

Summer Sports reopen plan by program

Summer Girls Basketball Plan-

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

Sanitation:

- facemasks as needed
- keep same kids in same groups throughout the summer (especially in June)
- Scrimmages- Only in Stage 4 and 5. No more than 10 min for individual athletes or groups for each practice.
- How to use restrooms. Only use Men's and women's bathrooms in the Athletic wing. No locker rooms will be available at any time.
- Athletic Training facilities will be closed. Coach may enter to get ice and water. When getting water or ice coaches must first wash hands and sanitize scope before and after use.
- Sanitation Stations - for athletes. Before and after workouts. All facilities and equipment
- Entrance into gyms and weight room (make sure groups don't cross if possible) –
 - o For the gyms – Enter the main door in front of the main gym. Exit through the tunnel door by the Men's locker room.
 - o Players need to practice social distancing of 6 feet when entering the building through the foyer and will be required to get their temperature taken. Anyone with a temp over 100.4 will need to go home.
 - o Players must bring own water bottles and cannot share with others. Drinking fountains will be shut off.
 - o Parents will not be allowed into the gym or building to watch practice.

June 1 -June 12, 2020 (Stage 3)- Stage 3 only if Stage 2 is met and satisfied

Dates- June 1st, 2nd, 3rd, 4th, 8th, 9th, 10th

Time- 4:30-6:00 PM

Location- Mountain Home High School- Both gyms (depending on numbers)

*Appropriate number based on the number of baskets per gym. No more than 3 athletes per basket.

*Drills for individual development only, no scrimmaging.

*No full competition or drills that will not support social distancing.

ITINERARY Stage 3

10 mins. Warm up, Dynamic stretches- 6 Feet apart

10 mins Ball handling, dribbling drills- 6 Feet apart

5 mins Water break

10 mins. Shooting Form- warm up, stay at same basket, no more than 3 at a basket

45 mins. Shooting Drills- stay at same basket. Practice social distance. Change shooting every 10 minutes. 10 mins. Free Throws

End of session. Sanitize basketballs and equipment as well as hands. Exit gym.

June 13th-26th, 2020 (Stage 4) Stage 4 only if Stage 3 is met and satisfied

Dates - June 15th, 16th, 17th, 18th, 22nd, 23rd, 24th,

Time- 4:30-6:00 PM

Location- Mountain Home High School - Both gyms (depending on numbers)

*Appropriate number based on the number of baskets per gym. No more than 5 athletes per basket. Maintain the same group of kids per session.

*Drills for individual development.

*Limited competition between members of the same practice group for NO more than 10 min. at any time.

ITINERARY- STAGE 4

Warm ups, ball handling, shooting drills. ADD 1v1, 2vs2, 3v2 competitive drills. No more than 10 minutes each.

June 27th- July 30th - Stage 4 - All subject to change based on state and southwest district health guidelines

Dates- June 29th, 30th, July 1st, July 2nd

Time- 4:30-6:00 PM

Location- Mountain Home High School- Both gyms (depending on numbers)

*Competitive scrimmages 4v4, 5v5 with our own players.

Cross Country Plan-

Dear Parents, Athletes and Coaches

We are anticipating a summer workout program for those who are planning to participate in Cross Country this fall. Please know that at this point in time, there is no guarantee there will be a Cross Country 2020 Season. Regardless, we want to be conditioned and ready for a season. I'd like to start workouts on:

*June 1st at 8:00 am, and continue Mondays through Thursdays at 8:00 am throughout the summer.

