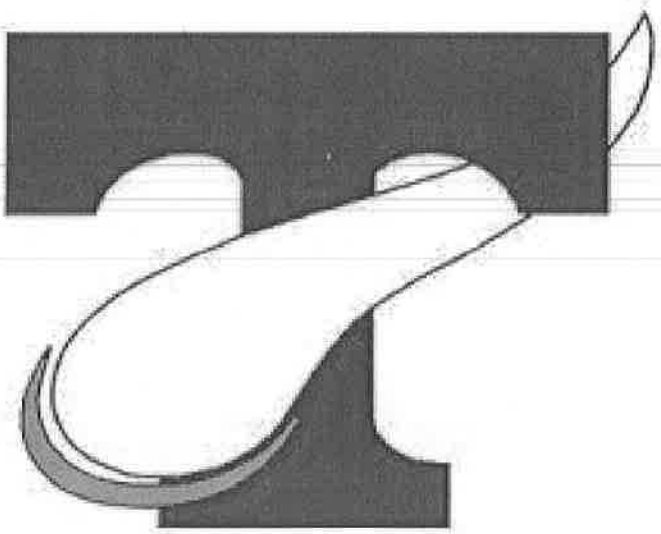
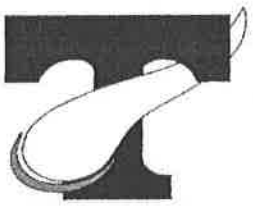


2019-20 Tennessee High

Viking Athletics

Information and Summer Schedules



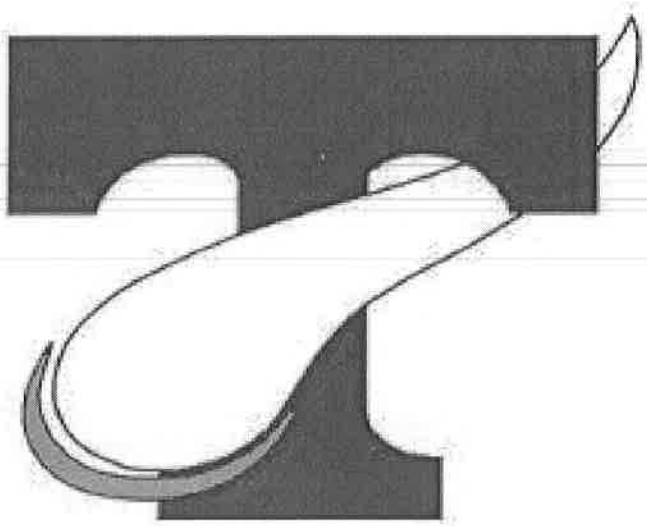
Welcome to Tennessee High School and Viking Athletics. Tennessee High offers a variety of athletic opportunities. We hope that you will take an opportunity to play as many sports as possible and get the most out of your high school experience. This packet contains information about summer plans for each of the sports that we offer at THS. Summer is an important time to improve skills and prepare for the coming season.

In order to participate, each student-athlete is required to have an active physical on file as well as the other required active paperwork. Physical forms and the other required paperwork can be obtained from the Tennessee High Athletic Office or by visiting http://ths.btcs.org/Athletics/forms One of the required forms must be signed in front of a notary and notarized. Ms. Feathers in the Athletic Office is a notary and is available to notarize the Health Data form.

Athletic physicals are going to be given this year on May 11 at Virginia High School. The time for THS athletes is between 8-9am and the cost is $10, cash only. Athletic physicals can also be scheduled with your personal doctor or at an urgent care facility.

We are very excited to be kicking off a new year of Viking Athletics and hope to see lots of Vikings on the fields and courts.

WE ARE TENNESSEE HIGH!



