

Plan for Resuming Activities 2020

Please complete the Google Doc for your team's plan to resume activities. Make sure to read and reference the [KHSAA Guidelines](#) and [Governor's Guidelines](#) as you plan your activities.

Students should not be using locker rooms at this time.

Athletes are expected to bring their own water bottle. No sharing is permitted and water fountains will not be available. We will have extra bottles of water on hand.

Sport	Boys Soccer
Head Coach	Benson Pryor
Location meetings/conditioning/practice will be held.	HCHS Soccer Practice Fields
Location players will enter the facility and get temperature taken.	At the Tennis Courts on Garden Mile Rd.
Location players will exit the facility and possibly wait for a ride.	Around the HCHS Baseball Hitting Building to the Tennis Courts Parking Lot on Garden Mile Rd.

Use the chart below to plan daily activities from June 5 - July 12. Include how you will enforce social distancing and sanitation guidelines. All non-participants are required to wear masks at all times. Use a new row if there are changes in activities.

Date	Time	Summary of Activities
6/8 & 6/10	1) 10:00-11:00am 2) 5:00-6:00pm	<ul style="list-style-type: none">• Students are encouraged to stop by the soccer field to pick up summer schedules and KHSAA Physicals.
6/15-6/28	1) 8:00-9:00am 2) 9:15-10:15am 3) 10:30-11:30am 4) 5:00-6:00pm 5) 6:15-7:15pm	<ul style="list-style-type: none">• Monday, Wednesday & Thursday• At each time slot, 1 group of 10 players & 1 coach will be scheduled for 1 hours sessions with 15 minutes between groups.• Groups will be using the HCHS Soccer Practice Fields for Fitness Training.• No equipment will be used by the players. Coaches will use cones to mark-off running lanes for social distancing.• Appropriate cleaning materials will be used to clean cones at the end of each fitness sessions

		<ul style="list-style-type: none"> • Spots will be marked off near the tennis courts (Temp Check) and on the practice fields (Water Breaks) to indicate designated space to maintain social distancing.
6/29-7/12	1) 9:00-10:30am 2) 11:00am-12:30pm 3) 5:00-6:30pm	<ul style="list-style-type: none"> • Monday-Thursday • At each time slot, 2 groups of 10 each & 1 coach each will be scheduled for 1hr.30min sessions with 30 minutes between groups. • Groups will be using the HCHS Soccer Practice Fields for Technical & Fitness Training. • Each player will have their own ball to use for the entirety of the training session. Coaches will use cones to mark-off running & training lanes for social distancing. • Coaches will use the appropriate cleaning materials to clean equipment after each training session. • Spots will be marked off near the tennis courts (Temp Check) and on the practice fields (Water Breaks) to indicate designated space to maintain social distancing.

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Sport	Girls Soccer
Head Coach	Ben Dempsey
Location meetings/conditioning/practice will be held.	Practice fields on campus
Location players will enter the facility and get temperature taken.	Tennis court parking lot
Location players will exit the facility and possibly wait for a ride.	Soccer game field parking lot

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Date	Time	Summary of Activities
6/1-6/14	9:00-11:00	Coach is communicating during this time period through teamsnap. Everyone in our program is signed up for it, so at this point there is no reason to meet in person. Coach will be working on
6/15-6/29	8:00-10:30 5:00-7:30	Girls soccer will be hosting 4- 1 hour sessions with 15 minutes in between to take temperatures. There will be no equipment used, athletes will be just doing conditioning activities in their individual space. The students will be dropped off at the tennis courts and then picked up at the game field area so the next group can come in. Student athletes are being placed into groups of 10 so they know when to arrive.

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Sport	Dance Team - Varsity
Head Coach	Chelsie Staples
Location meetings/conditioning/practice will be held.	Fierce Dance Studio
Location players will enter the facility and get temperature taken.	Front Door - Lobby Area
Location players will exit the facility and possibly wait for a ride.	Side Door - Inside studio

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Date	Time	Summary of Activities
6/8	5:30 & 6:30	Info meeting in groups of 10 (30 minutes long)
6/15-7/12	8:30-11:30	One hour workouts with 20 minutes in between for cleaning. At this point I only plan on having 2 groups.

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Sport	XC
Head Coach	Mike Sprague
Location meetings/conditioning/practice will be held.	Explained below
Location players will enter the facility and get temperature taken.	Explained below
Location players will exit the facility and possibly wait for a ride.	Explained below

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Date	Time	Summary of Activities
6/15 TFN M-F	6:30a-8a	<p>Option 1 Location - Old Golf Course Enter from Atkisson Park for temperature check. Exit at Medical Building</p> <p>Option 2 Location - High School Enter the gate by the greenhouse for temperature check. Parents pick up at middle gate of stadium.</p> <p>Stagger runners for warm-up, send them out 1 at a time. Core workouts are posted on FaceBook page. They can do those at home, worst case scenario. There will be enough space to run without runners getting near each other regardless where we are. Parents will be notified that there are no public restrooms (if at the old golf course). At school the girls can enter from the stadium and exit the parking lot side. The boys will have to enter and exit 1 at a time in the boys locker room</p>

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Sport	Boys Golf
Head Coach	Bruce Farley/Kevin Payne
Location meetings/conditioning/practice will be held.	Henderson Country Club
Location players will enter the facility and get temperature taken.	Players will meet at practice putting green - we only expect to have one group, if we need to expand to separate groups, there are two doorways/sidewalks we can use
Location players will exit the facility and possibly wait for a ride.	Players will leave from practice putting green

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Date	Time	Summary of Activities
7/6	4:00-6:00	Golf practice day #1 - Players will meet with coaches 6 ft. apart to discuss expectations. Players will warm-up on range mats that are 6 ft. apart. Players will then be paired with a coach to play 3 holes on the course while maintaining proper social distancing guidelines.
7/13	4:00-6:00	Golf practice day #2 - Players will meet with coaches 6 ft. apart to discuss expectations. Players will warm-up on range mats that are 6 ft. apart. Players will then be paired with a coach to play 3 holes on the course while maintaining proper social distancing guidelines.