The school district has given us specific guidelines we must follow in order to conduct workouts:

1. Everyone will enter the track gate next to the track storage shed. Coach Giles will take all participants' temperatures. If an individual's temperature is over 100, he/she will be sent home.
2. When we are at the track stretching, doing yoga, or meeting as a group, everyone will wear a face mask including coaches, athletes and guests. Everyone will furnish their own mask. (No masks will be worn during running or circuit work).
3. We will follow all social distancing policies - even on runs. During distance runs, I'd like you to maintain at least 10 feet apart. We will not be using the mini-buses through the summer. All runs will be town routes.
4. When we do the strength and core work at the track, there will be no more than one person at a station at one time. All other athletes will be doing stair laps.
5. We will disinfect the hurdles and weight buckets after each person (disinfectant will be provided).
6. Jump ropes will be checked out to each individual for the summer/season.

*Be aware, we might have to delay the start of the summer workout due things outside of our

control. In order to be able to run in the summer program, we have to have the mandated thermometers. They have been ordered, but have not yet arrived. Whether they make it by June 1st or not, come in workout gear and facemasks. We need to check email address and phone numbers so I can give everyone information as needed. If you know any other kids who would like to participate bring them along. We'll run if we can, if not I'll give you further updates.

Also, as always summer workouts are not required, just as it has been in the past. Summers are for family and with the world the way it is, that holds true.

With the returning runners and the new ones coming out we should have one of the best teams Mountain Home has had in many years. We are scheduled to host the District and State is at Eagle Island.

Doug Root

Cheerleading Plan –

Cheer summer practice plan:

Practice Schedule– June 16, 18, 23, 25, 30 @ Tiger Field 10AM – Noon. July 2,7,9 @Jr, High Commons 10- noon July 13, 14, 16, 21, 23, 27, 28, 30 @ Bennett Mtn. HS 10 – noon.

- Take temperatures at the start of every practice-prior to students entering the building coaches will take their temperature to ensure they are in good health. Students will line up outside remaining 6 feet apart. Once cleared, they may enter the building to start warming up.
- Stationary individuals will wear masks-any students sitting out for any reason will be required to wear a face mask.
- Students and coaches will remain 6 feet apart
- All athletes will bring and use their own personal water bottles-WATER FOUNTAINS ARE CLOSED
- Stunt groups will only stunt for 10 minutes at a time
- Conditioning will be done in 10 minute rotations
- Everyone will enter through main gym/common doors
- Everyone will exit through the back common doors
- Everyone will use hand sanitizer at the beginning of practice, periodically throughout practice, and at the end of practice

- All doors used for entry and exit will be sanitized, as well as any other surfaces touched by individuals.

Boys basketball Plan-

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

Sanitation:

- facemasks as needed
- keep same kids in same groups throughout the summer (especially in June)
- Scrimmages- Only in Stage 4 and 5. No more than 10 min for individual athletes or groups for each practice.
- How to use restrooms. Only use Men’s and women’s bathrooms in the Athletic wing. No locker rooms will be available at any time.
- Athletic Training facilities will be closed. Coach may enter to get ice and water. When getting water or ice coaches must first wash hands and sanitize scope before and after use.
- Sanitation Stations - for athletes. Before and after workouts. All facilities and equipment
- Entrance into gyms and weight room (make sure groups don’t cross if possible) –
 - o For the gyms – Enter the main door in front of the main gym. Exit through the tunnel door by the Men’s locker room.
 - o Players need to practice social distancing of 6 feet when entering the building through the foyer and will be required to get their temperature taken. Anyone with a temp over 100.4 will need to go home.
 - o Players must bring their own water bottles and cannot share with others. Drinking fountains will be shut off.
 - o Parents will not be allowed into the gym or building to watch practice.

June 1 -June 12, 2020 (Stage 3)- Stage 3 only if Stage 2 is met and satisfied

Dates- June 3rd, 9th, 11th

Time- 6:20-7:50 pm

Location- Mountain Home High School- Both gyms (depending on numbers)

*Appropriate number based on the number of baskets per gym. No more than 3 athletes per basket.

*Drills for individual development only, no scrimmaging.

*No full competition or drills that will not support social distancing.

