



ATHLETIC SUMMER CONDITIONING PLAN 2020-2021

Please see below for summer conditioning plans for certain sports offered. If your student is interested in any of the following sports feel free to reach out to the coach for more information, their contact information is also listed. All Summer workouts are voluntary and participating in them does not guarantee a spot on the team. All proper athletic participation paperwork must be uploaded to Home Campus prior to your student participating in any activities. Please visit our school website for directions for uploading your student's paperwork. All students need to bring their own masks, water bottles, and towels. Please see the attached map for campus locations for summer conditioning.

Football

- June 15th we will start at 8am-10am
- We will have 3 groups.
 - Offense for 20 minutes
 - Defense for 20 minutes
 - Incoming freshman and anybody new wanting to join our family.
- Will split the field in half and make sure no more than 9 will be in a group plus the coach.
- July 1st or 6th we will split between weight room and conditioning, time will remain 8am-10am. Monday-Thursday will be our work days. Wednesday being a make-up day for athletes that missed for any reason.
- Feel free to contact Coach Hill with any questions Hillce@pcsb.org or (404)-956-6887

Boys Basketball

- Summer Conditioning will be from June 29th – July 23rd.
- Monday–Thursday 4–7 pm in the gym
- Players are to bring their own equipment due to CDC guidelines
- There will be 3 groups
 - Group A with Coach Lopez in gym working on skills
 - Group B with Coach Kip in weight room
 - Group C with Coach Solo doing sprints behind gym
 - Each station will be 30-40 min and will rotate
 - Groups will be determined on the first day

Volleyball

- Will start Monday July 6th
- Mondays and Wednesdays from 9 - 11:30 in gym
- We will intermittently use weight room after 10 o'clock

Girls Basketball

- Once gym is open we will be conditioning 2 days a week. Please email Coach Walden at waldens@pcsb.org for more information.

Flag Football

- Starting Monday June 15th
- Monday – Thursday from 1 – 3 pm
- On the Practice Field

Cheer

- July 1st @ 10:00am - Virtual team meeting to make sure all students are getting their paperwork uploaded and signed off as eligible will be by ZOOM
 - Link will be emailed out by Coach Summer
- Starting July 6th – 31st we will be conditioning every Monday
- We will have all student's temperature checked as they arrive for conditioning
- 8:30 am – 9:30 am
 - Will meet on the turf behind gym
- If interested please email Coach Summer to sign up at srmcheer@yahoo.com to determine which grouping you will be in

Wrestling

- Now to July 9 - Remote Paperwork/Clearance guidance and assistance (via e-mail or 8th Period MS Team)
- July 10, 12:00-2:00 pm - Athletic Clearance Workshop – In Wrestling Room.
- July 13 - 16 12:00-2:00 pm - Conditioning: 2 groups, 106 to 138, and 145 to 285 rotate at 1:00 if necessary. Facilities: Track, Weight Room, Wrestling Room.
- July 20 - 24, 12:00-2:00 - Conditioning & Skills Camp: 2 groups, 106 to 138, and 145 to 285 rotate at 1:00 if necessary. Facilities: Track, Weight Room, Wrestling Room.
- July 27 - 30, 12:00-2:00 - Conditioning & Skills Camp: 2 groups, 106 to 138, and 145 to 285 rotate at 1:00 if necessary. Facilities: Track, Weight Room, Wrestling Room.
- We will meet or exceed FHSAA and PCS COVID avoidance rules and guidance. We will screen all participants by daily temperature check and symptoms questionnaire to indicate symptomatic SARS-CoV-2 virus carriers.

Swimming

- First tentative practice will be Monday August 3rd.

