



# Hartington-Newcastle Public Schools

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<https://www.hnscats.org>

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Superintendent

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*Mission Statement: To develop students of character while empowering them to achieve personal success*

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May 27, 2020

The governor and the health department have allowed schools to open up their weight rooms for summer lifting and conditioning starting June 1 with certain restrictions.

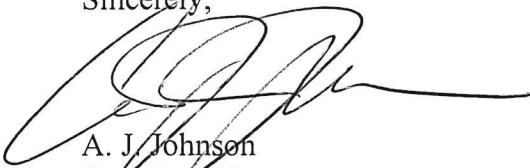
We will open up the weight room in Hartington on Monday, June 1. In order for kids to participate, we need them to complete a sign up sheet which can be found in the live feed and under students and parents at [hnscats.org](https://www.hnscats.org) and is also emailed to each student who will be in grades 7-12 next year. We need this to be done so we can monitor participation numbers and ensure that we don't exceed the recommended number. All students must also have a waiver signed by students and parents in order to participate. That waiver can be found in the live feed at [hnscats.org](https://www.hnscats.org) and under students and parents in the main menu. If you are unable to print, we will have a copy of the waiver at the weight room to be signed.

We will have two sessions for lifting and conditioning. There will be a session at 6:30 a.m. for primarily 9-12 grade students and a session at 8:00 a.m. for students in grades 7-8. The weight room will be open on Mondays, Tuesdays, Thursdays, and Fridays during those times. Sessions will be divided into a group of boys and a group of girls. The students will not mix during these sessions. During part of the session, one group will be in the gym while another is in the weight room. At some point during the session, those groups will change places. The weight room and equipment will be cleaned after each use. Students must provide their own towels and water bottles. Drinking fountain use is not permitted.

Also, coaches may be contacting students about participating in open gyms or other training sessions specific to their sports. The sports which are currently allowed to have those activities are volleyball, cross country, track, and golf. However, no camps, clinics, or leagues are allowed in any sport at this time. The following sports and activities are still prohibited: football, basketball, wrestling, and cheerleading. No sports specific activities are allowed for those activities in any form.

We will do our best to provide a safe environment and follow the guidelines prescribed by the NSAA. While we are allowing these activities and encouraging participation, these are not required to be a part of the teams when school resumes.

Sincerely,



A. J. Johnson  
Superintendent