

# **Guidance for Youth Sports and Athletic Activities**

## **Timeline For Reopening Youth Sports**

JUNE 15, 2020

- Low touch, outdoor youth sports and athletic activities (e.g., track and field, biking, tennis, golf, horseback riding, and cross-country, and baseball/softball/tee ball) may resume practices without competition. Practices should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. Multiple groups may practice but must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

- Low touch, indoor youth sports and athletic activities (e.g. gymnastics, swimming, diving, bowling, solo-dance/solo-ballet, tap-dance, and archery) may resume small group practices and workouts without competition. Practices and workouts should consist of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. Practices are limited to socially distanced, no touch low sharing 2skills training, unless necessary to protect the health or safety of a youth participant. Multiple groups may practice but must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

- High touch, indoor youth sports and athletic activities (e.g. karate/martial arts, basketball, cheerleading, tandem or team

dance, ice hockey, volleyball, fencing, wrestling) may hold small group physical fitness workouts, exercises, and skills training of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. No competition is permitted Skills training must be socially distanced no touch, and low sharing, unless necessary to protect the health or safety of a youth participant. Multiple groups may conduct small group physical fitness workouts, exercises, and skills training but must groups must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

➤ **This is to exhibit that dance is included in high touch, indoor youth sports. DMDA is not opening until July 7<sup>th</sup>. Therefore, please refer to guidelines beginning June 29,2020.**

- High touch, outdoor youth sports and athletic activities (e.g. football, soccer, lacrosse, flag football, field hockey) may resume small group physical fitness workouts, exercises of (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. No competition is permitted. Skills training must be socially distanced, no touch, and low sharing, unless necessary to protect the health or safety of a youth participant. Multiple groups may hold small group physical fitness workouts and exercises, but groups must adhere to the social distancing guidelines in the next section. Any individual not essential for the conduct of these practices should not attend.

**JUNE 29, 2020**

- Low touch, outdoor youth sports and athletic activities may

resume competition with up to fifty (50) spectators following the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer. Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.

- Low touch, indoor youth sports and athletic activities may resume competition with up to fifty (50) spectators, following the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer. Competitions, practices, and other activities must adhere to the social distancing guidelines in the next section.

- **High touch, indoor youth sports and athletic activities may resume team/group practices without competition.** Youth participants should be subdivided small groups of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. All team/group practices are limited to fifty (50) youths or fewer, in accordance with the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer. Practices are limited to low touch, medium sharing activities, unless necessary to protect the health or safety of a youth participant. Multiple groups may practice but must adhere to the social distancing guidelines in the next section.

- **All DMDA classes will have fewer than 10 students in each classroom and there will be no more than 50 people in the studio at one time.**
- **Dancers will not be holding hands, shoulders, waists, etc. during rehearsals**
- **Props will not be shared.**

- High touch, outdoor youth sports and athletic activities may resume team/group practices without competition. Youth

participants should be in subdivided small groups of ten (10) youths or fewer, with no more than one (1) adult coach per group, while following the Healthy at Work social distancing Guidelines for Groups of 10 People or Fewer. All team/group practices are limited to fifty (50) youths or fewer, in accordance with the Healthy at Work social distancing Guidelines for Groups of 50 People or Fewer. Practices are limited to low touch, medium sharing activities, unless necessary to protect the health or safety of a youth participant. Multiple groups may practice but must adhere to the social distancing guidelines in the next section.

*1 “No touch” means no physical contact between youth athletes is permitted. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, or after activities unless the contact is for the purpose of safety. Scrimmages and games are not permitted. “Low touch” means only minimal, necessary contact between youth athletes is permitted.*

*2 “Low sharing” means minimal, necessary sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of ten (10) or fewer). “Medium sharing” means moderate levels of sharing of youth sports and athletic activity equipment between youth athletes (e.g. limiting shared items to groups of fifty (50) or fewer). Shared equipment must be sanitized between uses to the greatest extent practicable.*

### **Social Distancing Requirements**

**League officials, coaches, and other responsible adults should do the following:**

- Establish procedures to ensure youth athletes are socially distanced to the greatest extent practicable at all times. League officials, coaches, and other responsible adults should emphasize physical and cardiovascular fitness and individual skill building activities and limit group/team activities. League officials, coaches, and other responsible adults developing activities and practices should consider that older youth might be better able to follow directions for social distancing and take other protective actions.
- Modify workouts, exercise, skills training, practices, competitions to increase distance between athletes, coaches, officials, and spectators, to the greatest extent practicable.

