

The South Carolina Independent School Association

Summer Athletic Workout Guidelines

SCISA acknowledges the value of summer workout programs. In nature, summer is the season when all things grow. Farmers plant in the spring and nurture the seedlings until the summer takes over and provides the sun, rain, and warm weather. It's the summer-time that creates the right environment that allows for growth. It works for farmers and it should work for athletes, too.

For most high school athletes, summer is the longest stretch of time without having to worry about practice or competitions. Like farmers, athletes can use this time to grow and develop for the fall and the harvest of the competitive season. Before you know it, summer will be here. So here are five pieces of advice to help set you up for success.

Set and Keep Your Schedule

This first piece of advice might be the hardest one for young people: You need to keep a consistent schedule. Included in this schedule is SLEEP. Sleep is the magic pill that lets your body repair and fix itself.

Plan for Heat Management

What's the best part of summer? For many people, it's the weather. The sun is shining, it's hot outside, and you're sweating. The heat can help or hinder your training in the summer. Sure, when it's hot outside, warm-ups are faster and easier. If you're just walking to the gym and you're already sweating, your general warm-up is already done. You have initiated the sweat response, your body temperature has increased, and you might be breathing heavier. In general, your body is ready for activity. Now, you still need a specific warm-up to get yourself ready for the training session goal so you can tap into the potentiation components of a warm-up, but, in a general sense, you are ready to go. When planning outdoor workouts in the summer, be sure to plan for the heat.

Feed the Machine

Have you ever really thought about why you eat? No, this is not a rhetorical question. Why do you need to eat? It comes down to a few things. You eat because your body needs energy to do work. You eat because your body needs to repair itself. You eat because it's a social way to connect to someone else. When summer hits, it's not time to back off of training, and therefore it's not time to back off of eating quality food.

Plan to Work Hard and Play Hard

All good coaches have a workout plan, including where they have scheduled all the important training, including the times we want the athletes to rest. The athletes should talk to their coaches about when they are planning to take a vacation. Student-athletes need to take breaks. They should get away with their family or friends. The coach and athlete can plan together their training taking into consideration trips and other opportunities.

Balance

Summer schedules must balance multi-sport athletes with family time as well as student enrichment opportunities (Boys/Girls State, and other honor and leadership activities).

2021 Summer Schedule

- 2021 Summer Schedule: May 30 - July 25 (7 Weeks / excluding the week of July 4th).
- Sports allowed to participate in summer workouts/practices/games: All sports teams
- Restrictions on the number of players, coaches, or level play (jv/varsity) allowed: None
- Organized Practices, Games, Leagues, Tournaments, Camps Defined:
 - organized practice: athletic activity where coaching, instruction, correction, etc. is taking place.
 - Games, leagues, tournaments: where two or more schools play. Can be a weekly schedule of competition or one day.
 - Camps can be on-site or away. Camps for this purpose are "team" play in nature.
- Weekly Restrictions on the number of days for summer activities: Teams are limited to no more than two days per week.
 - Exception: Camps. Many camps are multi-day camps. The total number of days at camp count against the total number of days permitted for summer works (12).
- Total Number of Days permitted for summer workouts: Up to 12 days.
- Time Restriction for workouts/practice: Sessions shall not exceed 1 1/2 hours.
 - Exception: Camps, tournament play... These activities have teams participating, resting, and playing later that day.
- School shall follow all sports related player safety guidelines during summer workouts, including heat & humidity guidelines.
- Additional Football Restrictions: Football is restricted from contact. Air type or foam dummies are permitted.
 - Passing League: players may not wear padding. Players may wear helmets, pants, jersey, shoes and socks.
- Closed Dates: week of July 4th or designated week, July 26-28.

Strength Training and Conditioning

Strength training and conditioning are not included in the above summer practice guidelines. Strength training and general conditioning are legal throughout the year. Strength and conditioning programs are voluntary during organized practice closed periods.