

# 2020 AFHS Football Summer Workouts – Phase 1 Implementation

**First Workout Date:** Monday, June 29<sup>th</sup>

**Days:** Mondays, Tuesdays, Wednesdays, and Thursdays

**Times:**

- 1) **Must arrive between 8:30 and 8:45 for the daily health screening by the trainer**  
*If you do not arrive in time for the health screening you can't participate that day and must leave the campus immediately.*
- 2) Workouts → 9:00 am until 10:55 am each day
- 3) **All athletes must have a ride by 11:00 am in order to leave campus immediately**  
*Only athletes participating in basketball workouts may remain on campus after 11:00 am  
EVERYONE must enter and leave through the backdoor of the gym. You can't go into any other areas of the building*

**Location(s):** AFHS Gym (2 groups opposite ends), Weight Room, Practice Field

**Summer Workout Dates – 20 total days:**

Day	Dates				
Monday	June 29 <sup>th</sup>	July 6 <sup>th</sup>	July 13 <sup>th</sup>	July 20 <sup>th</sup>	July 27 <sup>th</sup>
Tuesday	June 30 <sup>th</sup>	July 7 <sup>th</sup>	July 14 <sup>th</sup>	July 21 <sup>st</sup>	July 28 <sup>th</sup>
Wednesday	July 1 <sup>st</sup>	July 8 <sup>th</sup>	July 15 <sup>th</sup>	July 22 <sup>nd</sup>	July 29 <sup>th</sup>
Thursday	July 2 <sup>nd</sup>	July 9 <sup>th</sup>	July 16 <sup>th</sup>	July 23 <sup>rd</sup>	July 30 <sup>th</sup>

**Purpose:**

*The purpose(s) of the Phase 1 return to play protocol and conditioning program is to:*

- 1) Lessen the spread of the COVID-19 virus by using appropriate precautions while training for the upcoming 2020 football season
- 2) Safely return athletes to the routine of strength training and cardiovascular conditioning for football
- 3) Increase muscle mass and durability for improved performance while playing football
- 4) Increase explosiveness – ability to create power in all aspects of playing football
- 5) Reduce the overall injury risk of playing football
- 6) Reduce heat related illnesses and risks associated with training for and playing football
- 7) Development of strong team chemistry and bonding through collective hard work experiences.

## **Position Group & Coach Assignments:**

- Athletes and coaches are **REQUIRED** to work with the same group of individuals throughout Phase 1.
- No one will be allowed to switch groups at any point unless we have extenuating circumstances beyond our immediate control, i.e. a coach is sick and not present, that requires athletes to be moved for supervision and safety.

**Coach Shuman:** Rotate between areas and groups to assist as needed and ensure all guidelines are being properly enforced

**Coach Keyes:** Full-Time Supervisor in the Weight Room for all groups – responsible for ensuring athletes have proper and safe weights for lifting

### **Maximum of 9 athletes per each coach's workout group**

<b>Group A Coach Jeffries</b>	<b>Group B Coach Brown</b>	<b>Group C Coach Haynes</b>	<b>Group D Coach Elmore</b>
Quarterbacks	Running Backs	All Linemen	Wide Receivers
All rising 9 <sup>th</sup> graders	Linebackers		Defensive Backs

Any middle school athlete (7<sup>th</sup> or 8<sup>th</sup> grade) will be assigned to groups where space is available

## **Essential Guidelines from SCHSL that must be followed during ALL WORKOUT sessions during Phase 1 – No Exceptions:**

1. Daily health screening of athletes, coaches, and staff by a health care professional (athletic trainer) or designated fulltime district/school employee. Temperature screening will be done on each athlete, coach and staff member along with the administration of the following health related questions.
  - ***If temperature is equal to or greater than 100.4 degrees Fahrenheit, or an individual answers YES to any of the following questions, then they cannot participate on that day and will not be allowed to stay on site. They must leave immediately.***
  - **Daily Health Evaluation Questions:**
    - a) Have you had a fever of 100.4 or higher in the past 72 hours (3 days)?
    - b) Have you had a cough, difficulty breathing, sore throat or new loss of taste or smell, vomiting or diarrhea?
    - c) Have you had contact with a person known to be infected with COVID-19 with the previous 14 days?
    - d) Do you have a compromised immune system or chronic diseases?

2. Face coverings that completely cover the nose and mouth **are required** for everyone and should be worn as follows:

**Athletes:**

- a) Must wear a face covering when not actively participating in the sports activity.
- b) Face covering or masks should be worn in sports where the covering is not inhibitory
- c) Face coverings should not be shared.
- d) Non-disposable face coverings should be cleaned and disinfected daily.

**Coaches and Staff:**

- a) Must wear a face covering at all times while on site and during the entire workout/practice sessions.

3. Everyone must maintain 6ft. social distancing when inactive or actively participating in non-vigorous exercise and activities.

4. When using weight rooms, practicing calisthenics, running, or other conditioning training where **vigorous exercise** occurs, proper spacing from others must be maintained by working out with **12 feet minimum** between each person.

5. The number of participants allowed to attend depends on the amount of space available. Maximum 1 group per facility. Maximum 10 persons in each group.

6. Athletes, coaches and staff should come dressed for participation as **the use of locker rooms and/or offices is prohibited during Phase 1.**

7. Athletes must remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.

8. Personal contact should be avoided at all times. This includes, but is not limited to: huddles, high- fives, handshaking, fist-bumping, and chest-bumping.

9. Team competition is prohibited. Contact with other players is not allowed, and when permitted, there should be no sharing of sports equipment.