COACH CONTACT INFORMATION

FALL

Football

Coach Hill

Email: hillce@pcsb.org

Swimming

Coach Michalak

Email: michalakc@pcsb.org

Golf Boys & Girls

TBA

Email: TBA

WINTER

Boys Basketball

Coach Lopez

Email: lopezou@pcsb.org

Girls Basketball

Coach Walden

Email: waldens@pcsb.org

Boys Soccer

Coach Theil

Email: theilr@pcsb.org

SPRING

Flag Football

Coach Ranze

Email: ranzej@pcsb.org

Tennis

Coach O'Mara

Email: omarath@pcsb.org

Track

Coach Michalak

Email: michalakc@pcsb.org

Coach Sneed

Email: sneedp@pcsb.org

Volleyball

Coach Gordon

Email: gordonja@pcsb.org

Cheer

Coach McParland

Email: srmcheer@yahoo.com

Cross Country

Coach Sneed

Email: sneedp@pcsb.org

Girls Soccer

Coach Howard

Email: howardj@pcsb.org

JV Girls Soccer

Coach Young

Email: youngas@pcsb.org

Wrestling

Coach Zsido

Email: zsidoj@pcsb.org

Baseball

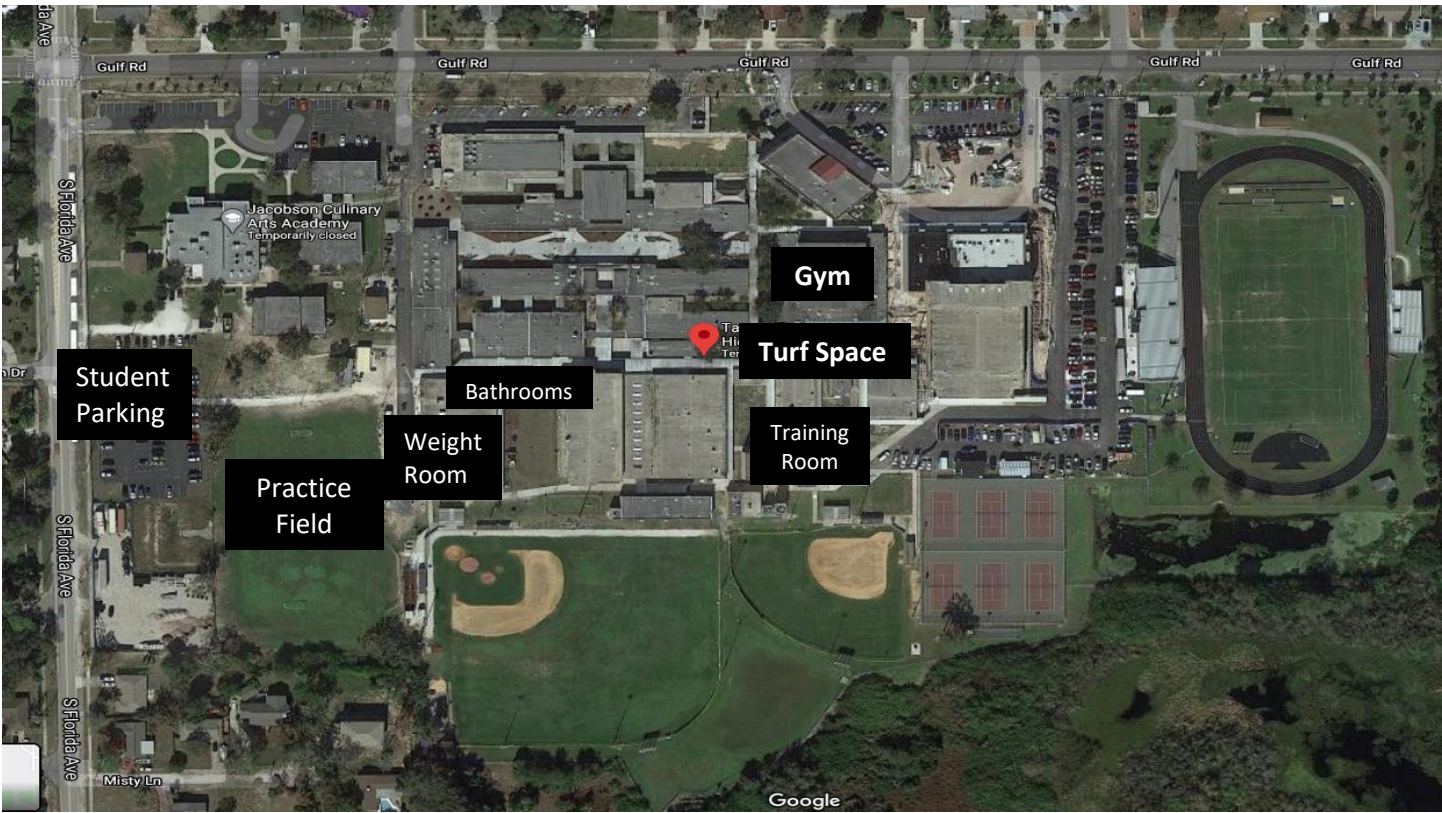
Coach Fletcher

Email: cwfletch16@gmail.com

Softball

Coach Gatley

Email: gatleyh@pcsb.org



Student Parking

Practice Field

Weight Room

Bathrooms

Gym

Turf Space

Training Room

Gulf Rd

Gulf Rd

Gulf Rd

Gulf Rd

Gulf Rd

S Florida Ave

S Florida Ave

S Florida Ave

Misty Ln

Google

Jacobson Culinary Arts Academy Temporarily closed

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