

# **CAPITAL FOOTBALL COMMUNIQUE**

## **SUMMER 2020 WORKOUTS PHASE 1 June 1<sup>st</sup>-14<sup>th</sup>**

- We will begin a phased in approach to preparing for the 2020 season on Monday, June 1<sup>st</sup>. Workouts will be Monday-Thursday
  - Juniors/Seniors 8:00-9:00AM & 8<sup>th</sup>-Sophomores 9:30-10:30AM
  - We will follow Southern Idaho Conference (SIC) guidelines
  - Workout groups must be under 50 people.
  - Workouts will be strictly outdoors in this phase w/social distancing
  - Mask isn't required (optional)
  - Between workouts we will sanitize all equipment
  - Athletes will be asked to continue practicing good hygiene
  - We will not be doing football related drills or practicing plays
  - Workouts will consist of strength, speed, agility and conditioning drills
  - Athletes must bring their own water bottles/liquids for hydration
  - As athletes arrive and leave we ask that they practice social distancing
  - We strongly encourage any athlete interested in playing to attend
- \*\* If Governor Little approves moving to Phase 3 of Re-Open Idaho, we will move to our phase 2 and share those details with you at that time\*\***

