



August 19, 2020

Rebuilding RCS: Athletics Department Off-Season Training:

Dear Parents and High School Athletes,

Welcome back to the 2020-21 school year! Over the last several weeks many of our athletes have enjoyed getting out and working on summer conditioning and skill development for their sport while following the regulations and guidance for School Athletic Programs and Youth Activities in Alameda County Public Health Department, the California State Department of Public Health, and the Centers for Disease Control. We are excited to continue to offer these off season training programs leading up to the start of high school athletics on Dec. 14.

The RCS Athletic Department High School Off-Season Training is for current and incoming RCS high school athletes and will focus on general conditioning levels for that sport, skill development, social interaction, and fun! Workouts will be conducted in cohorts (a cohort consists of up to 12 students with same teacher or coach; those within one cohort do not have to always practice social distancing from their other cohort members, yet they must practice social distancing from all others who are not a part of their cohort). Social distancing is recommended, but not required for contact sports, however as long as we are on the State's County Watch List we will be adhering to drills and activities that maintain distancing.

Alameda County Public Health Department and the CDC continue to recommend that outdoor activities are safest due to the continued cases in our region. While we hoped to be able to open the gym later on this Fall, Alameda County is still a couple of phases away from opening up gyms and schools. [Alameda County Reopening Plan](#) Therefore we will continue with outdoor sports only. We will be following best practices and guidelines set forth by the **CDC** and the **Alameda County Public Health Department** to facilitate a safe return for our athletes to their sports. We are looking forward to including indoor athletic activities when possible in the future, and we will keep you updated on the status.

The RCS Off-Season Program between now and December 14 plan will include offering off-season workouts for teams from the Spring, Winter and Fall seasons. We will begin with [Spring sports off-season training](#) in the month of August and September. [Winter sports off-season training](#) will run from late September through October, and then [Fall sports off-season training](#) will run November through the start of the High School Athletics Season on Dec. 14. Stay tuned for specific sports offerings and dates for the Winter and Fall Sports. See below for the schedule of Spring sports off-season training opportunities.

SPRING SPORTS OFF-SEASON 2020 SCHEDULE:

August 31 – September 25 (4 weeks)

Track and Field Conditioning: (Coed): Coach Macklin M/W/F 3:30-5p.m.

Softball (Girls): Coach Bibby: M/W/F 3:30-5p.m.

August 26 - September 18 (4 weeks)

Tennis Training (Girls): Coach Geronimo; Mervin Morris Courts W/F 3:30-5p.m.

(Note: Tennis camp week one will begin August 16)

August 11- September 25 (5 weeks)

Baseball Training: Coach Cleveland (**Only two spots available**) M/T/TH 3:30-5p.m.

ATHLETICS DEPARTMENT OFF SEASON TRAINING REGISTRATION PROCEDURES SUMMARY:

1. Open to all incoming 9 - 12th graders who are enrolled at RCS.
2. Must register for only one camp per session and complete both the Release of Liability and a weekly Health Survey. (You must agree that this camp will be your only activity cohort for these three weeks)
3. Open to all Skill Levels.
4. **Unfortunately, due to camp participant limitations (12), we may not be able to accommodate all interested athletes.** First come, first serve for registration per session and priority given to returning JV and Varsity players.
5. **Cost: All camps will be \$50**

Please read through [THIS POLICIES, PROCEDURES, & SAFETY MEASURES DOCUMENT](#) for greater detail regarding the safety protocols (safety rules), procedures, and FAQs for participation. Then click on the registration button (below) to register. Registration needs to be received **no later than 5 pm on TUESDAY AUGUST 25**. If admitted to the cohort you will receive an email by 5 pm on Friday, August 28 to confirm your registration.

INTERESTED IN TRAINING NEXT STEPS:

Register today via the 08/19/20 Eagle Update for one of the Spring Sports off season training!

Please contact Jim Cleveland with any questions regarding the off-season programs. Details regarding the Winter and Fall Sports Off Season Training will be coming in September.

Sincerely,

Jim Cleveland
Director of Athletics
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