



Workout Protocols & Information

August 24th – TBD

1. Workouts will be held Mondays-Thursdays @ Capital
2. We have access to four facilities at Capital (Varsity Field, JV Field, Baseball Field, & Weight room) so we will create 4 small groups of 10.
3. The players will remain in their same workout group each day.
4. Their group will rotate between the four facilities (stations) in 20-minute segments. Sophomores may have 3 stations depending on #s.
5. Juniors & Seniors - 3:45-5:30 & Sophomores - 5:30-6:45
6. Freshmen will start on Thursday the 27th at their respective schools. Coach Altorfer will send out the exact details early next week.
7. When the players arrive, they will complete a wellness “check-in” on their phones. It will be accessed by taking a photo of a QR Code that the coaches will have. The data will link to Pam Arriola, our athletic trainer.
8. Coaches will always wear masks.
9. Players are required to wear masks. There will be one station (outdoors) where we are doing strenuous conditioning with social distancing. At that station only they will be allowed to lower their mask while completing the exercises.
10. Weight room equipment will be sanitized between each group and we will have hand sanitizer at the doorway when they enter the room.
11. Players will bring their own water/sports drinks.
12. Players need to have cleats and tennis shoes.
13. As players arrive and leave, we ask that they maintain social distancing.

We must do this right – We can do this – We will do this

Pound the Rock