



Hello Families,

As we make the turn into the 2nd half of the school year we are still holding out hope for a condensed football season beginning in March and ending April.

The National Federation of High School Sports (NFHS) has adjusted its return to play guidelines at the national level, and we are hoping that the state of CA makes some changes to our local protocols as well. We know that this has been a difficult year for your boys, and we desperately want to see them back on the playing field doing what they love!

We will continue to work out 'Virtually' until we are cleared to train together again back on campus. 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 2/1:* Virtual Workout with FB Skills/Social Media Message
- *'Toughness' Tuesday 2/2:* Virtual Workout with Speed Training
- *'Wild' Wednesday 2/3:* Student Choice Workout
- *'Team' Thursday 2/4:* Virtual Workout with Aux Training
- *'Football' Friday 2/5:* Virtual Workout with Football IQ Training
- *'Recovery' Saturday 2/6:* Recovery Workout on own
- *'Soul' Sunday 2/7:* Kids are encouraged to help others / Spend time with Family

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.) Save the Date!

- We are looking forward to having a Socially Distanced FB Banquet on ***Saturday April 17th from 1:00-3:00 PM***
- More details to come as we get closer to this great event honoring our Dons!

GO DONS!!!!

Thank you in advance,

Coach Carter and Staff