During rest periods or other periods of inactivity social distancing should be increased and congregating eliminated.

- **Group breaks will not be allowed. Students will be allowed to take water breaks in the classroom and will provide their own water bottle.**

- Space youth athletes at least six (6) feet apart on the field while participating in the youth sport or athletic activity during warmup, skill building activities, and simulation drills.

- **When stretching, warming up, or doing ballet barre work, the dancers will be at least 6 feet apart.**

- Ensure that during team/group practices, physical fitness workouts, exercises, or skills training where youth athletes are subdivided small groups, that each small groups remains together and separated from other groups to the greatest extent practicable. For example, groups should work through stations, rather than switching groups or mixing groups.

- **The schedule as been designed to avoid changing of classrooms.**

- Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs. To encourage sportsmanship league officials, coaches, and other responsible adults should encourage alternative, socially distanced, signs of mutual respect. (e.g. tip the cap, wave, salute, bow).

- Eliminate, to the greatest extent practicable, touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles). Where practicable, league officials, coaches, and other responsible adults should provide individual, nonshared equipment to youth athletes. Where not practicable, league officials, coaches, and other responsible adults should encourage youth athletes to provide their own equipment and water bottles.

- **Dancers will supply their own water bottle.**
- **Dancers will bring their own shoes.**
- **Dancers may bring a small, vinyl or plastic bag for belongings. No cloth bags**

- Ensure that youth athletes in high-touch sports and activities only play “full contact” during game/competition situations.

- **Dancers will only engage in full contact during a performance.**

- Encourage parents and custodial adults to monitor their own child (e.g. younger children could sit with parents or caregivers).

➤ **When bringing a student to the studio, an adult will be required to stay with them until their health screening is completed. Parents will follow pick up and drop off procedures.**

Teach and reinforce the use of cloth face coverings. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease). Face coverings may be challenging for players (especially younger players) to wear while playing sports. Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.

- Wearing cloth face coverings is most important when physical distancing is difficult.
- People wearing face coverings should be reminded to not touch the face covering and to wash their hands frequently. Information should be provided to all participants on the proper use, removal, and washing of cloth face coverings.
- Note: Cloth face coverings should not be placed on:
  - Babies and children younger than 2 years old;
  - Anyone who has trouble breathing or is unconscious;
  - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance.

- Minimize the level of contact between youth athletes who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higherrisk.html>.

League officials, coaches, and other responsible adults are encouraged to offer virtual coaching and in-home drills for youth athletes at a higher risk for severe illness.

➤ **The Miracle Dancers will not return on July 7<sup>th</sup>. We will continue to monitor the Covid-19 situation.**

- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

➤ **The studio lobbies will be closed.**

➤ **Parents and adults should remain in their vehicles or in the parking lot.**

- Decrease team sizes to the greatest extent practicable.
- Eliminate travel competitions or scrimmages outside of the local community (e.g., neighborhood, town, or community).
- Educate staff and youth athlete families about when they should stay home and when they can return to activity.

- **No one will be permitted in the studio who exhibit any signs or symptoms of illness.**
- **No one will be permitted who has a temperature of greater than 99.5 F.**
- Direct coaches, staff, families, and youth athletes to stay home and/or seek medical attention if they have tested positive for or are showing symptoms of COVID-19.
- Prohibit individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19, from participating in youth sports and athletic activities.
- **Anyone who tests positive for Covid-19 or has been exposed to Covid-19 will not be allowed to return for at least 14 days.**
- Identify staff to help maintain social distancing among youth athletes, coaches, umpires/referees, and spectators.
- **All staff will be educated regarding the rules and regulations.**
- Prohibit sick coaches, staff members, umpires/officials, or youth athletes from returning until they have met CDC's criteria to discontinue home isolation.  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