Fall Sports

- Cross Country
- Football
- Golf

CC Summer Calendar June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Steele Creek 6:30 pm	5	6 Steele Creek 6:30 pm	7	8
9	10	11 Steele Creek 6:30 pm	12	13 Steele Creek 6:30 pm	14	15 Coach Lilly's vacation June 15th -29th
16	17	18 Steele Creek 6:30 pm	19	20 Steele Creek 6:30 pm	21	22
23 Dead week begins	24	25	26	27	28	29
30						

Calendar Template © calendarlabs.com

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Dead week ends	8	9 Steele Creek 6:30 pm	10	11 Steele Creek 6:30 pm	12 Frankie's Vacation 12th - 21st	13 Crazy 8s 5k
14	15	16 Steele Creek 6:30 pm	17	18 Steele Creek 6:30 pm	19	20
21	22	23 Steele Creek 6:30 pm	24	25 (Laptop Deployment) Maybe CC camp	26 CC camp	27 CC camp
28	29	30 (Laptop Deployment) Steele Creek 6:30 pm	31 Coaches PD 8-3 (Laptop Deployment)			

Calendar Template © calendarlabs.com

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Teacher In-service	2 Teacher workday	3
4	5 Student 1st 2 hour day	6 Teacher workday	7 Student 1st full day Everyday afternoon practice begins	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Calendar Template © calendarlabs.com

All Freshman should try to run 20-25 miles per week and work up to around 30 miles per week by the time school starts.
All Sophomores should try to run 30-35 miles per week and work up to around 40 miles per week by the time school starts.
All Juniors and Seniors should try to run 40-45 miles per week and work up to around 50 miles per week by the time school starts.
You should run at least 4-5 days per week in June and 5-6 per days in July.

You should be at practice during the summer if at all possible on the dates scheduled above. You should also find a friend to run with on the days we don't have practice. You are more likely to run every day if you have someone to run with.

Three things you need to focus on:

1. Run often and with purpose (don't run hard every day, but don't jog everyday either). If you practice running slow miles every day then you will be good at running slow miles. If you feel good sometimes run a little faster or tempo pace. You don't need to do speed work during the summer but a few tempo runs or road races are a good way to get your heart rate up and will help as the season starts in Aug.
2. What you eat is important. Food is fuel. If you put junk in you will feel terrible when you run. If you put good stuff in then you will feel better when you run.
3. Sleep is also very important (more important than most of you realize). Some of you stay up way to late in the summer and then sleep until noon. Staying up a little later and sleeping in is fine occasionally, but you should try to maintain your schedule as much as possible. If not when school starts in Aug. and practice every day begins you get run down and sick and then it is hard to get well again.

"Adolescents are notorious for not getting enough sleep. The average amount of sleep that teenagers get is between 7 and 7 ¼ hours. However, they need between 9 and 9 ½ hours (studies show that most teenagers need exactly 9 ¼ hours of sleep). Teenagers do not get enough sleep for a number of reasons..."

www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents

Calendar Template © calendarlabs.com

- "Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.
- Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural to not be able to fall asleep before 11:00 pm.
- Teens need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights.
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep."

https://www.sleepfoundation.org/articles/teens-and-sleep

Remind 101
Text @cctea
To the number 81010

Calendar Template © calendarlabs.com

TENNESSEE HIGH FOOTBALL CALENDER

MAY 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 2:45-4:30 CLEAN/DEADLIFT	2 2:45-4:30 BOX/TOWEL	3 OFF	4
5	6 2:45-4:30 MAX BENCH/SQUAT T-SHIRT MONEY	7 2:45-4:30 MAX CLEANS	8 2:45-4:30 TEST 40 YD DASH EQUIP. CHECK	9 SPRING DAY 1 PRACTICE 3:00-5:00 SHELLS	10 SPRING DAY 2 PRACTICE 3:00-5:00 SHELLS	11 PHYSICALS VA HIGH 8:00-9:00 MANDATORY
12	13 SPRING PRACTICE DAY 3 3:00-5:00 SHELLS	14 SPRING PRACTICE DAY 4 3:00-5:00 SHELLS	15 SPRING PRACTICE DAY 5 3:00-5:00 FULL PADS	16 SPRING PRACTICE DAY 6 3:00-5:00 FULL PADS	17 SPRING PRACTICE DAY 7 3:00-5:00 SHELLS	18
19	20 SPRING PRACTICE DAY 8 3:00-5:00 FULL PADS	21 SPRING PRACTICE DAY 9 3:00-5:00 SHELLS	22 SPRING PRACTICE DAY 10 3:00-4:30 FULL PADS	23 FINAL EXAMS NO WORKOUTS	24 FINAL EXAMS NO WORKOUTS	25
26	27 6:45-8:30 BENCH	28 6:45-8:30 CLEAN DEFENSIVE DAY 9TH GRADE 6-7:15PM	29 6:45-8:30 SQUAT COMPETITION	30 6:45-8:30 DEADLIFT OFFENSIVE DAY 9TH GRADE 6-7:15PM	31	

