

Ozark Summer Workouts
2020

10-12 Athletes → High School

Dates will be June 1-June 25 and July 6-July 30

Monday-Tuesday-Wednesday-Thursday

Up to 28 athletes in a session to accommodate social distancing

Session	Programs	HS Weight Room	Instructor	Speed/Agility	Instructor
1 (28)	10-12 Football	6:00-6:45 am	Depee	6:45-7:30 am	Emmerton
2 (28)	10-12 Football	6:45-7:30 am	Depee	7:30-8:15 am	Emmerton
3 (28)	10-12 Football 10-12 Wrestling 10-12 Others	7:30-8:15 am	Godfrey	8:15-9:00 am	Schweitzer
4 (28)	10-12 Baseball 10-12 Boys Soccer 10-12 Boys Basketball	8:15-9:00 am	Godfrey	9:00-9:45 am	Schweitzer
5 (28)	10-12 Volleyball 10-12 Girls Basketball	9:00-9:45 am	D Brewer	9:45-10:30 am	A Brewer
6 (28)	10-12 Softball 10-12 Girls Soccer 10-12 Others	9:45-10:30 am	D Brewer	10:30-11:15 am	A Brewer

Ozark Summer Workouts
2020

9th grade Athletes → Junior High

Dates will be June 1-June 25 and July 6-July 30

Monday-Tuesday-Wednesday-Thursday

Up to 24 athletes in a session to accommodate social distancing

Session	Programs	JH Weight Room	Instructor	Speed & Agility	Instructor
1 (24)	9 th Football	6:00-6:45 am	Genzler	6:45-7:30 am	T Floyd
2 (24)	9 th Football	6:45-7:30 am	Genzler	7:30-8:15 am	T Floyd
3 (24)	9 th Football 9 th Wrestling 9 th Others	7:30-8:15 am	T Sundlie	8:15-9:00 am	TBD
4 (24)	9 th Baseball 9 th Boys Soccer 9 th Boys Basketball	8:15-9:00 am	T Sundlie	9:00-9:45 am	TBD
5 (24)	9 th Volleyball 9 th Girls Basketball	9:00-9:45 am	Nimmo	9:45-10:30 am	Shull
6 (24)	9 th Softball 9 th Girls Soccer 9 th Others	9:45-10:30 am	Nimmo	10:30-11:15 am	Shull

Ozark Summer Workouts
2020

8th grade Athletes → Middle School

Dates will be June 1-June 25 and July 6-July 23

Monday-Tuesday-Wednesday-Thursday

Up to 20 athletes in a session to accommodate social distancing

Session	Programs	MS Weight Room	Instructor	Speed & Agility	Instructor
1 (20)	8 th Football	6:00-6:45 am	Cox	6:45-7:30 am	TBD
2 (20)	8 th Football	6:45-7:30 am	Cox	7:30-8:15 am	TBD
3 (20)	8 th Wrestling 8 th Boys Basketball 8 th Others	7:30-8:15 am	Bodoin	8:15-9:00 am	Peery
4 (20)	8 th Volleyball 8 th Softball 8 th Girls Basketball 8 th Others	8:15-9:00 am	Bodoin	9:00-9:45 am	Peery