Summer Pride is a multifaceted program designed to develop student-athletes mentally, physically and nutritionally. Each Varsity Head Coach is in charge of strength, conditioning and skill development workouts for their sport. Character-based education will also be an important component of the program.

Due to CoVid-19 responsible social distancing protocols, Summer Pride is only available to Muskogee students enrolled in grades 8th-12th and who previously played school sports. It is important to note Summer Pride is not mandatory for any Muskogee student and has no bearing on a student’s ability to participate during the school year.

Contact Us: Parents can apply online for this free offering at muskogeeathletics.com For questions contact Coach Rafe Watkins at (405) 694-3081 or rafe.watkins@roughers.net

Summer Pride academics will occur online. Summer Pride workouts will take place from June 8- July 16 occurring Monday-Thursday each week. Due to social distancing protocols each sport will have its own specific time and location for summer pride activities. The following sports will meet at the designated times:

**Football - Location: Indian Bowl**
*Times:* 7 am - 9 am - High School students  
9 am - 11 am - Jr. High students

**All other sports - MHS Campus**
*Times:* 7 am - 11 am

*Depending on the size of groups, specific times will be set by each coach.*

Social distancing protocols that limit group size and require strict sanitation and cleaning will be in effect. Students will not be allowed to use locker rooms for changing purposes and will also be expected to bring their own water bottle marked with their name. Each participant will complete a temperature check and questionnaire at drop off. Those with symptoms of sickness will be removed for a period of 72 hours until after symptoms subside.