ITINERARY Stage 3

10 mins. Warm up, Dynamic stretches- 6 Feet apart

10 mins Ball handling, dribbling drills- 6 Feet apart

5 mins Water break

10 mins. Shooting Form- warm up, stay at same basket, no more than 3 at a basket

45 mins. Shooting Drills- stay at same basket. Practice social distance. Change shooting

every 10 minutes.

10 mins. Free Throws

End of session. Sanitize basketballs and equipment as well as hands. Exit gym.

June 13th -26th , 2020 (Stage 4) Stage 4 only if Stage 3 is met and satisfied

Dates - June 18th, 23rd, 25th,

Time- 6:20-7:50 PM

Location- Mountain Home High School - Both gyms (depending on numbers)

*Appropriate number based on the number of baskets per gym. No more than 5 athletes per basket. Maintain the same group of kids per session.

*Drills for individual development.

*Limited competition between members of the same practice group for NO more than 10 min. at any time.

ITINERARY- STAGE 4

Warm ups, ball handling, shooting drills. ADD 1v1, 2vs2, 3v2 competitive drills. No more than 10

minutes each.

June 27th - July 30th - Stage 4 - All subject to change based on state and southwest district health guidelines

Dates- July tbd

Time- 6:20-7:50 PM

Location- Mountain Home High School- Both gyms (depending on numbers)

*Competitive scrimmages 4v4, 5v5 with our own players.

Football Plan-

Form further info please visit face book page – Mountain Home Tiger Football Updates

Staging/Temp station - single file line against the school 6ft apart (coach clark) line up, 6 feet apart, mask on. Send home anyone over 100.04. Park in senior parking lot stay single file line 6ft apart at the weight room check in table

- Players need to provide their own water
- Players need to provide their own masks and use them when not working
- Players will be 6ft apart unless spotting
- Players will stay in groups assigned the entire summer
- Coaches will stay with their area groups
- No more than 50 players/coaches will be allowed (if we need to break into different session we will look at that when needed)

Football camp:

Gear checkout - park in senior parking lot, stay outside weight room social distancing

June 22 seniors 830pm

June 23 juniors 830pm

June 24 sophomores 830pm

- Freshman are welcome but not required to attend camp because of our current situation with the virus and freshman will not be traveling
- Camp fee needs to be paid before gear will be handed out

Camp will be at practices fields at high school

June 30 -July 6th at 7pm(June 29th only is shirt, shorts, cleats)(full gear 30th-9th)(bring, your own water)

Open Weight Room plan-

Summer weight program: Starting June 1 at 7pm-9pm Monday, Wednesday, & Thursday

Staging/Temp station - single file line against the school 6ft apart (coach Clark) line up, 6 feet apart, mask on. Send home anyone over 100.04. Park in senior parking lot stay single file line 6ft apart at the weight room check in table

- Players need to provide their own water

- Players need to provide their own masks and use them when not working
- Players will be 6ft apart unless spotting
- Players will stay in groups assigned the entire summer
- Coaches will stay with their area groups
- No more than 50 players/coaches will be allowed (if we need to break into different session we will look at that when needed)

IN THE WEIGHT ROOM: 2 coaches inside weight room cleaning bench and squat rakes after each use and using the 4 corner racks for maximum distance

Station 1 - Bench (4 stations) 2 players per station Monday
 Station 1.5 - Tricep pull down (sanitize each time)

Station 2 - Squat (4 stations) 2 players per station Tuesday
 Station 2.5 - Lat pull down (sanitize each time)

Station 3 - Dead lift (2 stations) 2 players per station Wednesday
 Station 3.5 - Dumbbell curl (sanitize each time)

Station 4 - Clean (4 stations) 2 players per station Thursday
 Station 4.5 - Leg curl (sanitize each time)

PRACTICE FIELDS :

Station 5 - Tire flip 30 yds (2 players) (4 different tires so tires can be sanitised between groups)

Station 6 - Tire Hammers (sanitised hammers each person)