TENNESSEE HIGH FOOTBALL CALENDER

JUNE 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2	3 6:45-9:00 BENCH COMPETITION TUG A WAR	4 6:45-8:00 CLEAN YOUTH CAMP 8:15-12:00	5 6:45-8:00 SQUAT YOUTH CAMP 8:15-12:00	6 6:45-8:00 DEADLIFT YOUTH CAMP 8:15-12:00	7	8
9	10 6:45-9:00 BENCH AGILITIES TIRE FLIP	11 6:45-9:00 CLEAN DEFENSIVE DAY 9th grade 6-7:15pm THS WEIGHT ROOM	12 6:45-9:00 SQUAT AGILITIES BOARD RUN	13 6:45-9:00 DEADLIFT OFFENSIVE DAY 9th grade 6-7:15pm THS WEIGHT ROOM	14 RED BUCKET	15 RED BUCKET
16	17 6:45-9:00 BENCH AGILITIES VIKING RELAY	18 6:45-9:00 CLEAN/ DEFENSIVE DAY 9th grade 6-7:15pm THS WEIGHT ROOM	19 6:45-9:00 SQUAT AGILITIES CAROLINA BALL	20 6:45-9:00 DEADLIFT/ OFFENSIVE DAY 9th grade 6-7:15pm THS WEIGHT ROOM	21	22
23 DEAD PERIOD	24 DEAD PERIOD	25 DEAD PERIOD	26 DEAD PERIOD	27 DEAD PERIOD	28 DEAD PERIOD	29 DEAD PERIOD

TENNESSEE HIGH FOOTBALL CALENDER

JULY 2019

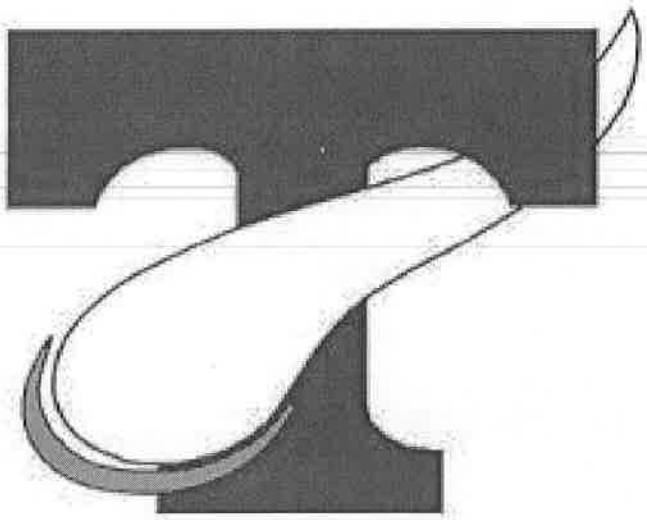
Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 DEAD PERIOD	2 DEAD PERIOD	3 DEAD PERIOD	4 DEAD PERIOD	5 DEAD PERIOD	6 DEAD PERIOD
7	8 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS FRESHMEN LIFT 5:00	9 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS	10 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS FRESHMEN LIFT 5:00	11 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS 7 on 7 vs central 6:00	12 9:00-10:30 O & D DRILLS	13 @MARYVILLE 7 ON 7 9:00AM LEAVE AT 6:00AM
14	15 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS FRESHMEN LIFT 5:00	16 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS 7 on 7 vs SHHS 6:00	17 7:30- 8:15 LIFT 8:20-9:30 O&D DRILLS FRESHMEN LIFT 5:00	18 7:30-8:15 LIFT TIRE FLIP 8:30 COACHES MEETING 10:00	19 OFF	20
21	22 7:30 DEFENSIVE GROUP MEETING SHELLS PRACTICE 8:15-10:15 SKILL LIFT 10:30 FRESHMEN LIFT 5:00	23 7:30 OFFENSIVE GROUP MEETING SHELLS PRACTICE 8:15-10:15 LINEMEN LIFT 10:30	24 7:30 DEFENSIVE GROUP MEETING SHELLS PRACTICE 8:15-10:15 SKILL LIFT 10:30 FRESHMEN LIFT 5:00	25 7:30 OFFENSIVE GROUP MEETING SHELLS PRACTICE 8:15-10:15 LINEMEN LIFT 10:30	26 7:30 DEFENSIVE GROUP MEETING SHELLS PRACTICE 8:15-10:15	27
28	29 PRACTICE 8:00-10:30 FULL PADS OFFENSIVE MEETING 10:45 FRESHMEN PRACTICE II 5:00-6:30 HELMETS	30 PRACTICE 8:00-10:30 FULL PADS DEFENSIVE MEETING 10:45 FRESHMEN PRACTICE 5:00-6:30 HELMETS	31 PRACTICE 4:00-6:00 FULL PADS OFFENSIVE MEETING 6:20 FRESHMEN PRACTICE 5:00-6:30 SHELLS	1 PRACTICE 4:00-6:00 FULL PADS DEFENSIVE MEETING 6:20 FRESHMEN PRACTICE 5:00-6:30 SHELLS	2 SCRIMMAGE VS SHHS 6:00 AWAY NO FRESHMEN PRACTICE	

