

# Sprague Basketball

## Summer 2020 COVID Workouts



Dear Sprague Basketball Community,

Hello, for those of you who do not know my name is Jordan Graneto and I am the Head Boys Basketball Coach at Sprague. During this unprecedented time I am excited to announce that it looks like we will be able to start doing basketball workouts starting July 21st at Sprague High School. While I am excited to get at least something rolling this summer, I am cautiously optimistic in our program's ability to safely coach and give meaningful/high level instruction to your child - while limiting the spread of the virus to you and your family. (Below I will outline our plan for our basketball program in order to keep everyone safe and the guidelines/restrictions that we will follow). Our coaching staff has undergone COVID training/disinfecting training in order to better understand how we can limit the spread of the virus for our athletes.

### **Guidelines/Restrictions (NOTE: All summer workouts are optional)**

- Workouts are for all incoming Sprague High School 9th, 10th, 11th, and 12th Graders
- **All athletes MUST sign the parent/athlete liability signature waiver in order to workout (Please bring it to the first workout).**
- All workouts will be skill development/weight room based (No scrimmages are allowed during Phase 2 Guidelines according to the Salem-Keizer School District)
- Athletes should arrive 15 minutes prior to their workout starting time (Note: there are two different starting times)
- All athletes will undergo a series of questions regarding their exposure to the virus/symptoms.
- \* NOTE: If an athlete has come in contact with someone who has had COVID-19 over the last 14 days or if they are displaying symptoms of the virus (Like having a fever - they will be sent home).
- All athletes will be organized into "PODS": these Pods will be the same throughout the summer in order to limit the spread of the virus throughout the whole program (PODS will be unveiled the first day of workouts).
- All equipment and areas athletes touch will be disinfected by coaching staff before workouts and after workouts. (Equipment will also be disinfected during the middle of workouts as well).
- All athletes should bring their own water bottle (No sharing of water bottles - and no using the school's drinking fountains).
- All coaches will be wearing masks throughout the whole workout.

### **Groups**

**\* Please see the Summer 2020 workout calendar in order to know the times your group should show up.**

GROUP 1 = All returning Varsity and JV players to the Sprague Basketball Program.

GROUP 2 = All returning Frosh team player and incoming 9th graders to the Sprague Basketball Program.

### **Attendance**

While these workouts are optional, it is vitally important that we continue to work on progress made from last season. Especially without our normal summer league these workouts will be an important part of all of us getting back in the gym, getting better, and especially for our incoming freshman a chance for our coaching staff to see you and help improve your game. **As always it is each student-athlete's responsibility to communicate with me if they are**

**not going to attend a workout.** This is crucial in our coaching staff's planning for the PODS and workouts that we do on an individual day.

If you have any concerns or questions feel free to contact me - I would be happy to clear anything up. If you feel like your athlete is unsafe working out under these conditions our basketball program will completely understand. We simply want people to feel safe and comfortable with the situation that we are in.

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