



Knoxville Community School District

Knoxville, Iowa 50138

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Summer Strength & Conditioning/Family Week Summer 2021

Summer Strength & Conditioning Information

- Groups:
 - **Group 1:** Middle School boys (entering grades 7 and 8 for the fall of 2021): 630-715 AM; Monday-Tuesday-Friday.
 - **Group 2:** Middle school girls (entering grades 7 and 8): 710-755 AM; Monday-Tuesday-Friday.
 - **Group 3:** High School girls (entering grades 9-12): 710-755 AM; Monday-Tuesday-Thursday-Friday.
 - High School Softball players: 710-755 AM; Monday-Tuesday-Friday.
 - **Group 4:** High School Baseball players (that don't play football) 750-835 AM; Monday-Tuesday-Friday.
 - **Group 5:** High School Cross Country girls & boys: 750-835 AM; Monday-Tuesday-Thursday-Friday.
 - **Group 6:** All other High School boys (entering grades 9-12): 830-915 AM: Monday-Tuesday-Thursday-Friday.
 - Start date:
 - This program will begin on Tuesday, June 1 with Group 1 at 630 AM and Group 2 & 3 at 710 AM and the same for Thursday, June 3.
 - Teachers have Professional Development on June 1, 2, 3, so Groups 4, 5, 6 will workout 330-415 PM on Tuesday and Thursday only that week.
 - We will resume normal morning times on Friday, June 4 for the remainder of the summer programming.
 - Break date/Return/End date:
 - This program will take a break after Friday, July 23 due to Family Week (more information below)
 - This program will resume on Monday, August 2
 - This program will end on Friday, August 13
 - Misc.:
 - With construction going on at the high school campus this summer, information about entering and exiting the building will come as the program approaches as will information about COVID mitigation.
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Family Week

The IHSAA, IGHSAA, IHSMA (governing bodies for boys sports, girls sports, and music in Iowa schools) are instituting a family week - beginning this summer - where no school sports/music activities can occur. This will be a yearly thing in late July going forward.

This family week in 2021 is July 25-August 1. We will extend this to cover all of our extra-curricular activities - so no KCSD extra curricular activities from July 25 to August 1, 2021. Participation in the IHSAA State Baseball Tournament is exempt from this state rule.

KCSD extra curricular activities can occur up to Saturday, July 24 and can resume on Monday, August 2. High School fall sports will begin on Monday, August 9. Middle School fall sports will begin around the start of school (August 24).