

# **Riverside Academy**

## **Summer Workout Information**

The summer is fast approaching, and we are looking forward to another great summer to prepare our athletes for the 2018-2019 athletic year. All of our current and incoming athletes are expected to attend. Attending the summer workout sessions is a requirement that we have for our athletes to be in Athletic PE for the following school year.

We will have 3 different sessions for our athletes 3 days a week. We will workout Monday, Tuesday, and Thursday.

The following will show what group your student athlete should attend:

**8:00 am - 9:30 am Varsity Football**

**9:30 am - 11:00 am All other athletes Freshman- Senior**

**11:00 am - 12:00 pm All athletes 6<sup>th</sup> – 8<sup>th</sup> grade**

The summer sessions begin Tuesday May 29<sup>th</sup>, with the last workout being July 25<sup>th</sup>. There will be two breaks throughout the summer. If possible, that would be a great time for the student athletes to take their summer vacations, trips, etc.

The following dates are the off periods:

**June 27 – July 8**

**July 24 - The rest of the summer**

There are a total of 21 workouts. Student athletes are expected to make all sessions, unless we are notified in advance. Varsity football players will have make up work for every missed session. All other athletes will have make up work after missing 3 workouts. If a student athlete has irregular attendance, without notification, we will have to assess that athlete's commitment and decide if they will be Athletic PE for the school year. Injured athletes are also expected to attend. Our athletic trainer will also be here during those times so that they can rehabilitate their injuries.

The cost of the program is \$100 dollars. The money is due Monday June 25<sup>th</sup>. If the fee is not paid by then it will be turned into the main office on the due fee list. Payments can be made anytime between now and the due date. It does not have to be paid in full at one time. Please feel free to make any payment arrangements that you need to as long as the total is paid by Monday June 25<sup>th</sup>. Make checks payable to Riverside Academy:

We are looking to have full attendance so that we can continue our tradition of success in all of our sports. The success our athletic programs have had is a direct correlation to our Strength and Conditioning Program, and the summer time is a vital part of that.

Please feel free to contact us with any questions:

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Head Strength & Conditioning Coach Jonathan Reed: [jreed@riversideacademy.com](mailto:jreed@riversideacademy.com) 318-730-9013