



## Longhorn Athletics – Summer Pride

Dear Parents/Guardians,

As part of our Athletic Program's strong push for a well rounded athlete, our goal is to make sure that each athlete reaches their maximum potential in every sport. In order for that to happen, we have to continue to work throughout the summer to improve our athletic abilities. The workout will be a total body workout focused on developing the best athlete possible. It will include weight training, footwork, speed drills, plyometric activities, and additional sport specific drills.

The workouts will begin June 8th and end on July 30th. We will take off the week that includes July 4th, June 26th-July 5th. Athletes cannot be in or on our facilities. The schedule for workouts will be considerably different to abide by association guidelines, as well as state and city guidelines. You can visit [www.chisholm.k12.ok.us](http://www.chisholm.k12.ok.us) to view our summer athletics plans and guidelines.

6:15 - Junior and Senior Boy Athletes - Protocol Checks/Warm Up  
6:30 -7:30 Lifting-Agilities-Plyos  
7:15 - Freshman and Sophomore Boy Athletes - Protocol Check/Warm Up  
7:30 - 8:30 Lifting-Agilities-Plyos  
8:15 - Junior and Senior Girl Athletes - Protocol Checks/Warm Up  
8:30-9:30 Lifting-Agilities/Plyos  
9:15 - Freshman and Sophomore Girl Athletes - Protocol Checks/Warm Up  
9:30-10:30 Lifting-Agilities-Plyos

We will work through June following this schedule and reevaluate after completion of the first phase on June 25th.

Our coaches are fully committed to helping your athlete reach their full potential. We would really appreciate your support to help us push our Athletic Program to the next level!

Athletes that attend summer pride 100% of the time will receive an award determined by coaches and athletes at the end of the summer.

If you have any questions or concerns please don't hesitate to contact the coach responsible for your athlete.

Football/A.D.

Joey Reinart  
[jreinart@chisholm.k12.ok.us](mailto:jreinart@chisholm.k12.ok.us)  
405.880.4921

Girls Basketball

Tana Gragg  
[tgragg@chisholm.k12.ok.us](mailto:tgragg@chisholm.k12.ok.us)  
405.880.3176

Boys Basketball/Golf

Corey Miller  
[cmiller@chisholm.k12.ok.us](mailto:cmiller@chisholm.k12.ok.us)  
580.829.3277

Fast Pitch Softball

Kevin Burns  
[kburns@chisholm.k12.ok.us](mailto:kburns@chisholm.k12.ok.us)  
580.977.4996

Track/Cross Country

Jim Coleman  
[jcoleman@chisholm.k12.ok.us](mailto:jcoleman@chisholm.k12.ok.us)  
580.791.1309

Baseball

Bobby Shoate  
[rshoate@chisholm.k12.ok.us](mailto:rshoate@chisholm.k12.ok.us)  
(405) 269-4987

Tennis

Jacob Bullis  
[jbullis@chisholm.k12.ok.us](mailto:jbullis@chisholm.k12.ok.us)  
(602) 482-0960

Girls Golf

TBD

Volleyball

Tre Powell  
[tpowell@chisholm.k12.ok.us](mailto:tpowell@chisholm.k12.ok.us)  
(580) 402-3175