Good Afternoon Cougar Football Family,

Almost done! Hard to believe that the end of a crazy 2019-2020 school year is almost here. The last few months have certainly been an adventure with so many unknowns. Flexibility, adaptability, and a positive attitude have been essential. So much has been taken away but I have consistently been impressed with our players and their resiliency through it all. Please read this **ENTIRE** email as there is a great deal of important information, and some great news at the end!

**What have we been up to?**

* **Community Service**= We have currently assembled over **4000 boxes of food** for the needy in Central Oregon over the past three Tuesday’s at Aloha Produce. The assembly line is a site to behold! We will continue for the next three weeks from **12:30-3:30**. Can we get to **10,000** boxes? Think of the major impact that we would have for those in need in our community. This will require an **“All hands on deck”** mentality. It’s a chance to help, be together, and have fun while making a difference. This week would be a great chance to start if you haven’t been yet.
* **School= LAST WEEK**! You have less than 2 days, if that, to get grades up to par. A passing grade should not be difficult. Rise to the occasion and be a finisher if you currently are not passing a class. It is not too late. Communicate with your teachers NOW if you need help.

**Where are we going?**

* This is the one you are really looking for! We have currently been given the go ahead to get back to limited activities on school grounds starting the week of June 15th. There are very strict guidelines in Phase 1 of sports happening and we don’t know what Phase 2 will look like yet.
* Reminder= The previously scheduled state “Dead Week/Moratorium Week” of July 25th-August 2nd is **cancelled**. We will run straight through to the season now.
* Here is what you need to know:
  + Incoming 10th-12th graders will have the opportunity to start back in the weight room on **June 16th and 17th from 5-7pm**. Please be there at 4:45.
  + Starting the week of June 22nd, we will hold Weight Room/Conditioning on **Mondays/Tuesdays/Thursdays from 5-7pm for JV/Varsity and from 9-11am for incoming Frosh**. This will continue through the months of June and July. August will depend on further direction from the state.
* There are many requirements and restrictions that we will closely follow during this reentry back into the weight room. All of them are based on the safety of all players and coaches and are required by the state, OSAA, and school district. ALSO KNOW, THAT THIS IS NOT MANDATORY. While we encourage every player to take advantage of this opportunity because of its physical and safety benefits, this is a decision that every family will make on their own and will have no bearing on making the team in the fall.
  + No locker rooms will be available. Please come dressed in workout clothes every day. Starting June 22nd, this includes bringing football cleats.
  + No water or hydration can be provided. **PLEASE BRING YOUR OWN FILLED WATER BOTTLE AND DO NOT SHARE.**
  + Please come with your hands washed and wash your hands when you return home.
  + Players will maintain 6 feet of distancing at all times and are encouraged to wear a mask at all times. Masks will not be provided.
  + Players will be checked in starting at 4:45 each day. This includes a temperature check and answering a list of questions. Any player that cannot pass will be sent home and their families contacted.
  + Players will be broken into “Pods” of 10. These pods will remain the same during each week to limit their exposure to other players. 20 players will be allowed in the Weight Room at a time in spaces of 10 each while 20 will start outside or in the gym.
  + Any surface, implement, weight etc that is touched will be sanitized before being touched by another player. When pods rotate, a deeper cleaning will also take place.
  + Only lifts that allow 6 feet of spacing are currently allowed.
  + Hand sanitizer will be provided at all times.
  + Outside/Gym groups will focus on agility, plyometrics, conditioning, and football skills.
  + Current guidelines DO NOT ALLOW us to use a ball or touch other players. I know….it is what it is!
* As you can see, this is a very comprehensive list designed to both allow us back in the facility as well as keep all members of our program as safe as we can be. While it does not make anything easy, it does prepare us for a path to play in the fall and to be ready for that day! We will follow every requirement and ask that you and your sons support this by knowing and following the rules. It is our way back to normalcy! Other programs are not starting yet. I felt it important to both follow the proper protocols while also getting our players back into their normal lives and routines.

I can’t begin to tell you how excited I am to again know that there is a future for football in the fall of 2020. It will be my 25th in coaching and I am certain my most challenging and memorable. It will also be the first for my son at MVHS so I am completely invested in our player’s safety and enjoyment of the greatest game on earth. Always have been, always will be. Please feel free to pass this on to all interested individuals and I CANNOT WAIT to see you on Tuesday, June 16th at 4:45pm. Contact me at [brian.crum@bend.k12.or.us](mailto:brian.crum@bend.k12.or.us) with any questions or concerns.

Go Cougs!

Play Hard – Play Smart – Play Together

Coach Crum