TENNESSEE HIGH FOOTBALL CALENDER

AUGUST 2019

Sun	Mon	Tues	Wed	Thu	Fri	Sat
4	5 PRACTICE 4:00-6:00 FULL PADS FRESHMEN PRACTICE 5:00-6:30 FULL PADS	6 SCRIMMAGE VS CENTRAL 6:00 HOME NO FRESHMEN PRACTICE	7 PRACTICE 3:00-5:00 EVERYONE FULL PADS "D"FILM STUDY 5:30	8 PRACTICE 3:00-5:00 EVERYONE FULL PADS "O"FILM STUDY 5:30	9 PRACTICE 3:00-5:00 EVERYONE FULL PADS	10
11	12 PRACTICE 3:00-5:00 EVERYONE FULL PADS	13 PRACTICE 3:00-5:00 EVERYONE FULL PADS	14 SCRIMMAGE VS GATE CITY 6:00 HOME	15 PRACTICE 3:00-5:00 EVERYONE SHELLS	16 PRACTICE 3:00-5:00 EVERYONE FULL SHELLS	17
18	19 PRACTICE 3:00-5:00 EVERYONE FULL PADS	20 PRACTICE 3:00-5:00 EVERYONE FULL PADS	21 PRACTICE 3:00-5:00 EVERYONE SHELLS	22 PRACTICE 3:00-4:00 EVERYONE HELMETS	23 GAME 1 VS DB AWAY 7:30 NO FRESHMEN PRACTICE	24
25	26 B-TEAM GAME VS DB AWAY 6:00 VARSITY FILM STUDY 3:00	27 PRACTICE 3:00-4:30 EVERYONE SHELLS VAR-"D" FILM 4:45 FRESHMEN LIFT 4:45	28 PRACTICE 3:00-4:30 EVERYONE FULL PADS VAR-"D" FILM 4:45	29 PRACTICE 3:00-4:30 EVERYONE FULL PADS VAR-"D" FILM 4:45 FRESHMEN LIFT 4:45	30 OPEN NO PRACTICE	31

Boys' Golf: Boys' Golf tryouts will be in July. A date has not been set. The dates will be posted on the THS website in June. For more information, call Coach Zeiger (423) 534-0202.



