



EAGLE MOUNTAIN SAGINAW ISD

Fostering a Culture of Excellence

June 2, 2020

Dear Parent and Student Athlete,

We have missed you! Your coaches and trainers are eager to see their athletes and begin training for the upcoming season. The UIL has now allowed strength and conditioning programs to resume in compliance with our governor's orders. I want you to know that we are constantly working on our best practices to safely welcome athletes back onto our campuses and to comply with the restrictions that the UIL and the CDC has put in place. We are happy to comply with all agencies and will continually review our processes and procedures to ensure the health and safety of all our students and staff.

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. If your athlete is experiencing signs of illness or 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 before participating.

Each athlete must bring his/her 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.

Each 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. We have many restrictions regarding our allowable coach-to-athlete ratios and cannot have students waiting around as they may cause us to go over the restricted ratios.

At this time, we are waiting to welcome back incoming 7th and 8th grade students to on-campus workouts. It will be necessary for all incoming 7th graders, and anyone new to our district or new to athletics, to have a physical on file along with a medical history. Further updates will be forthcoming for middle school athletes.

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