Station 7 - Speed ladders (no sanitation needed)

Station 8 - Agility square (no sanitation needed)

Station 9 - Dead man drag (4 bags) sanitize 2 bags each rotation

Station 10 - Skill drills (no sanitation needed)

Station 11 - Farmers walks (sanitize dumbbells each time) Monday

Station 12 - Incline dumbbell bench (sanitize each time) Tuesday
 Football skill development:

After lifting for 15min we will do group development in play concept and skill development in individual positions but all players will still be 6ft apart and using masks when not being active. No more than 50 people including coaches will be attending the sessions and at this point we will only have 1 session each night after lifting at 8:45pm. No balls, bags or contact will be used during these sessions until we get the clear to start contact.

Wrestling Plan -

1. **Weight lifting-** Starting TBD
 - a. Wrestlers will rotate between stations inside the weight room and outside the weight room.
 - b. There will be no more than 16 athletes in the weight room, the rest will be at stations outside.
 - c. There will be a staging/temperature station- Park in the senior parking lot. Make a single file line 6 ft. apart against the school with masks on. Temperature will be checked at the weight room check-in table and anyone with a temperature over 100.04 will be sent home. Each kid must have a mask or they will be sent
 - d. Wrestlers must stay home if sick, wear facemasks to workout, and remain six feet apart unless spotting someone during a lift.
 - e. All equipment will be sanitized before and after each workout.
 - f. Enter the weight room through the main door and exit through the roll up door.
 - g. There will be port-o-potties provided outside the weight room for athletes who need to use the restroom during workouts.
 - h. If any athlete comes down with the virus, all activities will be shut down for 2 weeks.

Boys Soccer plan-

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

Sanitation:

- facemasks as needed – please bring your own mask we currently do not have them. If you do not have a mask you will be sent home.
- keep same kids in same groups throughout the summer (especially in June)
- Scrimmages- Only in Stage 4 and 5. No more than 10 min for individual athletes or groups for each practice.
- How to use restrooms. Only use Men's and women's bathrooms in the Athletic wing. No locker rooms will be available at any time.
- Athletic Training facilities will be closed. Coach may enter to get ice and water. When getting

water or ice coaches must first wash hands and sanitize scope before and after use.

- Sanitation Stations - for athletes. Before and after workouts. All facilities and equipment
- Entrance into the soccer field will be single file through the gate maintaining 6 foot distance after parking in the dirt lot next to boys practice field.
- o Players need to practice social distancing of 6 feet when entering the building through the gate and will be required to get their temperature taken. Anyone with a temp over 100.4 will need to go home.
- o Players must bring own water bottles and cannot share with others. Drinking fountains will be shut off.
- o Parents will not be allowed into the gym or building to watch practice.

June 1 -June 12, 2020 (Stage 3)- Stage 3 only if Stage 2 is met and satisfied

Dates- June 8th, 10th

Time- 7-9:00 PM

Location- East Side Park Boys Soccer practice field

*Drills for individual development only, no scrimmaging.

*No full competition or drills that will not support social distancing.

ITINERARY Stage 3

10 mins. Warm up, Dynamic stretches- 6 Feet apart

10 mins Ball handling, dribbling drills- 6 Feet apart

5 mins Water break

10 mins. Shooting Form- warm up, stay at same basket, no more than 3 at a basket

45 mins. Shooting Drills- stay at same net. Practice social distance. Change shooting every 10 minutes.10 mins.

End of session. Sanitize basketballs and equipment as well as hands. Exit field.

June 13th-26th, 2020 (Stage 4) Stage 4 only if Stage 3 is met and satisfied

Dates - June 15th, 17th, 22nd, 24th,

Time- 7-9:00 PM

Location- East Side Park boys soccer practice field

*Appropriate number based on the number of baskets per gym. No more than 5 athletes per net. Maintain the same group of kids per session.

*Drills for individual development.

