

Summer 2017

Trenton High School and Middle School

Contact Days / Camps / Dead Weeks / Weight Room / Open Gym / Open Field

Dead Weeks:

Dead Week #1: July 1–July 9

Dead Week #2: July 24-July 30

Weight Room Times:

High School Boys Weights (M-W-F): 6:30-8:00, 8:00-9:30 (begins Monday June 5)

High School Girls Weights (M-W-F): 9:30-11:00 (begins Monday June 5)

Middle School Boys Weights (T-TH): 8:00-9:30 (begins Tuesday June 6)

Middle School Girls Weights (T-TH): 9:30-11:00 (Begins Tuesday June 6)

Open Gym / Open Court / Open Field Times:

High School Wrestling (M-W): 8:00- 9:30 (begins Wednesday May 31 ends Friday June 30)

High School Girls Basketball (M-W): 8:00-9:30 (HS Gym – begins Wednesday May 31 ends Friday June 30)

High School Boys Basketball (M-W): 9:30-11:30 (HS Gym – begins Wednesday May 31 ends Friday June 30)

High School Volleyball (M-W): 11:00-12:30 (MS gym – begins Wednesday May 31 ends Thursday July 20)

Middle School Girls Basketball (T-TH): 8:00-9:30 (MS gym – begins Tuesday June 6 ends Thursday June 29)

Middle School Boys Basketball (T-TH): 9:30 -11:00 (MS gym – begins Tuesday June 6 ends Thursday June 29)

Middle School Volleyball (T-TH): 8:00- 9:30 (MS gym – begins Tuesday July 11 ends Thursday July 20)

High School Boys / Girls Tennis (T-TH): 8:00- 11:00 (HS Tennis Courts – begins Tues. June 6 ends Thurs. July 20)

High School Softball (Fridays): 8:00-9:30 (HS Softball Field – begins Friday June 9 ends Friday June 30)

Middle School Softball (Fridays) 9:30 – 11:00 (HS Softball Field – begins Friday June 9 ends Friday July 21)

High School Baseball (Fridays): 9:30 – 11:30 (Burleigh Grimes Field – begins Friday June 9 ends Friday June 30)

MS Cheerleading (M-W): 8:00 – 9:30 (MS Gym – begins Monday June 5 ends Friday July 21)

HS Cheerleading (T-TH): 6:00-7:30 (MS Gym – begins Tuesday June 6 ends Thursday July 20)

The Lions Club will need the gyms for All-Star Practice one Friday/Saturday in early June.

HS Gym will be closed the entire month of July. HS and MS Volleyball will have first priority in the MS Gym.

August 3rd there will be a mandatory meeting for all GRC Head Coaches. Attendance is required. Site has not been determined.

Home Camp Dates:

HS Girls Volleyball: June 14 and June 15 (MS gym will be closed for Volleyball from 8:00 – 3:00 these two days)

HS Girls Basketball: May 30 – May 31 (HS gym will be closed for Girls Basketball from 8:30 – 4:00 these two days)

(HS Girls will also go on the evening of May 29 from 5 – 8 pm. Approval has been given).

HS Boys Basketball: May 31 – June 2 (MS Gym from 8:30 – Noon May 31; HS Gym from 8:30 – Noon June 1 & 2)

Summer Information:

No summer activities, including open gyms, open weights, or open fields can begin prior to the Tuesday after Memorial Day (May 30). This ensures that all MSHSAA Spring Sports will be over when summer activities begin.

Each sport is now limited to 20 contact days. Weight Room time does not count as a contact day as long as sport specific instruction is not included. Basically if a coach drills, informs or instructs a sport on a summer day, it is a contact day. If a ball is out or a mat is used, it is a contact day. Make sure coaches do not exceed 20 days. Days spent away from Trenton count as contact days if a sport is being taught or played with the coach involved.

June is basically open for all winter and spring sports to have access to athletes without interfering with fall activities. Winter and spring sports have precedence throughout June if a conflict arises.

July is when winter and spring sports shut down. All Fall Sports and Activities will take precedence over winter and spring activities once the first dead week comes to an end. It is best if all non-fall sports and activities are completely finished at the beginning of the first dead period. Football, Volleyball, Girls Golf, Girls Tennis, and Girls Softball basically have access to everyday from July 10th -July 23rd for workouts, off campus team camps and on campus camps during this period.

Camps / Shootouts / Spike Outs / Leagues:

High School Sports / Activities should limit themselves to no more than one overnight team camp.

Shootouts / Spike Outs / Leagues can be schedule as desired as long as they are one day events or commuter events.

Middle School Sports / Activities are welcome to play in one day events, two day commuter events and leagues but will not be allowed to attend overnight team camps. This includes MS Cheerleading.

Each Varsity Head Coach, other than Track and Field is encouraged to have a Varsity Camp here in Trenton. It should be 2-5 days unless it is a fall sport and they want to use up to two full weeks in July.

A middle school camp is optional and up to the Varsity and Middle School Coaches to coordinate. It can be run with the Varsity Camp, but do not let the MS athletes compete or drill with the HS athletes.

You can charge for your Trenton Camp if you are inclined to do so. It is best if the cost is kept at or below \$20 and some type of camp shirt is handed out. The option of charging or not charging is up to the individual coach.

Mornings are already heavily scheduled, so on days that you aren't scheduled for gym time, evening or afternoon camp times should be used in an effort to avoid conflicts with other sports.

Afternoon and evenings in June are available for camps or practices if you need them. Remember that non fall sports will take precedence during this period of time when it comes to scheduling.

Basketball and Wrestling can begin camps or have an open gym / open mat, on Tuesday May 30 if they choose.