Winter Sports

- Basketball
- Swimming
- Wrestling

Boys Hoops May- June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spring Practice/ Tryouts for JV and Varsity are 5/6-5/8 @ 245	*Memorial Day*	*May 28 Spring Practice/ Tryouts for JV and Varsity 245*	*May 29 TBD*	*May 30 Freshman Tryouts V/JV Practice/ Tryouts TBD*	*May 31 Freshman Tryouts V/JV Practice/ Tryouts TBD*	*1 OFF*
2 OFF	*3 8AM/ Workouts V/JV Tryouts TBD V/JV/F Practice/*	*4 8AM/ Workouts V/JV/F Practice/ V/JVTryouts TBD*	*5 8 AM/ Workouts Varsity Practice TBD Jv/F King Team Camp TBD*	*6 8 AM/ Workouts Varsity Maryville Team Camp Jv/F King Team Camp TBD*	*7 OFF*	*8 OFF*
9 OFF	*10 am Workout Viking Camp V/JV/F @ ETSU Team Camp*	*11 am Workout Viking Camp V/JV/F Practice TBA*	*12 am Workout Viking Camp All teams Practice 1230 pm*	*13 am Workout Viking Camp All teams Practice 1230 pm*	*14 V/JV/F UNC Asheville Team Camp Day Camp TBD*	*15 OFF*
16 OFF	*17 AM departure for Pikeville V/JV/F Overnight Team Camp*	*18 Pikeville V/JV/F Overnight Team Camp*	*19 Play day & PM return from Pikeville V/JV/F Overnight Team Camp*	*20 Work outs/ Practice TBD*	*21 Work outs/ Practice TBD*	*22 OFF*
23 OFF	*24 Dead Period*	*25 Dead Period*	*26 Dead Period*	*27 Dead Period*	*28 Dead Period*	*29 Dead Period*
30 Dead Period						

These are the dates we are planning to have workouts, camps, etc. We will communicate any changes with the players and on social media via our Facebook page Tennessee High Boys Basketball @thsviking basketball and Twitter @THS_VikingBball

CONTACT INFO:
Email: witcher@btcs.org *School Cell: 423-341-5042* *Athletic Office:423-652-9361*

Boys Hoops July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ***Dead Period***	2 ***Dead Period***	3 ***Dead Period***	4 ***Dead Period***	5 ***Dead Period***	6 ***Dead Period***
7 ***OFF***	8 ***8AM/ Lift*** ***Workout TBD***	9 ***8AM/ Lift*** ***Workout TBD***	10 ***OFF***	11 ***8AM/ Lift*** ***Workout TBD***	12 ***OFF***	13 ***OFF***
14 ***OFF***	15 ***8AM/ Lift*** ***Workout TBD***	16 ***8AM/ Lift*** ***Workout TBD***	17 ***OFF***	18 ***8AM/ Lift*** ***Workout TBD***	19 ***OFF***	20 *OFF*
21 ***OFF***	22 ***OFF***	23 ***OFF***	24 ***OFF***	25 ***OFF*** ***Laptop Deployment***	26 ***OFF***	27 ***OFF***
28 ***OFF***	29 ***OFF*** ***Laptop Deployment***	30 ***OFF*** ***Laptop Deployment***	31 ***OFF***	***August 5th is first student day with an early dismissal***	***August 7th is first full student day with***	

Summer Swim Team!

NETS SWORDFISH

Come join the North East Tennessee Swordfish for the summer!

Practice will begin June 3rd and run through July, with a big city championship meet at the end of July!

All practices are at the Tennessee High School pool. We swim Monday-Thursday mornings, from 9-10am. Starting toward the middle of June, we will have weekly swim meets in the evenings, approx. once per week. There are no mandatory practice requirements, and all swim meets are optional. Our summer season will end with the City Championship meet on Saturday, July 20th, and we will have a celebration cook-out! (date TBA)

COST:

- **$25 registration fee (covers t-shirt and swim cap)**
- **$40 per month (covers coaching staff, pool rental, fees for league membership)**

REGISTRATION:

Pre-registration for the summer league will be on Tuesday, May 28 from

5-6:30pm.

If you are not able to attend pre-registration, you may register at your first day of practice.

For more information, email

netsswordfish@gmail.com

USA SWIMMING

Check us out! North East Tennessee Swordfish!

