

Astoria High Summer Workouts

The Astoria High School Athletic & Activities Departments will begin limited participation for student-athletes and coaches in the month of July. All protocols and guidelines as given by the state Health Department and the Oregon School Activities Association will be strictly adhered to for the appropriate phase of Clatsop County. All documents related to Astoria High School following these guidelines are attached below. Importantly, the Astoria School District is also providing a waiver that must be signed by students and parents prior to participation indicating understanding of all rules pertaining to COVID-19. This document is also attached below.

General Core Strength & Conditioning will be offered every Monday-Wednesday-Friday in the form of outdoor workouts at the Astoria Middle School Track from 5:00-6:30 PM beginning on Monday, July 6th. Students should try to arrive 10 minutes prior to the workout in order to complete a short health questionnaire prior to participating.

Students may also sign up for a designated time slot to participate in weight room workouts utilizing the Astoria High Weight Room beginning Wednesday, July 1st. Students interested in this need to contact Astoria School District 1C Director of Athletics, Howard Rub, via email, [hrub@astoriak12.org](mailto:h rub@astoriak12.org), or via cell phone, 503.298.9419, to sign up for a morning or early evening time slot.

Other specific sport information that can be provided at this time includes:

BASEBALL- meeting at Tapiola Park on Wednesday July 1st at 7:00 PM for any interested student and their parents for playing baseball in July - please contact Head Coach, Glen Fromwiller, via email at gfromwiller@astoriak12.org for more additional information

DANCE TEAM- meeting at CMH Field on Tuesday July 7 at 10:00 AM for any interested student wishing to participate in dance in 2020-21. Information will include summer camp opportunities. Please contact Head Coach, Emily Madsen, via email at emilyandchad@msn.com for more information

BOYS BASKETBALL- practices to be held every Friday & Saturday in July beginning July 10th & ending Saturday August 1st - please contact AHS Head Basketball Coach Kevin Goin via email at kgoin@astoriak12.org or via cell, 503.949.2810, for specific locations and times

GIRLS SOCCER- practices to be held every Tuesday & Thursday from 6:30-8:00 PM at CMH Field in the month of July beginning Tuesday July 7th - please contact Head Coach, Tim Fastabend, 503.791.2983, for additional information

BOYS SOCCER- practices to be held from 6:30-8:00 PM every Tuesday in Warrenton at the Warrenton Soccer Complex & every Thursday at CMH Field in Astoria beginning Tuesday July 7th - please contact Head Coach, Lee Cain, via email at lcain@astoriak12.org for more information

VOLLEYBALL & GIRLS BASKETBALL- plan on attending Core Strength Training every Monday - Wednesday - Friday at Astoria Middle School beginning Monday July 6th at 5 PM - please contact Head VB Coach, Jesse Todd, via email at jtodd@astoirak12.org or Head Basketball Coach, Mike Jacobson, via email at mcjcoach10@hotmail.com for additional information

FOOTBALL- practices to be held every Wednesday in the month of July at CMH Field from 6:45-8:15 PM beginning Wednesday, July 8th Please contact Head Coach, Howard Rub, 503.298.9419, or via email at [hrub@astoriak12.org](mailto:h rub@astoriak12.org) for more information.

CROSS COUNTRY- Individualized training plans are available. Group runs will begin in August. Please visit: <https://docs.google.com/document/d/1tQJgwEtEnvrWdrF6h4lnTiSckZQpXc0Flc1afTcqPTE/edit?usp=sharing> or contact Coach Andrew Fick at afick@astoriak12.org or 971-704-2341 for more information.

If a Sport or Activity of your interest is not currently listed or if you have any questions about this plan for the month of July, please do not hesitate to contact Astoria School District 1C Director of Athletics, Howard Rub, at [hrub@astoriak12.org](mailto:h rub@astoriak12.org), or 503.298.9419.

Howard Rub

Astoria School District 1C Director of Athletics