



CATHOLIC HIGH

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Dear Parents,

I would like to start off by thanking you for your commitment and support of our strength and conditioning program. The success of any athletic department is dependent upon the support and commitment not only from our athletes but also from our parents.

As an ex athlete and a coach of 16 years I know that wins do not come easy and they don't just happen. It takes hard work and preparation in the off season for this to be accomplished. Our entire coaching staff will work together throughout the summer to get ALL of our athletes ready for their respective seasons.

This summer program will be **mandatory** for all student-athletes at Catholic High. The start date for the summer program will be on June 1st, and the end date will be on July 16th with our mandatory all school Lift-A-Thon (The date could possibly change). All student athletes will participate in the Lift-A-Thon which will be a one rep max in the bench press. This will be an opportunity for all of our athletes to showcase their work from the summer. We will also use this as a fundraiser for summer stipends and future weight room equipment. Please do not schedule vacations on the week of the lift-a-thon and plan to participate in the lift-a-thon this year. All athletes will be required to wear long pants on the evening of the lift-a-thon.

With a start date of June 1st and a finish date of July 16th, this will give families 4 weeks of opportunity for vacations that will not cut into the summer program. School is not set to begin until the week of August 3rd. So there will be no summer program Memorial day week May 25 - May 29, the Fourth of July Break June 29 - July 5, and July 20 - August 2nd.

We will offer optional (make-up) workouts during Memorial day week on May 26, 27, and 28 from 9 - 10:30 am, July 20 from 1:30 - 3:00 pm and July 23 from 1:30 - 3:00 pm. Please plan to use these make-ups if you know you will be missing more than 5 days. Keep in mind if you are a Fall sport athlete to check with your coach before planning anything after the end of the summer program. The make-up days in July will not count for Football players and possibly Volleyball players since their seasons are beginning.

Below are a few guidelines that will be implemented for all teams for consistency.

Schedule (Lift on Monday, Tuesday, and Thursdays):

- All Male athletes except Football ⇒ 6:00 am - 7:45 am.
- 9th - 12th grade football players ⇒ 7:00 am - 9:30 am
- All Female athletes ⇒ 9:30-11:30 am

*If you are a multi-sport athlete, then your summer workout group will be with the first sport you play for the school year.

Attendance Rule:

- All athletes have up to 5 days they can miss without any repercussions.
 - If an athlete misses more than the allotted 5 days then they will be held accountable for making those days up with conditioning before being allowed to participate in any scrimmages or games.
 - The uniform penalty will be a panther mile that must be supervised by a coach. (Individual coaches may increase the penalty for their sports.)
- Athletes have up to 3 extra excused absences if they are participating in an athletic camp approved by their coach. That coach must also receive documentation that the athlete did attend the camp.
- If an athlete misses more than half (9 workouts) of the scheduled summer workouts they will not be allowed to be a part of 7th hour PE.

Expectations:

- Students should arrive on time for their respective workout groups.
- Students should wear Catholic High school colors for workouts. Their clothing does not have to be school items, but cannot represent any other schools or inappropriate logos.
- Students' clothing should be of an appropriate length and cover the entire body. If a coach feels the clothing is inappropriate then the student will need to make adjustments to their workout gear.

If you have any questions or concerns please feel free to contact me at matthew.desormeaux@chspanthers.com, or Coach Jordan david.jordan@chspanthers.com. All the coaches at Catholic High are looking forward to a great summer!