



# EAGLE MOUNTAIN SAGINAW ISD

*Fostering a Culture of Excellence*

July 15, 2020

Dear Parent and Athlete:

We have missed you! Your coaches and trainers are eager to see their athletes and begin the work for the upcoming season. I want you to know that we are constantly working on our best practices to receive athletes onto our campus and to comply with the restrictions that the UIL has put in place.

Middle School Athletes will have the opportunity to work out and get acquainted with their coaches beginning July 27, 2020.

- New EMS ISD students & 7<sup>th</sup> grade students must have a new physical (dated after May 1, 2020) and have completed the district athletic online registration prior to coming to campus.
- Returning 8<sup>th</sup> grade EMS ISD students who have a physical on file may continue to use that physical for the 2020-2021 school year. They must have completed the district athletic online registration prior to coming to campus.

Each middle school campus will have their own plans for their dates and times for summer strength and conditioning opportunities. Please check with your campus for dates and times for workouts.

Summer workouts and sport-specific training is voluntary. We want to partner with you to make sure that your athlete is healthy and safe each day they leave your home. We are all in this together. If your athlete is experiencing signs of illness and any symptoms of COVID-19, please keep him/her home and consult your doctor. If your athlete has an underlying medical condition in which strenuous work could compromise his/her health, please consult your doctor and our athletic trainers.

Each athlete must provide and wear their own face covering each day. Students and staff are required to wear face coverings when entering, exiting facilities and practice areas, and when not actively exercising. Athletes also need to bring their own water bottle each day. We recommend a bottle or jug that has a wide mouth. By rule, we cannot provide water bottles. NO water = NO Workout. Every athlete will be screened each day with a temperature check and a screening question. At the conclusion of the workout, we need your athlete to go home, be picked up, or leave the facility – no staying after or loitering is allowed. We have many restrictions regarding our coach-to-athlete ratios. I have included the UIL link for your review and if you have any questions, please don't hesitate to contact my office or your campus coordinator.

<https://www.uilTEXAS.org/athletics/covid-19-strength-conditioning-2020>

Sincerely,

Brent Barker  
EMS ISD Athletic Director