

# VIRTUAL: Wildcat Summer Strength and Conditioning

Schedule for Daily Workouts: (Monday, Tuesday, Wednesday, Thursday, and Friday)

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USD 232 is committed to taking all steps necessary to help maintain the safety of students and staff in light of the COVID-19 pandemic. As such, we are following the Governor's plan to reopen Kansas, along with guidance from Johnson County health officials, as well as cooperating with all Johnson County public school districts and KSHSAA.

Our current plan is to offer our Strength and Conditioning beginning June 1 through online programming. We cannot allow for in-person workouts under the current plans to reopen Kansas. We will offer virtual workouts that student-athletes can complete at home that will include video demonstrations from our Strength Coaches. We will operate our strength and conditioning program under this virtual format until school districts are allowed to safely resume face-to-face workouts.

The summer strength and conditioning program at De Soto High School is designed to maximize the athletic potential and ability of every participating athlete. It is open to anyone currently in the De Soto High enrollment area. We are inviting only those students who will be entering the 7<sup>th</sup> through 12<sup>th</sup> grades next year. The cost for the program is \$40 per participant. Athletes will also receive a t-shirt that will be distributed once we are allowed to safely resume face to face workouts.



To pay for Summer Weights and Conditioning please use the Venmo APP and search for our username: DHSsummerWeights. We ask that you type your Athlete's name in the "What's it for?" box before submitting your payment. This will help us track and record your payment.

## 2020 Summer Schedule



Week 1 – Monday, June 1 – Friday, June 5  
 Week 2 - Monday, June 8 – Friday, June 12  
 Week 3 - Monday, June 15 – Friday, June 19  
 Week 4 - Monday, June 22 – Friday, June 26  
 Week 5 - Monday, June 29 – Friday, July 3  
 Week 6 – Monday, July 6 – Friday, July 10

Week 7 - Monday, July 13 – Friday, July 17  
 Week 8 - Monday, July 20 – Friday, July 24  
 Week 9 – Monday, July 27 – Friday, July 31  
 Week 10 - Monday, August 3 – Friday August 7  
 Week 11 – Monday, August 10 – Friday, August 14  
 \*Red Weeks are TBD at this time.

### The Virtual Workout Format will include two platforms:

- RACK Performance APP:** Athletes will download this APP and create an account where they will use the RACK Performance Athlete APP Roster Invite Code below to access the workouts for their specific Virtual Weights and Conditioning Session. These workouts will include videos with detailed demonstrations and instructions, in which you will see our DHS coaches demonstrating the workout. There will be two workout videos for each day. One video for athletes who have access to weights equipment and the other for use by athletes who will be using only body weight for their workouts. [Click Here to view a sample video created by our coaching staff.](#)
- VNN Team APP:** This APP will be used for each DHS Sports Team who typically have "team time" throughout the summer. Athletes will download VNN Team APP and use the access codes below to join their sports specific team or teams. Coaches will use the VNN Team APP to communicate with their athletes and provide ongoing fundamental drills, conditioning work, and much more.

**Athletes are welcome to gain access/enroll in both APPs and join their weights sessions and sports teams as soon as they want!**

 <b>Virtual Weights and Conditioning Sessions</b> <b>RACK Performance App</b>	 <b>Sport Specific Team Info</b> <b>VNN Team App</b>
<b>Session 1:</b> High School Football RACK Performance Athlete App Roster Invite Code: <b>R2YPKWG</b>	Football Access Code: <i>dhsfootball</i>
<b>Session 2:</b> High School Coed Soccer, Coed Cross Country, and Coed Track RACK Performance Athlete App Roster Invite Code: <b>UGMRBQL</b>	Boys Soccer Access Code: <i>soccerdhsboys</i> Girls Soccer Access Code: <i>soccerdhsgirls</i> Cross Country Access Code: <i>dhsrunning</i>
<b>Session 3:</b> High School Girls Basketball, Volleyball, Girls Tennis, Girls Golf, Softball, Girls Swimming, Girls Bowling, Cheerleaders, and Dance Team RACK Performance Athlete App Roster Invite Code: <b>XQHDRBO</b>	Girls Basketball Access Code: <i>dhs ladyhoops</i> Volleyball Access Code: <i>dhsvolleyball</i> Softball Access Code: <i>dhssoftball</i> Girls Swimming: <i>dhs girlsswim</i>
<b>Session 4:</b> Middle School – Coed All Sports RACK Performance Athlete App Roster Invite Code: <b>CFYASON</b>	
<b>Session 5:</b> High School Boys Basketball, Baseball, Wrestling, Boys Bowling, Boys Swimming, Boys Tennis, and Boys Golf RACK Performance Athlete App Roster Invite Code: <b>LLTHHTO</b>	Boys Basketball Access Code: <i>dhsboops</i> Baseball Access Code: <i>dhsbaseball</i> Wrestling Access Code: <i>dhs wrestling</i>

**Athletic Trainer:** For any questions regarding injuries and evaluation, or requests for modifications or rehabilitation, please reach out to our Athletic Trainer Kara Steen via cell or email. Kara Steen MS, LAT, ATC, CES | [Ksteen@usd232.org](mailto:Ksteen@usd232.org) | 316-259-9917

Online Registration: [Click Here or go to https://goo.gl/IIWMlp](#)

You can also go to <https://dhswildcatnation.com/summer-camps/> to see all DHS Summer Camps and Opportunities