Voluntary Summer Workouts
Please check below for a current list of teams that are training during the summer voluntary session. If you elect to attend these workouts, you must contact the head coach prior to attending any scheduled workouts. All attendees are required to complete a one-time COVID-19 educational session, in addition to a pre-workout screening prior to each training session. All families are required to monitor their student-athlete and other family members for potential signs and symptoms of COVID-19. If you are experiencing any signs or symptoms, you are not permitted to attend workouts; you are expected to follow the guidelines in our Athletics Health and Safety Plan, as well as the recommendations from the Department of Health (DOH) and Center for Disease and Control (CDC). Additionally, in accordance with Governor Wolf’s travel order, If you have visited any of the following states, (please click HERE to view link) or feel you or another family member has been potentially exposed to COVID-19, you are required to follow the governor’s guidance of a 14-day quarantine upon your return, as well as the current CDC recommendations. You are not permitted to attend voluntary summer workouts during this time period. If you plan to travel, please refer to this link often, as there is a high probability that additional states will be added.

Schedule: Thru 7/20-8/3 (will be updated weekly)

Football: Mon/Weds 8:00am-10:00am Tues/Thurs 6:00pm-8:00pm Michael Milano mmilano@dasd.org
Cross Country: Scott Burns sburns@dasd.org
Girls Volleyball: Mon/Weds 6:30pm-8:00pm David Parrish parrish1620@gmail.com
Field Hockey: Mon/Weds 6:00pm-7:30pm Stephanie Bullock stephbullock16@gmail.com
Cheerleading: Weds/Thurs 7:30pm-9:00pm Stephanie Skoglund dwhscheer@dasd.org
Boys Soccer: Weds/Thurs 6:00pm-7:30pm John Hatt jhatt@unitedsports.net
9th Football: Mon/Weds 6:00pm-7:30pm Allyn Bacchus abacchus@dasd.org