

SPEED UNLIMITED

Seven S Summer Conditioning

Tues. July 6– Sat. August 20, 2021

“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 back after another year of Covid challenges. It looks like we are on a downward trend in infections that lead to a faster lifting of restrictions, allowing us to run the summer program. We will do so in a safe and progressive manner, again focusing on all the energy systems of the body, FULLY preparing you physically, mentally and emotionally for any situation that your sport will demand.

Since the end of the 2020 summer program, we have again been challenged to adapt to the physical, emotional and social stresses that the 3rd Covid-19 outbreak presented. Keep looking at the *positive, adapting* to the ever-changing situation, but let's not get complacent as we continue to do our part (following safety protocols) toward getting things opened back fully.

In accordance with the reopening guidelines, stated in Phase 1 - June 14 and Phase 2 - July 2, *Speed Unlimited* will:

- 1. Limit group size to no more than 9 athletes (June 14) or 24 athletes (July 2) per trainer**
- 2. Facilitate the safety protocols while training**
- 3. Follow and facilitate indoor safety protocols for equipment use**
- 4. Provide a water filling station for the personal water bottles you bring.**
- 5. Take ownership** for the health and safety of everyone in our training groups.

We are so excited for another summer of new challenges, that will give you the means to be fully prepared for your upcoming season of competition while building lifelong skills along the way.

See you on **Tuesday** July 6, 8:00am at Berkley Park (Beside Speed Unlimited)

Cheers,

Andrew (Yapper)