



Superintendent: Jeffrey Messersmith Principal: Grant Torpin Activity Director: Tammy Wieseler

May 28, 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 Wynot on Monday, June 1. Coaches will be in contact with students and putting them in groups of 8 students. 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 on our website at wynotpublicschools.org on the front page. If you are unable to print, we will have a copy of the waiver at the weight room to be signed.

We will have multiple sessions each week for lifting and conditioning. The coaches have a detailed list with each group and this primarily for 9th-12th grade students. 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, water bottles and are required to wear a face mask which they must provide. Drinking fountain and locker room 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, and track. However, no camps, clinics, or leagues are allowed in any sport at this time. The following sports and activities are still prohibited: football and basketball. 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,

Jeffrey Messersmith

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