**For Persons with COVID-19 Under Isolation:**

- **Symptom-based strategy**
  - *Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:*
    - *At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,*
    - *At least 10 days have passed since symptoms first appeared.*
- **Test-based strategy** *Previous recommendations for a test-based strategy remain applicable; however, a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.*
  - *Persons who have COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:*
    - *Resolution of fever without the use of fever-reducing medications and*
    - *Improvement in respiratory symptoms (e.g., cough, shortness of breath), and*
    - *Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative specimens)\*. See Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 (COVID-19).*

*Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.*

**For Persons Who Have NOT Had Covid-19 Symptoms But Tested Positive and Are Under Isolation**

- **Time-based strategy**
  - *Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:*
    - *At least 10 days have passed since the date of their positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.*
- **Test-based strategy**
  - *A test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.*
  - *Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:*
    - *Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected greater than 24 hours apart (total of two negative specimens).*
- **Note that recommendations for discontinuing isolation in persons known to be infected with COVID-19 could, in some circumstances, appear to conflict with recommendations on when to discontinue quarantine for persons known to have been exposed to COVID-19. CDC recommends 14 days of quarantine after exposure based on the time it takes to develop illness if infected. Thus, it is possible that a person known to be infected could leave isolation earlier than a person who is quarantined because of the possibility they are infected.**

- Prioritize outdoor, as opposed to indoor, practice and play as much as possible.
- Create distance between youth athletes when explaining drills, rules, or other instruction.
- Emphasize physical and cardiovascular fitness individual skill work and drills to the greatest extent practicable.
- Direct youth athletes to wait in their cars with their parent or other custodial adult until just before the beginning of a practice, warm-up, game, or other activity.

- **Since the lobbies are closed, student will wait with their parents until it is time for their class to be let in and the parent will stay with the student until they complete the screening process. Please follow the pick up and drop off procedures.**



- Eliminate the use of carpools or van pools. When riding in an automobile to a sports event, encourage youth athletes to ride to the sports event with persons living in their same household.
- Stagger arrival and drop-off times or locations by group or put in place other protocols to limit contact between groups and with parents, custodial adults, and spectators as much as possible. For example, league officials, coaches, and other responsible adults should increase the amount of time between practices and competitions to allow for one group to depart before another group enters the facility.
  - **Students will enter and be dismissed with their class. One class will be dismissed before the next class enters. This will also allow for proper cleaning between classes.**
- Limit youth sports participation to staff and youth who live in the local geographic area (e.g., community, city, town, or county) to reduce risk of spread from areas with higher levels of COVID-19.
- Stage, to the greatest extent practicable, intra-squad scrimmages instead of playing games with other teams to minimize exposure among players and teams.
- Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations as much as possible – especially with individuals not from the local geographic area (e.g., community, town, city, or county).
  - **The studio lobbies are closed.**
- Designate a youth sports program staff person to be responsible for responding to COVID19 concerns. All coaches, staff, officials, and families should know who this person is and how to contact them.
  - **Call Diane Chambers 502-551-9083**
- Establish protocols for notifying staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).
  - **In the event of a possible exposure, staff and families will be notified via phone and email.**
- Implement flexible sick leave policies and practices for coaches, officials, and staff that enable employees to stay home when they are sick, have been exposed, or caring for someone who is sick.

- Develop policies for return-to-play after COVID-19 illness.
  - **See above for discontinuation of isolation**
  - **Student/staff should not return until they meet the criteria and are feeling up to physical activity.**
- Virtually train coaches, officials, and staff on all safety protocols.
  - **All staff will receive education regarding safety protocols.**
- Prohibit congregating of youth athletes, spectators, families, coaches, officials, and other persons prior to or following practices or athletic events.
  - **The studio lobbies will be closed and there will be group breaks.**
- Maintain a complete list of coaches, youth athletes, and league officials present at each event to include the date, beginning and ending time of the event, plus, name, address, and phone contact to be made available upon request from local health department.
  - **A detailed log will be kept of every student, instructor and office staff member present each day.**
- Ensure team meetings occur virtually or over the phone.
- Alert the local health department of the event prior to competitive tournaments.
- Prohibit spitting or eating of seeds, gum, or similar products.
- Share these requirements with all youth athletes, coaches, spectators, officials, and employees prior to the beginning of the program.
  - **These requirements will be available on the DMDA website and posted on the studio windows.**

**Facilities holding youth sports and athletic activities, as well as league officials, coaches, and other responsible adults should do the following:**

- Provide physical guides, such as signs and tape on floors or playing fields, to make sure that coaches and youth athletes remain at least 6 feet apart.
  - **Tape will be used to ensure that dancers remain at least 6 feet apart.**
- Establish flexible worksites (e.g., telework), flexible work hours (e.g., staggered shifts), and policies for social distancing between employees, staff, and others
  - **Staff meetings occur via Zoom**
- Stagger the use of lockers, and clean and disinfect locker rooms between uses.