These materials and the activity described herein are not sponsored or endorsed by the Bristol Tennessee Board of Education.

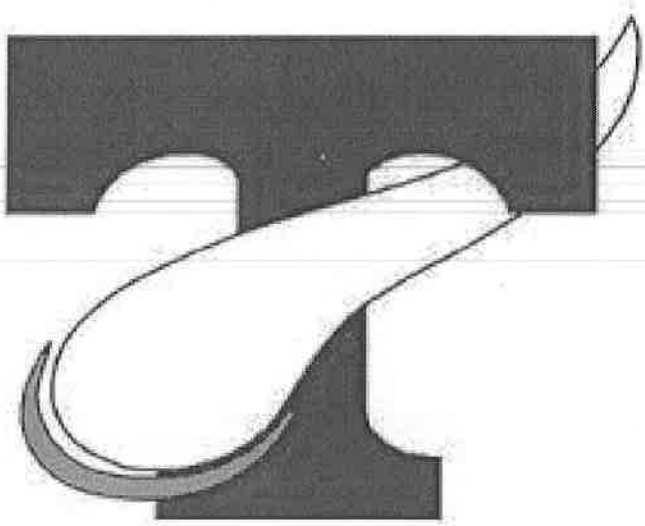
General info for boys and girls wrestling

We have various workout and camp options throughout the summer. For those not playing fall sports, our fall program will start up in August. Wrestling season begins October 28th.

Contact the coaches and visit our social media for more information:

Tim Marshall - tmarshall7@btes.tv - 423-340-1900
Will Greening - wrgreening90@gmail.com - 813-541-4906

Facebook: @TheTHSVikingWrestling
Instagram: @thswrestle



Spring Sports

- Baseball
- Soccer
- Tennis
- Track & Field

Information About Other Sports:

Baseball: May 28th tryouts for rising Sophomores, Juniors, and Seniors 3:00-5:00 pm at Tod Houston Field

May 29th tryouts for incoming Freshman 2:00-4:00 pm at Tod Houston Field

Track and Field: There will be an organizational meeting for the Track and Field team during the fall semester.

Boys' Tennis: There will be an organizational meeting for the Tennis team during the fall semester.

THS Boys Soccer Summer Schedule

◄ May | June 2019 | July ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Castle: 9-10 Weight Room: 10:15-11	4 Individual Workout 1	5 Individual Workout 2	6 Individual Workout 1 and 3	7 Castle: 9-10 Weight Room: 10:15-11	8
9	10 Castle: 9-10 Weight Room: 10:15-11	11 Individual Workout 1	12 Individual Workout 2	13 Weight Room: 9-9:45 Castle: 10-11	14 Individual Workout 1 and 3	15
16	17 Total Soccer Player Academy Camp @DB (8:30-5)	18 Total Soccer Player Academy Camp @DB (8:30-5)	19 Total Soccer Player Academy Camp @DB (8:30-5)	20 Total Soccer Player Academy Camp @DB (8:30-5)	21	22
23	24 Dead Period	25 Dead Period	26 Dead Period	27 Dead Period	28 Dead Period	29
30						

◄ June

July 2019

August ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dead Period	2 Dead Period	3 Dead Period	4 Dead Period	5 Dead Period	6
7	8 Castle: 1:00-3:00	9 Individual Workout 1	10 Individual Workout 2	11 Individual Workout 1 and 3	12 Run 1 Mile	13
14	15 No Practice	16 Individual Workout 1	17 Individual Workout 2	18 Individual Workout 1 and 3	19 Run 2 Miles	20
21	22 Castle: 1:00-3:00	23 Individual Workout 1	24 Individual Workout 2	25 Individual Workout 1 and 3	26 Run 3 Miles	27
28	29	30	31			

Note:

1. Please note that these workouts and field dates—not including the Soccer Camp (June 17-20)—are mandatory IF you are in town. If you cannot make it, please contact me and let me know 423-340-1179.
2. Any fall sports take precedent. If your coach has scheduled practice during these times, you are not required to attend; I just ask that you please let me know.
3. We will begin preseason conditioning in August. Please pay attention to announcements and the Remind APP. As of now, I foresee beginning these on Monday August 19 beginning twice a week and then increasing to three days in September, and four days in October and November—we do not do preseason conditioning in December.

