



Hello Families,

We will continue to work out Virtually for the immediate future due to the rise of COVID cases in LA County.

We received an update on Youth and High School Sports from the State this morning, and it states that HS Football cannot be played in any county until that area is downgraded to the ORANGE COVID Tier. This is unfortunately tough news since LA County is currently in the Purple Tier, and has been for most of the past 6 months. Additionally, the next tier down from Purple is Red and then Orange.

I will continue to send updates when I am presented with them, and I hope everyone continues to stay safe and healthy through the Holiday Season.

### 1.) Off-Season Football VIRTUAL Weekly Schedule

- **'Motivation' Monday 12/14:** Virtual Workout with FB Skills/Social Media Message
- **'Toughness' Tuesday 12/15:** Virtual Workout with Speed Training
- **'Wild' Wednesday 12/16:** Active Workout on Own
- **'Team' Thursday 12/17:** Virtual Workout with Aux Training
- **'Football' Friday 12/18:** Virtual Workout with Football IQ Training
- **'Recovery' Saturday 12/19:** Recovery Workout on own
- **'Soul' Sunday 12/20:** 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.) Senior Hoodie Distribution:

- The Senior Hoodies have arrived & our Booster Club is very excited to get them to the boys!
- Booster Board members will be doing a drive by Thursday, December 17<sup>th</sup> in the Afternoon for Seniors. We ask kindly that they are home, ready to receive their gift
- If the athlete knows that they will not be home on this date then we ask that they inform Coach Carter or a Booster Club Member ASAP

GO DONS!!!! Thank you in advance,

Coach Carter and Staff