- Install touchless sensors on sinks and hand dryers to the greatest extent practicable.
- Install digital check-in and registrations as well as touch-free entries and exits to the greatest extent practicable.
- Eliminate “lost and found” bins, vending stations, saunas, steam rooms, water coolers, water fountains, and vending stations to the greatest extent practicable.

- **Water fountains will not be in use.**

- Ensure that controls are established to ensure social distancing in locker rooms, including disabling lockers to enforce six (6) feet of social distancing. Facilities holding youth sports and athletic activities should discourage use of locker rooms or consider measures to socially distance youth athletes (e.g. closing every other locker or groups of lockers in order to space out usage) and sanitize frequently.

- **We do not use lockers.**

- **Dancers will be encouraged to bring only the necessary shoes/props to the studio.**

- Dugouts or other areas where social distancing is not possible should not be used.

### **Cleaning and Disinfecting Requirements**

**League officials, coaches, and other responsible adults should do the following:**

- Create and post a cleaning and sanitizing plan specific to the youth sport or athletic activity, describing how additional cleaning and sanitizing will be implemented.
  - **The class schedule has been changed to allow the cleaning of the individual dance rooms between classes.**
  - **The restroom will be cleaned after each use.**
- Sanitize equipment and used items before, during, and after every event. If equipment cannot be sanitized during the activity, only participants of a single team/group must use equipment and items related to the activity and opposing participants or group members must avoid touching that equipment.
- Set aside touched or shared equipment that requires sanitation and encourage youth athletes to keep their individual equipment separate from the equipment of other athletes.
- Ensure that their programs, including locker rooms, common areas, breakrooms and restrooms are properly cleaned and ventilated.

- Ensure that staff members/employees and youth athletes practice hand hygiene frequently. For younger youth athletes assistance may be required.
- Provide hand sanitizer (as appropriate), handwashing programs, tissues and waste baskets in convenient locations to the greatest extent practicable.
- Establish a cleaning and disinfecting process that follows CDC guidelines to address when any individual is identified, suspected, or confirmed as a COVID-19 case.

➤ **If we have a student or staff member who is identified, suspected, or confirmed as a COVID-19 case. The studio will close for two days for cleaning and sanitizing.**

- Ensure employees do not use cleaning procedures that could re-aerosolize infectious particles. This includes, but is not limited to, avoiding practices such as dry sweeping or use of high-pressure streams of air, water, or cleaning chemicals.
- Clean and disinfect frequently touched surfaces on the field, court, or play surface (e.g., drinking fountains) at least daily, or between uses as much as possible. Use of shared objects and equipment (e.g., balls, bats, gymnastics equipment) should be limited, or cleaned between use by each individual if possible.

➤ **Between each class, ballet barres, door knobs, light switches and other high touch surfaces will be sanitized.**

- Ensure there are adequate supplies of shared items to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, water bottles); otherwise, limit use of supplies and equipment to one group of youth athletes at a time and clean and disinfect between use.

➤ **No sharing of props**

- Ensure that, if food is offered at any event, meals be pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing food and utensils. Offer hand sanitizer or encourage hand washing.
- Ensure ventilation systems or fans operate properly. Increase circulation of outdoor air as much as possible, for example by opening windows and doors. Do not open windows and doors doing so poses a safety or health risk (e.g., risk of falling or triggering asthma symptoms) to players or others using the facility.

- Support healthy hygiene by providing supplies including soap, paper towels, tissues, and no-touch/foot pedal trash cans. If hand washing facilities are not available, provide hand sanitizer with at least 60% alcohol (for coaches, staff and older players who can safely use hand sanitizer).
- Should close off areas used by a sick person and do not use these areas until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
- Should wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.