Individual Workout 1 (one hour):

Stretch for 5 minutes (focus on your quads and calves)

Choose a route, or use a treadmill, and take a 10-minute jog/run

You will need one ball and a wall (20 minutes)

- Take a ball and kick it against a wall with your right foot for 5 minutes (one touch)
- Repeat but with the left for 5 minutes (one touch)
- Repeat but with both feet for 5 minutes (one touch)
- Repeat but with your non-dominant foot for 5 minutes (one touch)

You will need 5-7 cones, shirts, shoes, socks, etc. laid out roughly 3-5 yards apart (20 minutes)

- Using just your right foot, weave in and out of the cones for 5 minutes (inside and outside of the foot)
- Using just your left foot, repeat for 5 minutes
- Using both feet, repeat for 5 minutes
- Using your non-dominant foot, repeat for 5 minutes

Do a cool down stretch for 5 minutes.

Individual Workout 2 (one hour):

Stretch for 5 minutes

Choose a route, or use a treadmill, and take a 30-minute jog/run.

Do a cardio routine with the following (repeat 4 times):

- Do 15 push-ups.
- Do 25 curl-ups.
- Do a 30 second wall sit
- Do 30 seconds of up-downs (burpies)
- Do a 30 second plank
- Do 30 seconds of leg raises

Do a cool down stretch for 5 minutes

Individual Workout 3 (30 minutes)

Stretch for 5 minutes

Do Stair-Steppers for 5 minutes

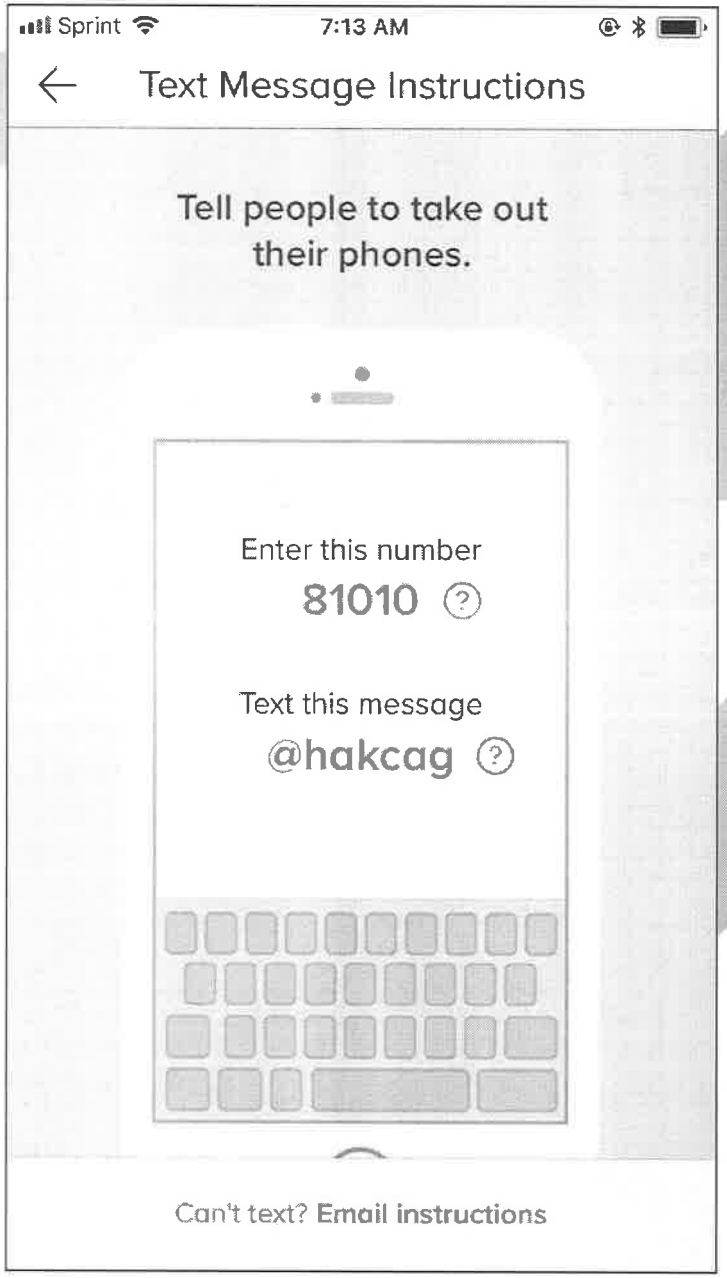
- Ball in front of you
- Place kicking foot on top of ball
- Jump and put your other foot on top of the ball while taking the first one off (do it quickly)

