Dear Omaha North High School Students and Families,

As you know, health and safety has been the priority of Omaha Public Schools throughout recent months as we joined community-wide efforts to protect one another during this time. As state leaders update Directed Health Measures, our district will soon open opportunities for small groups of students to attend outdoor conditioning at your student’s high school.

The safety and well-being of your child is paramount. Sessions will consist of running, general conditioning and exercising. Activities will be designed for proper social distancing by participants with limited or no equipment contact.

• Conditioning will be offered in one-hour sessions from 8 a.m. until 2 p.m. each day.
• Students may only participate in one session per day.
• Students will be assigned to a group of 25 or less which will contain the same coaches and students throughout the duration of the program (June 1st though July 31st) to minimize contact.
• Students are responsible for their own transportation to and from campus. Participation is absolutely optional.

If a student would like to condition at home and would like to discuss ideas for activities, they can contact their coach to discuss routines.

All North High students interested in participating in the conditioning program are encouraged to email eric.johnson@ops.org or contact the athletic office at 531 299-4008.

Thank you!