### **Screening and Illness Requirements**

#### **League officials, coaches, and other responsible adults should**

- Conduct daily health checks (e.g., symptom checking) of coaches, officials, staff, and youth athletes safely and respectfully to the greatest extent practicable.
- Use examples of approved screening methods found in CDC's supplemental Guidance for Child Care Programs that Remain Open as a guide for screening children, and CDC's General Business FAQs for screening staff.
- Staff members who demonstrate symptoms of COVID-19 must be tested for the illness.
- Should direct coaches, staff, families, and youth athletes that test positive for COVID-19 to follow the recommendations of their local health department on when to return to the youth sport or activity.
- Ensure that when a youth athlete shows a fever or other contagious symptoms, the youth athlete is moved to a in a safe, secluded area until the youth athlete's parent or custodial adult can pick-up the youth athlete.
- Notify all league families and youth athletes of a diagnosed case of COVID19 in the program, while still protecting the privacy of the diagnosed individual.
- Encourage coaches, staff, umpires/officials, and families of youth athletes to self-report to the youth sports organization if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.

### **Personal Protective Equipment (PPE) Requirements**

**League officials, coaches, and other responsible adults should do the following:**

- Wear face coverings at all times, unless doing so would represent a serious risk to their health or safety.
  - **All staff will wear a face covering.**
- Ensure youth athletes wear cloth face coverings or masks when not actively participating in the youth sport or athletic activity, unless doing so would represent a serious risk to their health or safety. Youth athletes who are five (5) years of age or under should not wear masks due to increased risks of suffocation and strangulation.
  - **Masks will be worn while entering and exiting the studio.**
  - **Students are not required to wear masks while dancing.**
- Recommend to the parents of children over five (5) that their child wear a mask and provide information about the benefits of masking.
- Establish a policy as to whether to allow parents, custodial adults, or other spectators attend youth sports competitions or events if the individual refuses to wear a face covering or comply with social distancing guidelines.
- Ensure gloves are available to staff members, coaches, volunteers engaging in high-touch activity to the greatest extent practicable provided that they do not create additional hazards while being worn.
- Ensure, to the greatest extent practicable, that cloth face coverings or masks be worn by coaches, youth sports staff, officials, parents, and spectators as much as possible.
- Provide youth athletes and their families information on proper use, removal, and washing of cloth face coverings.
- Establish a policy as to whether youth athletes, who do not adhere to these guidelines or its own policy on requiring masks, will be allowed to participate in that youth sport or athletic activity. League officials, coaches, and other responsible adults may choose not to allow a youth athlete to participate if the athlete refuses to wear a mask of comply with social distancing guidelines.
- Ensure that staff, volunteers, coaches, youth athletes are trained how to properly clean cloth face coverings and masks.

- Ensure that staff, volunteers, coaches use gloves when cleaning equipment, facilities, or other items requiring sanitation.

### **Training and Safety Requirements**

#### **Facilities holding youth sports and athletic activities (e.g. competitions, recitals, tournaments, practices, games) should do the following:**

- Place conspicuous signage at entrances and throughout the facility alerting youth athletes and spectators of the guidelines for the facility and the event. Signage should inform youth athletes and spectators about good hygiene and new practices.
- Establish procedures for disinfecting high-touch surfaces (seating, locker rooms, etc.).
- Post signage at entrance that no one with a fever or symptoms of COVID-19 may enter the facility.
- Implement, to the greatest extent practicable, reserved seating for spectators at higher risk For severe illness per CDC guidelines.
- Ensure employees are informed that they may identify and communicate potential improvements and/or concerns in order to reduce potential risk of exposure at the workplace. All education and training should be communicated in the language best understood by the individual receiving the education and training.
- Broadcast regular announcements on public announcement system, encouraging COVID19 prevention and new policies and behaviors that prevent spread of COVID-19.
- Establish scheduling policies to ensure additional time is available to clean and disinfect between uses, where a facility is shared.
- Ensure parents, custodial adults, youth athletes, and spectators are informed that they may identify and communicate potential improvements and concerns in order to reduce the risk of exposure at the workplace. All education and training should be communicated in the language best understood by the individual receiving the training.
- Place emphasis on progressive training where general conditioning is emphasized first, followed by strength and body conditioning and then moving on to anything sports specific.