Good afternoon, I hope this email finds you and your family doing well. Summer conditioning is quickly approaching, as you read through the schedules and times please keep in mind that they dates and times may change. I ask if you could please remain flexible as there may be changes during the summer. We are ensuring that we strictly follow the guidelines of the CDC, Governor, Mayor, and our Administration to make sure players and coaches are participating in a safe environment.

As of now we are anticipating starting on June 1st. I have linked the proposed calendar and this same calendar can be found on the BlastApp. We will have all players meet for workouts from 7:00 am to 8:30 am. We will have 5 different groups of players containing no more than 20 kids and use different locations to ensure small groups and 6 feet of distance, such as the baseball field, softball field, track, and football field. The boys will be required to use hand sanitizers as they come in and leave. We are also asking for players to bring their own water bottles already filled. Next week we will be sending out preassigned groups and where the boys should meet each day. At the end of conditioning we will be releasing groups at slightly different times to make sure players don’t assemble after conditioning.

The weight room as of now is not available for use until further notice. We are hoping by July that the boys will be able to get back in the weight room. As we are still trying to prepare the players for the upcoming season, strength still has to be a priority. We will be using an app called Teambuildr (link for players below to sign up). If you have access to weight equipment there will be workouts posted for them to follow. If you do not have weight equipment we are asking for players and families to purchase one resistance band. I have linked a few different options below and where to purchase. They are relatively inexpensive. If you currently have something similar no need to buy one. If you are unable to buy one please let me know and we can rent one of ours out to players but numbers are limited.

If you have questions please don’t hesitate to email me.

**Teambuildr App** (download to phone):<https://www.teambuildr.com/>

**When signing in use this code:**

Code: FBF0-BPUG - it is a zero

Password: L1BZRMSB

**Band Options:** There are many other places to purchase bands as well, I prefer the Walmart due to cost and it usually ships sooner.

[BSN Sports Bands - 22 inch](https://www.bsnsports.com/body-loop-bands)

[Westside Barbell Bands](https://www.westside-barbell.com/collections/westside-barbell-premium-bands/products/westside-barbell-premium-mini-band-pair)

[Walmart Band](https://www.walmart.com/ip/XPRT-Fitness-Pull-Up-Resistance-Band-Mobility-Stretch-Powerlifting-Red-15-35-lbs/842340298?selected=true)

**BlastApp: Please join to get updates**

Varsity/JV: <https://www.blastathletics.com/teams/32133/join>

Freshman: <https://www.blastathletics.com/teams/32189/join>

**Calendar:**

[**New Summer Calendar**](https://docs.google.com/spreadsheets/d/1gkTmZ5q8Aqwx9VsoPMcxWX3SCN7ogo-zSQkNGBWI5bI/edit?usp=sharing)