



Hello Families,

Your athletes only have 1 more week of virtual school before FINALS WEEK! Please encourage them to finish the semester strong! We want those report cards to shine bright with GREAT GRADES!

We will continue to work out 'Virtually' for the foreseeable future due to the rise of COVID cases in LA County. I will continue to send updates when I am presented with them, and I hope everyone continues to stay safe and healthy during this time.

1.) Off-Season Football VIRTUAL Weekly Schedule

- **'Motivation' Monday 1/11:** Virtual Workout with FB Skills/Social Media Message
- **'Toughness' Tuesday 1/12:** Virtual Workout with Speed Training
- **'Wild' Wednesday 1/13:** Student Choice Workout
- **'Team' Thursday 1/14:** Virtual Workout with Aux Training
- **'Football' Friday 1/15:** Virtual Workout with Football IQ Training
- **'Recovery' Saturday 1/16:** Recovery Workout on own
- **'Soul' Sunday 1/17:** Kids are encouraged to help others / Spend time with Family
 - **NO VIRTUAL SCHOOL ON Monday 1/18 and Friday 1/22**
 - **FALL SEMESTER ENDS ON THURSDAY 1/21**

2.) Cleaning Donations: Put on Hold until In-Person Workouts Resume

- In the Spirit of 2020 we are asking for the following donations to help keep our facilities safe and clean for your student-athletes;
Masks, Cleaning Wipes, and Hand Sanitizer. Thank you in advance!

3.) Please join the 'Let Them Play CA' Facebook Group

- Please click the link below to join the 'Let Them Play CA' Facebook Group
- This group is promoting a safe return of HS FB in the state for 2021 and is being run & organized by HS FB Coaches throughout California
 - <https://www.facebook.com/groups/850089599174086>

4.) Attention Parents of Seniors – Class of 2021!

- This Saturday (1/16) at 11:00 am in Heritage Park our great Booster Club will be taking Senior Pictures for a Special Project!
- They are asking that players wear BLACK BOTTOMS & a MASK for this event
- Times for pictures need to be BOOKED IN ADVANCE so please email cerritosdonsfoobtallboosters@gmail.com to schedule a time.

GO DONS!!!!

Thank you in advance,

Coach Carter and Staff