*Limited competition between members of the same practice group for NO more than 10 min. at any time.

ITINERARY- STAGE 4

Warm ups, ball handling, shooting drills. ADD 1v1, 2vs2, 3v2 competitive drills. No more than 10 minutes each.

June 27th- July 30th - Stage 4 - All subject to change based on state and southwest district health guidelines

Dates- June 29th, July 1st

Time- 7-9 PM

Location- East Side Park Boys Practice Field

*Competitive scrimmages 4v4, 5v5 with our own players.

Volleyball Plan-

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

Sanitation:

- Entrance into gyms and weight room (make sure groups don't cross if possible) –
 - o For the gyms – Enter the main door in front of the main gym. Exit through the tunnel door by the Men's locker room.
 - o Players need to practice social distancing of 6 feet when entering the building through the foyer and will be required to get their temperature taken. Anyone with a temp over 100.4 will need to go home.
 - o Parents will not be allowed into the gym or building to watch practice.

- facemasks as needed - need to bring your own mask. You will be sent home if you do not have a mask.
- keep same kids in same groups throughout the summer
- Scrimmages- Only in Stage 4. No more than 10 min for individual athletes or groups for each practice.
- How to use restrooms. Only use Men's and women's bathrooms in the Athletic wing. No locker rooms will be available at any time.
- Athletic Training facilities will be closed. Coach may enter to get ice and water. When getting water or ice coaches must first wash hands and sanitize scope before and after use.
- Sanitation Stations - for athletes. Before and after workouts. All facilities and equipment

July 6th - July 30, 2020 (Stage 4)

Dates- July 6th ,8th ,10th ,13th ,14th ,16th ,22nd ,24th ,27th ,28th ,30th

Time: 6:00-8:00 PM

Location - Mountain Home High School Gym

*Facemasks are required when arriving and leaving gymnasium.

*Spandex may only be worn in the gym at practice. Players need to wear loose cover shorts or sweatpants while not practicing/not in the gym. (If spandex are too short coaches may require you to change before you can continue to practice or will be sent home).

LOCKER ROOMS WILL NOT AVAILABLE

*Appropriate number based on the number allowed inside. No more than 12 athletes per net.

*Scrimmages are allowed.

* No parents allowed inside gymnasium

Required Equipment – FACE MASK (will not be provided), volleyball shoes, knee pads (highly recommended), water bottle

ITINERARY Stage 4

Athletes enter using the main door in front of the main gym and will have temperature taken. Exit through the tunnel door by the Men's locker room.

Anyone with a temp of 100.04 or higher will be sent home.

10 mins Warm up, Dynamic stretches - 6 Feet apart.

5 mins Water break

40 minutes of drills with breaks in between

1 hour of scrimmage

10 minute cool down/stretch

5 minute debrief End of session.

Exit through the tunnel door by the Men's locker room.

Girls Soccer plan-

All Stages – individuals should continue to: Engage in physical distancing of at least six feet, wear face coverings in public places, stay home if sick, practice good hand hygiene, cover coughs and sneezes, disinfect surfaces and objects regularly.

Sanitation:

- **Entrance into the soccer field will be single file through the gate maintaining 6 foot distance after parking in the church parking lot off of American Legion. Field is far north middle east side park. If you have questions, please call or text: Dayana at 208-369-0481**
- **Players need to practice social distancing of 6 feet when entering the building through the gate and will be required to get their temperature taken. Anyone with a temp over 100.4 will need to go home.**
- **Players must bring own water bottles and cannot share with others. Drinking fountains will be shut off.**
- **Parents will not be allowed into the gym or building to watch practice.**
- facemasks as needed – please bring your own mask we currently do not have them. If you do not have a mask you will be sent home.
- keep same kids in same groups throughout the summer (especially in June)
- Scrimmages- Only in Stage 4 and 5. No more than 10 min for individual athletes or groups for each practice.
- How to use restrooms. Only use women's bathrooms in the Athletic wing. No locker rooms will be available at any time.

