



INDERKUM

HIGH SCHOOL

GIRLS BASKETBALL CONDITIONING

Daily schedule:

Mon & Tues 5:00-6:15pm

We will meet with athletes 2 days a week utilizing the blacktop and track and/or the gym and weight room. Athletes will be placed in Pods of 10 (when inside).

All Sac County protocols will be followed.

Wednesday 6:00-6:30pm Zoom- to discuss team concepts & build team rapport

Pre-Screening: Prior to beginning workouts, each athlete must be cleared by the AD - having completed the Covid-19 presentation and have an up to date physical on file.

- Athletes will have their temperature taken and recorded prior to each conditioning
- Athletes will continue to follow county safety guidelines with social distancing during conditioning
- Athletes will answer pre-screening questions daily prior to conditioning
- Athletes with temperatures over 100.1 will be sent home and unable to participate for 14-days of documented temperature.
- Athletes must wash hands prior to workout (following pre-screening) and after workouts (prior to leaving).

Phase 1:

- Athletes will maintain social distancing during conditioning
- Coaches will always wear masks during conditioning. Athletes will wear masks when inside / it is recommended when outside.
- Athletes will be grouped only in the allowed number of athletes, which will be referred to as a pod. Each pod will have the same participants each week.
- Athletes will bring their own water bottle.
- Each athlete will be assigned their own basketball. Basketballs will be wiped down after every use. No sharing of equipment is allowed.
- The conditioning will consist of running, core development, and individual skill development.
- At this time only coaches and athletes may attend workouts.