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Sport	Cheerleading
Head Coach	Erin Williams
Location meetings/conditioning/practice will be held.	Track/Outside Parking Lot Aux Tile 1- <i>(when guidelines are released to do so)</i>
Location players will enter the facility and get temperature taken.	Side walk by Aux Gym
Location players will exit the facility and possibly wait for a ride.	Side walk by Aux Gym

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Date	Time	Summary of Activities
6/11	6 PM	Students and parents are encouraged to join our virtual parent meeting on Google Hangout.
6/15-7/12	7 AM-12:45 PM 5-8 PM	Groups of 10 will be scheduled for 1 hour sessions with 10-15 minutes in between for sanitation and coaches to wash hands and each athlete to sanitize. Groups will be using the track or back parking lot for strength, technique, and conditioning training.

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Sport	Girls Golf
Head Coach	Jessica Grace
Location meetings/conditioning/practice will be held.	N/A
Location players will enter the facility and get temperature taken.	N/A
Location players will exit the facility and possibly wait for a ride.	N/A

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Date	Time	Summary of Activities
Ex. 6/8-9	9:00-11:00	Students are encouraged to stop by the soccer field to pick up summer schedules and physical information and reconnect with limited coaches and teammates.
Ex. 6/15-29	8:00-3:30	6 groups will be scheduled for 1 hours sessions with 15 minutes between groups. Groups will be using the weight room for strength training.
		Not planning on meeting before July 15. All communication will be electronically.

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Sport	Volleyball
Head Coach	Ashley Sallee Robinson
Location meetings/conditioning/practice will be held.	Weight room at the stadium, football stadium, Henderson Riverfront, Central Park, Redbanks Park, the field at East Heights Elementary, Sunset Park.
Location players will enter the facility and get temperature taken.	Stadium-Enter the gate in the middle of the stadium. Enter the Riverfront at the Third Street entrance. Redbanks Park-Pull in and drop off at the entrance. Central Park-Drop off at the end of Center Street. Sunset Park-Drop at the Henderson Depot East Heights Elem.-Drop off at the Hwy 351 entrance.
Location players will exit the facility and possibly wait for a ride.	Stadium-Exit the main gate at the North ticket booth. Exit the Riverfront at the Second Street Entrance. Redbanks Park-Pull around the side near the river to pick up. Central Park- Pick up on the Washington Street side. Sunset Park-Pick up on Water Street. East Heights Elem-Pick up at the SE corner of the gym parking lot.

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Date	Time	Summary of Activities
6/8	5:00-5:45 6:00-6:45 7:00-7:45	Returning players are encouraged to stop by the Blue Unit Entrance to pick up summer schedules and physical information and reconnect with limited coaches and teammates.
6/9	5:00-5:45 6:00-6:45	New players and those interested in playing are encouraged to stop by the Blue Unit Entrance to pick up summer schedules and physical information and reconnect with limited coaches and teammates. enc
6/15-6/29	5:30am-6:30am 6:45am-7:45am 8:00am-9:00am	Weight lifting and conditioning to be taking place in the stadium weight room, East Heights Elementary field, or one of the parks listed above.
		<ul style="list-style-type: none"> • If multiple groups can condition at the same time with different coaches in different locations following all social distancing guidelines, we would like to

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Sport	Football
Head Coach	Josh Boston
Location meetings/conditioning/practice will be held.	Football Stadium Parking Lot
Location players will enter the facility and get temperature taken.	Main Entrance Gate
Location players will exit the facility and possibly wait for a ride.	Baseball Entrance Gate

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Date	Time	Summary of Activities
6/7-6/9	1. 10-11 am 2. 5-6 pm	<ul style="list-style-type: none">● Parents/Students will stop by the football stadium during one of these time slots to pick up information and physical forms. We will have multiple tables set up to accommodate the high number of people and be able to social distance.
6/15-6/29	1. 8am-9:30am 2. 10:30am-12pm 3. 4pm-6:30pm	<ul style="list-style-type: none">● We will go 5 days per week these 2 weeks. Athletes will be assigned groups of 8-10 and then be placed in 1 of the 3 sessions.● Facilities will be organized in 5 completely separate areas of the facility to accommodate up to 50 kids in different areas. 1. Core Strength Group in Weightroom. 2. Speed Group in Parking Lot, 3. Auxiliary Dumbbell Strength Concrete Area, 4. Plyometric/Agility on Track, and 5. Positional Grass Drills on Field or Discus area.● Athletic Trainer has committed to being available to help assist normal responsibilities along with sanitizing in the Weightroom between groups.● No Football specific equipment or balls will be used for stations.● Cleaning/Sanitizing of all weight equipment will be conducted between all groups.