



2020-2021



CY-FAIR HIGH SCHOOL S.A.C. & S.S.I.
(Strength, Agility and Conditioning + Sports Specific Instruction)
OVERCOMING ADVERSITY.... WHATEVER IT TAKES

BFND!

Information: The UIL approved modified summer training sessions, including Strength, Agility and Conditioning plus Sports Specific Instruction. UIL and CFISD have strict modifications in place, with very detailed and protective restrictions for our athletes, coaches and trainers.

Dates: Phase I will begin Monday, June 8th. June 8-11. June 15-18. June 22-25. June 29-July 2. July 13-16. July 22-23. July 27-28. Detailed calendar later.

Who may attend: Beginning June 8th, Any Athlete attending Cy Fair HS for 2020-2021 is encouraged to attend. Due to many restrictions, such as the number of people allowed in one area and limited access to areas, we are limiting Phase I to HS athletes only. This will be reevaluated mid-June and presented as Phase II.

Cost: \$65 per person – this year’s special ½ price rate. Cash or Money Order or CC. Credit Card Link : <https://cypress-fairbanksisd.schoolcashonline.com/Fee/Details/39093/135/False/True>

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| <u>SAC Schedule:</u> | <u>SESSION #1</u> | <u>10th-12th Grade Football Players</u> |
| 7:00 am | Group 1 Report for pre-screening | |
| 7:30 – 9:30 am | Group 1 SAC Workouts | |

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| <u>SESSION #2</u> | <u>All Athletes not in Session #1</u> |
| 10:15 am | Group 2 Report for pre-screening |
| 10:45 – 12:45 pm | Group 2 SAC Workouts |

SSI Schedule: Each sport will have different SSI Schedules. Individual coaches will communicate with his/her team.

More Information: **Pre-Screening** - Everyone must “Pre-Screen” prior to starting their day. We will provide a way for you to answer questions on your phone prior to arriving. Temperature will be taken upon arrival. Please arrive 30 minutes prior to starting.

Physicals – Anyone with a 2019/20 physical will be covered. Everyone will need to update their paperwork, including medical history, on Rank One before they will be allowed to participate. Forms are updated each year on CFISD Athletic web page: <https://cypressfairbanksisd.rankonesport.com/>

Registration and Waiver – Use this link to register and sign your waiver: https://docs.google.com/forms/d/e/1FAIpQLSd4nQ6ooBJ8nE3RvUWYUzfGFBZ_RF485G-Uqfg0W5yDzzALbQ/viewform?usp=sf_link

Payment – We will collect cash or money orders from you on the 1st day. If different arrangements need to be made, please let your coach know.

Misc.- Everyone will enter the doors by performance gym. Each athlete will need to bring his/her own mask, towel and water. There will be no access to water on campus. Therefore, you will need to bring enough to last you the entire time (at least 1 gallon). **NO MASK, NO WORKOUT!!!** (Masks do not have to be worn while exercising)