



## STH Iron Eagle – Summer 2020

The St. Thomas Athletic Department is excited to welcome our student-athletes back to campus for the 2<sup>nd</sup> phase of summer pre-season training. The state government, TEA and our state athletic association (TAPPS) has provided the opportunity for us to re-connect with our student athletes and **we plan to begin our Iron Eagle Training Program on Monday, July 27, at St. Thomas High School!**

July 27 begins Phase 2 of our plan of re-connecting with our student-athletes. This phase will run from July 27 – August 14. **This phase will involve only our fall sports programs (football & cross country)** that are preparing for seasons that begin in September 2020. We are purposefully limiting the number of student-athletes returning to campus to ensure that we can continue to conduct training with the utmost safety and care for our student-athletes and coaching staffs.

### Schedule

**STH Cross Country** (all levels, including incoming freshmen)

July 27 – August 14 (Monday thru Friday)

6:00 AM – 8:00 AM

Granger Stadium – North Entrance (check-in)

### STH Football

July 27 – August 14 (Monday thru Thursday)

Freshmen: 6:00 PM – 7:15 PM

Sophomores – Seniors: 7:30 PM – 9:00 PM

Granger Stadium – North Entrance (check-in)

### Registration

All participants must sign up for the Iron Eagle Training Program on at [www.summer.sths.org](http://www.summer.sths.org) Registration includes completion of health/liability waiver. **Cost for Iron Eagle is \$125 per student-athlete. This registration fee is only applicable if you were not originally registered for Phase 1 in June.**



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### General Information (Logistics)

- All workouts will be conducted outdoors at Granger Stadium, Fr. Wilson Field, STH parking garage, Buffalo Bayou running trail
- Daily student-athlete drop-off for non-drivers will be done at north entrance to Granger Stadium
- Student-athletes who are driving are required to park in surface lots next to Fr. Wilson Field or near O'Brien Grove next to Granger Stadium. **No garage parking will be available.**
- **Please no carpooling. So appropriate social distancing can be maintained even when not on campus**
- **There will be no access to locker rooms or showers**
- **Access to restrooms will be at stadium only and social distancing guidelines will be practiced.** Only 1 student-athlete at a time will be allowed in each restroom

### General Information (Operations)

- 4 cross country coaches and 7-8 football coaches will work each session to ensure safety and proper social distancing is maintained through all workouts and breaks.
- Coaches will be checking the student-athletes in for each session and then escorting to their work group
- Student-athletes will be assigned a work group of no more than 10 people. They will maintain that work group for every session of Phase 2
- **Student-athletes will be responsible for providing their own water, Gatorade/PowerAde etc. to maintain hydration through workouts. No sharing of hydration bottles will be allowed.** A water refill station will be setup at stadium to refill personal water/hydration bottles. This station will be manned by an STH coach or our head athletic trainer, Chris Valdez



- Student-athletes will be responsible for providing their own towels and change of clothes

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### General Information (Operations)

- Very few pieces of equipment will be used during Phase 2. Anything that is used will be cleaned thoroughly during the course of each session
- We do plan to open weight room for use during Phase 2. It will be professionally cleaned and sanitized prior to first use and maintained/sanitized throughout Phase 2
- Hand sanitizer will be available at all times at every session
- Cross-country and football coaches will be communicating directly with student-athletes on the clothing/shoes/cleats that will be needed for each workout session
- **Parents/Guardians will not be allowed to attend workouts.** All areas of stadium, bleachers and parking garage will be in use and we need those areas to be clear. Parents/Guardians will be allowed to park and remain in/near their vehicles during workouts or can return for pickup at the conclusion of each session

### Health & Safety

The health and safety of our student-athletes and coaches is paramount during this reengagement process and at all times. We work in partnership with our parents/guardians to help maintain the safest & healthiest environment for all involved. Therefore, along with the completion of the health/liability waiver, which is part of the on-line registration process, we are requiring the following:

- **Daily completion and submission of a health-screening questionnaire, which is being provided to us by Memorial Hermann Ironman Sports Medicine.** A completed form will be required at entry by each and every student-athlete for every session of Iron Eagle Phase 1. **No form = No workout. No exceptions.** Completing this form at home each day helps us in making sure that your son is well enough to



workout and also helps us maximize the workout time we are able to spend with your student-athletes each day.

- In addition, we are now requiring all student-athletes to wear masks as they enter the stadium for check-in. Student-athletes will also be required to wear masks as they leave stadium post-workout.

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### Health & Safety

If your student-athlete is symptomatic and/or running fever he needs to stay home. You will be receiving guidelines from our head athletic trainer, Chris Valdez on return to play protocol should your student-athlete be symptomatic at any point during the Iron Eagle Phase 2 program

### A Final Note

I know that I speak for the entire STH coaching staff that we can't wait to get our student-athletes back on campus! Iron Eagle Phase 2 is the next step in our return to a successful athletic year! With everyone working together, we can safely and effectively get our student-athletes ready to compete for individual, district, region and state titles in 2020-21!! Thanks to everyone for your cooperation and your continued support of our athletic program.

-Mike Netzel, Director of Athletics

Eagle Fight Never Dies!!