Do Machine gun for 5 minutes

- Start by placing the ball between your feet.
- Perform a motion similar to the stair stepper exercise; however, you should to this on the side of the ball in order to get the ball to move back and forth between your feet.
- Try to keep your feet close together.
- Keep your body relaxed and focus 100% on the ball.

You will need a trash can, create a circle, or use something you can shoot the ball into. For 15 minutes, practice chipping, shooting, and crossing the ball into your created target

Remind App Info for Team Updates and Announcements

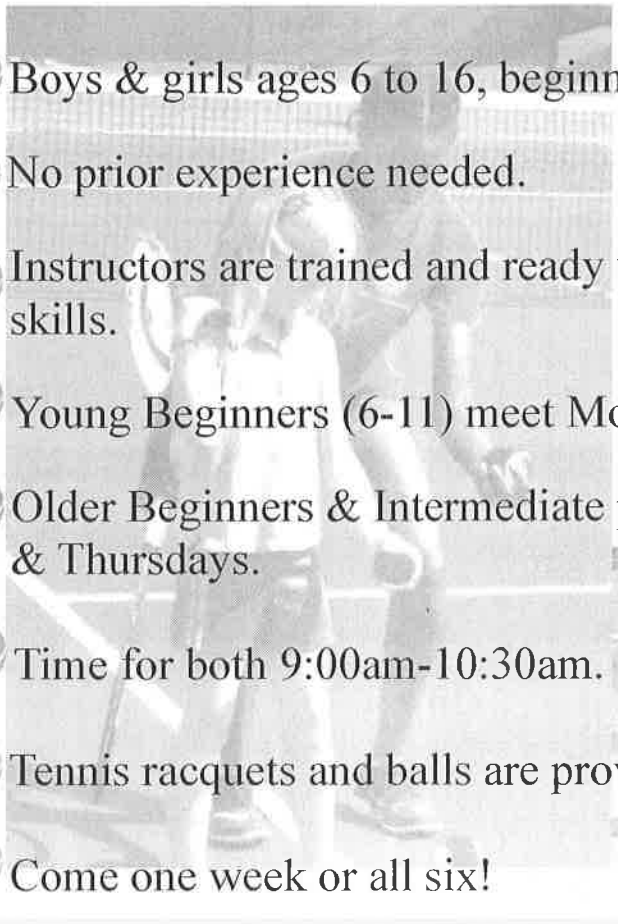


Bristol, Tennessee Parks & Recreation Department

NJTL 2019

SUMMER TENNIS PROGRAM June 3- July 12

At the Ida Stone Jones Tennis Community Center



- Boys & girls ages 6 to 16, beginner to intermediate skill levels.
- No prior experience needed.
- Instructors are trained and ready to help you learn the game or hone your skills.
- Young Beginners (6-11) meet Mondays, Wednesdays & Fridays.
- Older Beginners & Intermediate players (11-16) meet Tuesdays & Thursdays.
- Time for both 9:00am-10:30am.
- Tennis racquets and balls are provided.
- Come one week or all six!
- This program is provided FREE of CHARGE



REGISTRATION INFORMATION Follow these easy steps for Online Registration:

Go To bristoltn.recdesk.com (no need to type www.)

Click on Create Account (You will add a profile for each family member)

Click on Programs then Click on National Junior Tennis League

Or onsite registration will be available. Call 423-764-4026 for more information

BRISTOL TENNIS