

SPEED UNLIMITED

**Seven S Summer Conditioning
July 6– August 22, 2020**

“The time to start getting stronger, faster and more athletic is during the off season, NOT in season. Athletes need to get away from their sport after their season in order to feel fully prepared physically and mentally refreshed when the next season starts.”

Hey folks,

Welcome to another summer of training with Speed Unlimited where we will continue with the focus/goal of training all your energy systems to FULLY prepare you physically, mentally and emotionally for any situation that your sport will demand.

These last 4 months have challenged us to adapt to the physical, emotional and social stresses that the Covid-19 outbreak presented. The *positive side* is that as athletes your practices and games demand that you *adapt* to the ever-changing situations. *“A blessing in disguise”* if you take the high road and see Covid-19 as practice of adapting to the *new normal* of life and sport moving forward. Along with the safety and health guidelines set out by our government, Speed Unlimited has put in place protocols to protect your well-being.

In accordance with those government guidelines, *Speed Unlimited* will:

- 1. Limit groups to no more than 9 athletes**
- 2. Provide hand sanitizer upon arrival**
- 3. Encourage the maintenance of social distancing during all activities**
- 4. Recommend those athletes doing weights at the Speed Unlimited facility, to use home washrooms as it may not be possible to disinfect contact surfaces between each use.**
- 5. Limit the sharing of equipment**
- 6. Not allow drinking from water fountain for those doing the weight program. The water filling option for your bottles will be available.**

These guidelines are fluid and ever changing. We all must **take ownership** for the health and safety of everyone in our training groups.

Thanks for joining us for another summer of new challenges as we strive to be fully prepared for our upcoming season of competition and build lifelong skills along the way.

Cheers,

Andrew (Yapper)