

## Covenant Christian School Summer Athletic Information

In order to best follow the Guidelines set forth by the ADPH and AHSAA, we will be having a revised summer workout schedule (June and July) at Covenant Christian School. These workouts will be voluntary and will be **Varsity Teams Only**. The workouts will begin June 1<sup>st</sup> and will be conducted by the varsity coach of each sport. Your coach will be in contact with you concerning workout information. We will offer **Boys** workouts on **Mondays** and **Wednesdays** and **Girls** workouts on **Tuesdays** and **Thursdays**. We encourage athletes to attend as many of the workouts as possible while following the recommendations concerning hygiene and social distancing as best as you can. **Individuals having or experiencing any COVID-19 symptoms should follow ALSDE/ADPH guidelines listed at [www.ahsaa.com](http://www.ahsaa.com)**. Any athlete that has a fever should not attend the workout session. When physical distancing cannot be maintained, a cloth face covering should be worn. Feel free to wear a face mask at all times if you wish. Multi-sport athletes will need to change clothes before attending a second workout unless the groups are the same (basketball players going to volleyball practice). Only coaches and athletes may attend, no non-essential people can be there. Your coaches will go over some specific guidelines at your first meeting.

**\*The gym and training facility will remain closed except for coach supervised activities - NO PICK-UP GAMES**

Tentative schedule for sports:

Varsity Boys Basketball- Mondays and Wednesdays @ 9:00

Varsity Boys Baseball- Mondays and Wednesdays @ 10:00 (Coach Glover)

Varsity Girls Basketball- Tuesdays and Thursdays @ 9:00

Varsity Girls Volleyball- Tuesdays and Thursdays @ 10:00

Varsity Softball- Tuesdays and Thursdays TBA (check with Coach Gann)

Varsity Cross Country- TBA (check with Coach Glover)

Varsity Tennis- TBA (check with Coach Norris)