10. **Spotters are not allowed during weight lifting sessions due to social distancing. Athletes must remove, lift and rerack without any assistance.**

11. No balls or sports equipment for first 10 days of workouts or 14 calendar days to minimize common contact points. Beginning with 11th day of workouts or 15th calendar day, properly cleaned and sanitized balls and sports equipment may be used. All equipment must be sanitized between each use.

12. A player should not participate in drills with a single ball that will be handed off or passed to other teammates.

13. Handheld dummies are not permitted during football practices due to 6ft social distancing mandate. Agility/Ground dummies are permissible.

14. Helmets and other protective equipment are not allowed during phase 1 implementation.

**15. Individuals should bring a personal water bottle to each workout and not share this bottle with anyone.**

16. Disposable cups should be used for those that do not have access to their own water bottle. Use of communal water fountains is not recommended.

17. Heat Stress & Acclimatization must be emphasized - All Wet Bulb Globe thermometer guidelines must be followed (same criteria as in the past years)

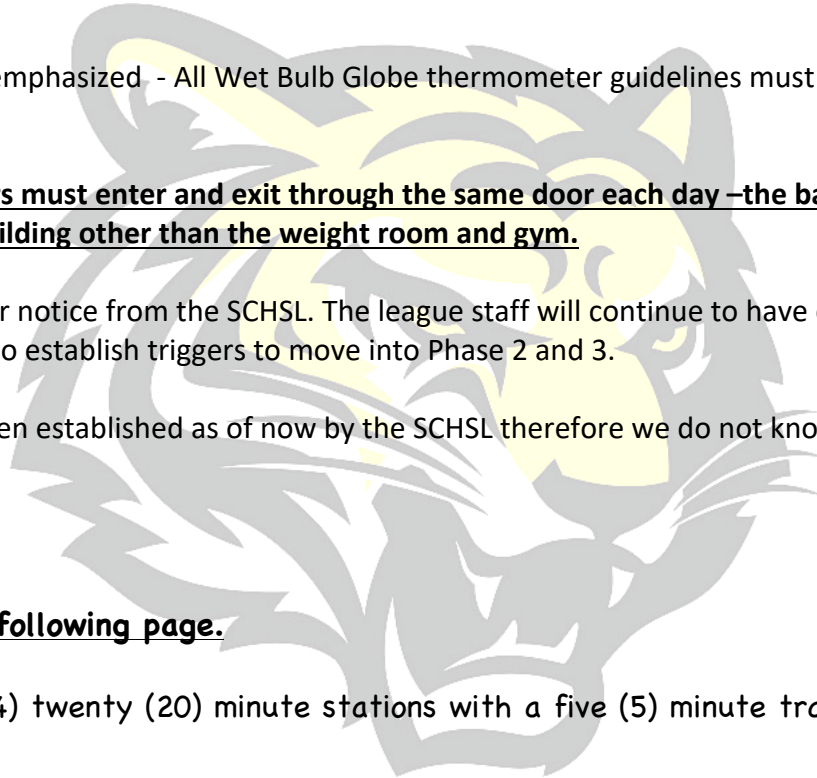
**18. All athletes, coaches and staff members must enter and exit through the same door each day –the backdoor of the gym. Athletes are not permitted in ANY part of the school building other than the weight room and gym.**

19. Phase 1 will remain in place until further notice from the SCHSL. The league staff will continue to have extensive communication with SCHSL Task Force, the Governor's office and DHEC to establish triggers to move into Phase 2 and 3.

20. Phase 2 and 3 components have not been established as of now by the SCHSL therefore we do not know the transitioning steps from Phase 1.

**A sample workout is located on the following page.**

Each athlete will participate in four (4) twenty (20) minute stations with a five (5) minute transition and water break in between.



Time	Group	Location	MONDAY
9:00 am	All	Gym	Flex / Stretch / Dynamic Warm-Up
9:15 am	Transition to First Activity / Water		
9:20 am	A	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
	B	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
	C	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
	D	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
9:40 am	Transition to Second Activity / Water		
9:45 am	A	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
	B	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
	C	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
	D	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
10:05 am	Transition to Third Activity / Water		
10:10 am	A	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
	B	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
	C	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
	D	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
10:30 am	Transition to Fourth Activity / Water		
10:35 am	A	Gym	V-Ups 3 x 12, Crunches 3 x 20, Flipper Kicks 3 x 30 sec, Bicycle Kicks 3 x 30 sec, Front & Side Planks x 1 min, Repeat
	B	Weights	Bench Press 3 x 6, Incline Bench 3 x 6, Rev. Grip Bench 4 x 30 sec, Str. Bar Curls 2 x 21, 2-way shoulder 3 x 30 sec
	C	Gym	Box Jumps x 5, Agility Bag Drills, Ladder Drills, Line Jumps or Jump Rope (if available), Repeat
	D	Field	Jog 2 laps around field, 10 x pole-to-pole (100 yards) accelerators with 5 cones in between poles (every 20 yards)
10:55 am	Work Out Ends → Players Dismissed to Immediately Leave for Home ( <i>All players must be gone by 11:00 am</i> )		

If you train hard,  
you'll not only be  
hard, you'll be hard  
to beat.

— Herschel Walker



IF IT DOESN'T **CHALLENGE** YOU  
IT DOESN'T **CHANGE** YOU

- FRED DEVITO

**TEN  
THINGS  
THAT REQUIRE  
ZERO  
TALENT**

BEING ON TIME  
WORK ETHIC  
EFFORT  
BODY LANGUAGE  
ENERGY  
ATTITUDE  
PASSION  
BEING COACHABLE  
DOING EXTRA  
BEING PREPARED

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NOBODY CAN JUDGE THAT  
BECAUSE EFFORT IS BETWEEN  
**YOU AND YOU**

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