

AGUA DULCE ATHLETIC DEPT

Robert Beard

1 Longhorn Drive

Off 361-998-2214

Cell 830-776-3735

rbeard@adisd.net

Longhorn Nation

On June 22nd we are going to allow incoming 7th and 8th grade student athletes to begin summer strength and conditioning. As you know we are in an unusual time, so we will follow the guidelines given to us by UIL. The following is information on workout times, guidelines, and days of operation. This will be a fluid situation, so communication is going to be very important. If you have any questions, please feel free to contact me so I can answer your questions. As Longhorns, let's continue to be the shining light of our community.

Here is the summer workout schedule. *** The schedule is subject to change***.

Meet at the weight room. Anyone who does not have a physical on file will need to get a physical prior to working out. I can guide you with the info on how to get the paperwork.

June 22nd (7th-12th Grade)

8:30 AM-10:45AM Strength/Conditioning (**High School and Junior High Boys**)

11:00AM-12:30AM Strength/Conditioning (**High School and Junior High Girls**)

Bring your own workout clothes and wash them daily

Bring your own water and water bottle, you will not be allowed to share water

Students should report to workouts in proper gear and immediately return home to shower at the end of the workout. **Locker Rooms/Showers will not be available**

All facilities will be shut down on the following days:

July 3rd, July 6th, July 7th, July 8th, July 9th, July 20th, & July 21st

If you have any questions please feel free to email me at rbeard@adisd.net

Sincerely,

Robert Beard- Athletic Director

ONE TEAM*ONE COMMUNITY*ONE GOAL*