 2 Words Video. Complete Rack Performance Workout.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.



Hays CISD Home Learning

	Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Review material presented by position coaches through Zoom & Hudl.	
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Links in Google Classroom 2 Words link for Video and Workbook Material
Thursday/ jueves	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive &	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	



Hays CISD Home Learning

	Defensive positions.		
Friday/ viernes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: April 20, 2020

Office Hours: 10:00 am - Noon

Announcements and Important Links:

- Football Athletics will focus on Character Development and Football Knowledge Improvement.
- Google Classroom code: 4th Period - r45iwva; 7th Period - i4iae4d
- sportsYou app access code: 4ZCLDPKZ
- Rack Performance app invite code: TUOUIN2
- Zoom Meetings Held by Position Coaches.



Hays CISD Home Learning

- Hudl Account in order to watch Videos & View Playbooks.

Subject 1

Week of: April 20, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom &	Links in Google Classroom 2 Words link for Video and Workbook Material



Hays CISD Home Learning

	Offensive & Defensive positions.	Hudl.	
Thursday/ jueves	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches through Zoom & Hudl.	
Friday/ viernes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: **April 13, 2020**

Office Hours: **10:00 am - Noon**

Announcements and Important Links:



Hays CISD Home Learning

- Football Athletics will focus on Character Development and Football Knowledge Improvement.
- Google Classroom code: 4th Period - [r45iwva](#); 7th Period - [i4iae4d](#)
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Subject 1

Week of: April 13, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Student Holiday	Student Holiday	Student Holiday
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive &	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	Links in Google Classroom 2 Words link for Video and Workbook Material



Hays CISD Home Learning

	Defensive positions.		
Thursday/ jueves	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	
Friday/ viernes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	

COACH GOAD

HAYS REBELS FOOTBALL ATHLETICS

Week of: **April 6, 2020**

Office Hours: **10:00 am - Noon**

Announcements and Important Links:



Hays CISD Home Learning

- Football Athletics will focus on Character Development and Football Knowledge Improvement.
- Google Classroom code: r45iwva
- sportsYou app
- Rack Performance app

Subject 1

Week of: April 6, 2020			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	Rack Performance. Must have app downloaded and be on the roster to receive workouts.
Tuesday/ martes	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive &	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	Links in Google Classroom 2 Words link for Video and Workbook Material



Hays CISD Home Learning

	Defensive positions.		
Wednesday/ miercoles	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	
Thursday/ jueves	Athletes will improve mental focus. Athletes will gain Strength, Flexibility & Endurance. Athletes will begin gaining understanding of Offensive & Defensive positions.	Observe 2 Words Video. Complete Rack Performance Workout. Review material presented by position coaches.	
Friday/ viernes	GOOD FRIDAY	GOOD FRIDAY	GOOD FRIDAY