

# 2015 Tioga Summer Workout Program

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Our summer workout program will begin on June 29<sup>th</sup> and last for 5 weeks. This program is open to all Tioga student-athletes that are incoming 7<sup>th</sup> grade through 12<sup>th</sup> graders. The weekly sessions will start on Monday and go through Thursday. We will start each morning at 8 AM, and the session will last about two hours.

Week 1	June 29 <sup>th</sup> through July 1 <sup>st</sup> (Monday, Tuesday, Wednesday, Thursday)	8AM – 10 AM
Week 2	July 6 <sup>th</sup> through July 9 <sup>th</sup> (Monday, Tuesday, Wednesday, Thursday)	8AM – 10 AM
Week 3	July 13 <sup>th</sup> through July 16 <sup>th</sup> (Monday, Tuesday, Wednesday, Thursday)	8AM – 10 AM
Week 4	July 20 <sup>th</sup> through July 23 <sup>rd</sup> (Monday, Tuesday, Wednesday, Thursday)	8AM – 10 AM
Week 5	July 27 through July 30 <sup>th</sup> (Monday, Tuesday, Wednesday, Thursday)	8AM – 10 AM

Volleyball and Football workouts for High School for the 2015 seasons will begin on August 3<sup>rd</sup>. A schedule of these workouts will be sent out on the last week of this school year. Junior high practices will begin on the first day of school which is August 24<sup>th</sup>.

On the back of this page are the guidelines to the summer conditioning program set forth by the UIL. If you have any questions, please feel free to email me. Tioga will not charge students for this program.

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## Summer Strength and Conditioning Program Regulations Summer Strength and Conditioning FAQs

The UIL allows schools and school coaches to conduct strength and conditioning programs for students in grades 7-12 from their attendance zone for a total of six weeks under the following conditions:

1. **Limitations:** Sessions may be conducted from the first day of summer vacation until the second Monday in August. A session shall be no more than two consecutive hours per day, Monday through Thursday, and a student shall attend no more than one session of supervised instruction per day for a total of six weeks.
2. **Activities Allowed:** The sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. School shorts, shirts and shoes may be provided by the school (local school option).
3. **Attendance:** Attendance in a maximum of one session per day shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
4. **Fees:** Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

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### **Important points to remember for coaches, athletes and parents are as follows:**

- Strength and conditioning sessions may be held after the last official day of school until the second Monday in August.
- Sessions may be conducted by school coaches only on Monday through Thursday of each week.
- Sessions conducted by coaches shall be no more than two consecutive hours per day.
- A student shall not attend more than one two-hour session (conducted by a school coach) per day.
- Sessions conducted by school coaches shall only include students who are incoming seventh graders or above from their attendance zone.

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- Sessions shall include only strength and conditioning instruction and exercises.
- Sport specific skill instruction is prohibited.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited.
- School shirts, shorts and shoes may be provided by the school (local school option).
- Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- Attendance records shall be kept, however students shall not be required or allowed to make up missed days. Students may work out on their own, without direction of the school coach.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.
- Schools must take administrative care to prohibit an athlete from working with one school coach for two hours and a separate school coach for another two hours.