- Athletic Training facilities will be closed. Coach may enter to get ice and water. When getting water or ice coaches must first wash hands and sanitize scope before and after use.
- Sanitation Stations - for athletes. Before and after workouts. All facilities and equipment

June 1 -June 12, 2020 (Stage 3)- Stage 3 only if Stage 2 is met and satisfied

Dates- June 10

Time- 5:30-6:45pm

Location- East Side Girls Boys Soccer practice field

*Drills for individual development only, no scrimmaging.

*No full competition or drills that will not support social distancing.

ITINERARY Stage 3

10 mins. Warm up, Dynamic stretches- 6 Feet apart

10 mins toe touching, dribbling drills- 6 Feet apart

5 mins Water break

10 mins. Shooting Form- warm up, stay at same net, no more than 3 per soccer net

45 mins. Pull-back drill. Shooting Drills- stay at same net. Practice social distance. Change shooting

every 10 minutes. 10 mins.

End of session. Sanitize soccer balls and equipment as well as hands. Exit field.

June 13th-26th, 2020 (Stage 4) Stage 4 only if Stage 3 is met and satisfied

Dates - June 17th, 24th

Time- 5:30-6:45pm

Location- East Side Girls Boys Soccer practice field

* No more than 5 athletes per net. Maintain the same group of kids per session.

*Drills for individual development.

*Limited competition between members of the same practice group for NO more than

10 min. at any time.

ITINERARY- STAGE 4

Warm ups, ball handling, shooting drills. ADD 1v1, 2vs2, 3v2 competitive drills. Inside/Outside footwork drills. Touch, touch, and roll drills. Step-over rolls. No more than 10 minutes each.

June 27th- July 30th - Stage 4 - All subject to change based on state and southwest district health guidelines

Dates- June 30. July 2, 7, 9, 14, 16, 21, 23

Time- 7:30am – 8:30am

Location- East Side Girls Boys Soccer practice field

*Competitive scrimmages 4v4, 5v5 with our own players

MHHS Band Reopening Plan:

Dear parents, students, and coaches,

We are still anticipating our annual local summer band camp for those who are enrolled and planning to participate in the marching band this fall. Please note that this year's season will not consist of competitions, and there is no guarantee that we will have a performance at this point in time. However, we still want to be diligent in our marching skills and musicianship in preparation for a season. Given current circumstances band camp is not required this year, but still highly encouraged.

Here is the following plan and guidelines for our camp: □ Band Camp is scheduled from July 27th-31st at Tiger Field at the Junior High. □ Students will be split into 2 groups (Group A and Group B) o Group A will consist of Percussion and Color Guard ONLY □ Rehearsals will be Monday-Friday from 9:00 am-12:00 pm o Group B will consist of Wind Players ONLY □ Rehearsals will be Monday-Friday from 3:00 pm-6:00 pm o Please be on time and show up to the rehearsal time assigned to YOUR INSTRUMENT o THERE WILL BE NO MIXING OF GROUPS (Percussion students at wind rehearsals and vice versa) o NO ALUMNI MEMBERS WILL BE PRESENT AT CAMP UNLESS THEY ARE STAFF □ Students that violate any of these rules will be sent home and may not be allowed to participate □ Guidelines: o All stages: Individuals should continue to: Engage in physical social distancing of at least 6 ft, wear face coverings in public places, stay home if sick, practice good hygiene, cover coughs and sneezes, disinfect objects and surfaces regularly. o Restrooms: Students will use the locker room bathrooms in the Gymnasium. ONLY 2 STUDENTS PERMITTED AT A TIME. □ Students will enter and exit through the door on the side of the building. o Students will have to maintain a social distance of 6 ft when entering or exiting the field at any time, during water breaks, and when practicing marching technique. o Sanitation: □ Face masks or shields will be worn as needed