# MPA Spring Sport
## Individualized Conditioning and Workouts
### Do and Do Not

<table>
<thead>
<tr>
<th>DO</th>
<th>DO NOT</th>
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</thead>
<tbody>
<tr>
<td>● Continue to practice social distancing.</td>
<td>➔ Gather in groups, small or large as long as CDC is encouraging social distancing.</td>
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<tr>
<td>● Adhere to Local Requirements for “Stay at home” orders.</td>
<td>➔ Organize or Encourage “Captains” Practice</td>
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<tr>
<td>● Adhere to your local district social media guidelines and policies for direct contact with your student-athletes.</td>
<td>➔ Practice as a group, small or large</td>
</tr>
</tbody>
</table>

Search through “YouTube” or other online resources for a variety of workouts by typing what you are looking for below.

- Individual “Theraband” Stretching
- Individual Throwing (throw into a net, throw against a wall)
- Individual “Wall Ball”
- Individual Sprint Work
- Individual Distance running circuits
- Individual cone/agility drills
- Individual core workouts
- Individual body weight workouts

For Baseball Specific Workouts, click here
For Softball Specific Workouts, click here
For Tennis Specific Workouts, click here
For Track Specific Workouts, click here
For Lacrosse Specific Workouts, click here