

LCA ATHLETICS SUMMER 2020



Dear Legacy Community,

As we conclude the school year and prepare for summer activities, I am excited to share that we have taken the time to evaluate and develop a plan to get students back on campus and engaged in activities this summer. I ask that you take time to read this email in its full entirety to help you and your student safely re-enter our community this summer. Please understand that this plan is based off limiting groups to 10 or less, we will continue to communicate with you as guidelines open or become stricter.

Summer Camps: Due to the current restrictions of 10 persons or less we have decided to cancel summer team camps. If restrictions of meeting in groups of 10 persons or less are lifted, we will look at moving the volleyball and basketball camps to July. We will, however, be running individual, small group, and other variations of training for Legacy athletes only.

Individual and Small Group Training opportunities: (We will never exceed over 9 athletes and a coach per session.) Our sports coaches have developed different opportunities for the month of June. If you are already on the coaches' email list and have been receiving emails, you do not need to contact them about skills training, you will receive an email soon with the various opportunities that will be provided. If you do not hear from them, you may contact them directly or email Mr. Bellefeuille at nbellefeuille@lcamn.org to get involved. Coaches are planning multiple small group sessions to get athletes involved. **Each session will be limited to the first nine athletes to register. You may register for more than one session.**

Our focus in all our skills sessions is to build up the athletes' skills, technical ability, and conditioning. **All sessions are completely voluntary and there will not be any ramifications for students not attending.**

Sport	Coach Contact	Type	Register ONLINE
Cross Country	Dave Johnson Head Cross Country Coach djohnson@lcamn.org	Summer Running Program	Contact Coach
Boys Soccer	Jason Budish Head Boys Soccer Coach jbudish@lcamn.org	Skills Clinics	June 15-July 10 (Skip 7/3): Upper Soccer Field 5 th -8 th Grade: Session I: Mondays: 6:00-6:45pm Session II: Fridays: 7:00-7:45am 9 th -12 th Grade: Session I: Mondays: 7:00-7:45pm Session II: Fridays: 8:00-8:45am Cost: \$20/session

Girls Soccer	Todd Manske Head Girls Soccer Coach tmanske@lcamn.org	Individual Training	Contact Coach
Volleyball	Rolly Rudzitis Head Volleyball Coach rrudzitis@lcamn.org	Small Group Training	<p>June 15-July 2: Sport Center Gym 5th-6th Grade: Session I: Mondays: 2:15pm-3:00pm Session II: Tuesdays: 2:15pm-3:00pm</p> <p>7th-8th Grade: Session I: Mondays: 3:15pm-4:00pm Session II: Tuesdays: 3:15pm-4:00pm</p> <p>9th-12th Grade: Session I: Mondays: 4:15pm-5:00pm Session II: Tuesdays: 4:15pm-5:00pm</p> <p>Cost: \$20/session</p>
Girls Basketball	Kaia Hill Head Girls Basketball Coach khill@lcamn.org	Small Group training	<p>June 15-July 2: Sport Center Gym 5th-8th Grade: Session I: Tuesdays: 5:30-6:15pm Session II: Thursdays: 5:30-6:15pm</p> <p>9th-12th Grade: Session I: Tuesdays: 6:30-7:15pm Session II: Thursdays: 6:30-7:15pm</p> <p>Cost: \$20/session</p>
Boys Basketball	Nathan Bellefeuille Head Boys Basketball Coach nbellefeuille@lcamn.org	Small Group Training	<p>June 15-July 2: Sport Center Gym 5th-8th Grade: Session I: Wednesdays: 7:00am-7:45am Session II: Thursdays: 7:00am-7:45am</p> <p>9th-12th Grade: Session I: Wednesdays: 9:15am-10:00am Session II: Thursdays: 9:15am-10:00am</p> <p>Cost: \$20/session</p>
Baseball	Adam Hill Head Baseball Coach ahill@lcamn.org	Small Group training	<p>June 15-July 2: Baseball Field 7-12th Grade: Session I: Tuesdays: 5:00-5:45pm Session II: Tuesdays: 6:00-6:45pm Session III: Thursdays: 5:00-5:45pm Session IV: Thursdays: 6:00-6:45pm</p> <p>Cost: \$20/session</p>



June: The health and well being for our students and athletes is our highest priority as we begin to train. For all athletes that are coming on campus, we will make sure we take proper precautions, please read the following details carefully:

Indoor Skill Sessions:

- Coaches will....
 - Bring health questionnaire each day.
 - Receive and evaluate each questionnaire daily.
- Students will....
 - Bring health questionnaire **EACH DAY.**
 - Enter doors in according to their activity/session.
 - Sanitize hands when entering the building.
 - Have limited access to facilities:
 - Locker rooms will be closed.
 - Restrooms in Sport Center will be available.
 - Need to bring personal water bottle.

Indoor Sessions: After each session, the space will be emptied and all equipment, restrooms and door handles will be cleaned prior to allowing coaches and athletes to enter for the next scheduled practice. 15 minutes has been scheduled after each practice to allow for athlete/coach departure and cleaning.

Outdoor Skill Sessions:

- Coaches will....
 - Bring questionnaire each day.
 - Receive and evaluate each questionnaire daily.
- Student will....
 - Bring health questionnaire **EACH DAY.**
 - Will not have access to the building.
 - Outdoor portable restrooms will not be available.
 - Need to bring personal water bottle and sporting equipment if possible.

****We respect personal choice regarding mask/face shield use for coaches and participants.***

Guidelines: Both indoor and outdoor activities will be non-contact and will require social distancing.

Parents: Are not allowed in the building and must wait in their car outside if they are picking up a student.

Students: Will have limited access in the facility and on campus. They must take most direct route to their activity.