

# Sullivan Community Unit School District No. 300

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## SUPERINTENDENT

Ted  
Walk

## HIGH SCHOOL PRINCIPAL

Dan  
Allen  
217/728.8311

## MIDDLE SCHOOL PRINCIPAL

Nathan  
Ogle  
217/728.8381

## ELEMENTARY PRINCIPAL

Heather  
Ethell  
217/728.2321

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June 11<sup>th</sup> 2020

Sullivan High School Students/Parents/Guardians:

Good afternoon. On Friday June 5<sup>th</sup>, the Illinois High School Association (IHSA) released guidelines for their member schools to follow with regards to allowing schools to open for coaches to conduct voluntary strength and conditioning workouts. Since that release, the Sullivan High School Administration and Athletics Department have worked collaboratively in devising a plan that will allow us to begin welcoming students back on to campus to complete these strength and conditioning workouts under the supervision of a coach. For your reference, the details of that plan and the guidelines our school will be following are attached to this email for you to view.

Beginning Monday June 15<sup>th</sup>, the sports of Football, Volleyball, Boys Basketball, and Girls Basketball will begin conducting voluntary strength and conditioning workout sessions for students that are only interested in participating in those sports this coming school year. Football and Boys Basketball will conduct voluntary in-person strength and conditioning workouts on Monday's, Tuesday's, and Thursday's from 7:00 to 8:00 AM while Volleyball and Girls Basketball will conduct their workouts from 10:00 to 11:00 AM on Monday's and Thursday's. The supervising coaches from each one of the respective sports above will be reaching out to students that have already expressed interest via school email and/or through their respective Google Classroom account with additional details on these voluntary strength and conditioning sessions. In the event that a student is interested in participating in one of those sports above and has not received any information, please send an email to the coach of the respective sport he or she is interested in. A Coaches Directory with contact information is attached to this email for your reference.

During this time, Sullivan High School will also continue to utilize the Platform app in which students that want to complete general strength and conditioning workouts on their own may do so. Directions to downloading this app are also attached to this email or also available in "Manager" on a school-provided IPAD for your reference. If you have specific questions pertaining to Platform, please contact Sullivan High School Athletic PE Teacher Craig Black at [blackc@sullivan.k12.il.us](mailto:blackc@sullivan.k12.il.us) and he can assist you with navigating the app.

The Sullivan High School Athletics Department will continue to provide you with occasional updates as we receive them from the Illinois High School Association as it pertains to additional athletic opportunities we may be able to offer in the future. I continue to appreciate the patience and flexibility that you have demonstrated during these unprecedented times.

Sincerely yours,

Ryan Aikman  
Assistant Principal/Athletics Director  
Sullivan High School