***Atlanta Community Schools***

***Summer Athletic Development Program***

*The Atlanta Community Schools Athletic Department will be hosting a summer Athletic Development Program starting on June 14th, 2021 through August 27th, 2021. These workouts will be held from 4pm – 6pm on Mondays, Wednesdays and Fridays and are available for student-athletes in grades 6-12 for both male and female student-athletes.*

*These workouts are designed to enhance overall athletic functional strength, speed, agility, flexibility, quickness, reaction, vertical leap, and injury prevention. Workouts are age appropriate and athletes can progress at their own pace.*

*All workouts will be led and monitored by the Athletic Director and or Coaches.*

*Most workouts will be conducted in the high school gym and weight room unless otherwise specified.*

*Attendance Rules:*

1. *All student-athletes must be appropriately dressed to participate in physical activities. No cut off shirts, no short shorts and all athletes must be wearing gym shoes.*
2. *No horseplay while attending. All workouts are structured and all athletes must follow directions and keep safety at the top of the priority list.*
3. *No inappropriate language.*
4. *At no time will disrespect in any form be tolerated towards other athletes in attendance.*
5. *At no time will athletes display disrespect towards the coaches who are volunteering their time to help.*
6. *All athletes must have a current physical on file in the Athletic Department prior to participating in any workouts; all physicals must be dated after 15 April, 2021. These same physicals will be good for the 2021-2022 sports seasons.*
7. *If the student-athlete is not able to drive themselves to and from the workouts; we ask that parents be prompt when picking their athlete up from the workouts. If the workout is going to end early we will have the athletes call in advance to adjust their pick up time.*

*Any athlete that insists on not following these rules will be asked to leave.*

*I enthusiastically encourage all of our athletes at all levels, male and female, regardless of what sport they play, to attend whenever possible. This is a great opportunity to enhance your overall athleticism and strengthen our teams. Although not mandatory; for the best results an athlete should attend at least two times per week.*

*If you have any questions please contact me*

*Randy Mullard*

*Athletic Director*

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***“I will do today what other won’t; so that tomorrow I can achieve what others can’t” (Jerry Rice)***