

## Desoto Central Football

Parents and Students,

Thank you for everyone's patience during this strange and trying time! We cannot wait to get back to work! Below are our guidelines for the workouts Monday June 1<sup>st</sup> through June 12<sup>th</sup>. Workouts will be Monday-Thursday.

- **As workouts restart consider the following questions about your risk level. If a student-athlete answers yes to one of these, they cannot work out and will be sent home.**
  - Have you been in close contact with a confirmed case of Covid-19 in the past 14 days?
  - Are you experiencing a cough, shortness of breath or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had a new loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
  
- **We will have 6 groups of 20.**
  - Be on time for your workout. Late arrivals may end up missing the days workout.
  - Groups 1-3 will begin workouts at 7am.
  - Groups 4-6 will begin workouts at 9am.
  - Each player is assigned to a group and will remain with them the entire workout.
  - I will post workout groups and arrival times.
  - If you cannot make a certain time, let us know and we will adjust the groups.
  
- **What will the workouts consist of?**
  - We will have three stations that will each be 25 minutes long.
  - Station 1 – Stretch and AG
  - Station 2 – Weightlifting
  - Station 3 – Conditioning
  
- **Each athlete is responsible for bringing their own water jug!**
  - Please write your name on your bottle so it can be easily identified.
  - We will provide a water cooler for players to fill their bottles' up but that is it.
  - The athletes cannot share a water bottle
  - If you do not bring your own water jug the coaching staff cannot provide you with one and you may be asked to not workout during that session.

- **No social gathering prior to workouts.**
  - All Student-Athletes will need to stay in their car prior to the workout.
  - Student-Athletes who are dropped off must practice social distancing from teammates by sitting in assigned locations
  - No sitting on the bench outside of the locker room.
  - When dropped off please come straight to the practice field.
  
- **Dismissal**
  - Student-Athletes who drive must leave campus at the conclusion of the workout.
  - Student-Athletes who will be picked up must sit in designated area to wait for a ride.
  - Workouts are scheduled to last 1 Hour and 45 minutes. Please make plans to have your son picked up as promptly as possible.
  
- **What do players need?**
  - Players need to bring their own water jug, towel, and cleats.
  - If you need to get cleats out of locker room, let us know.
  - Players are going to wear their own gear, not the team issued workout gear.
    - Please make sure it is proper workout gear. Gym shorts and t shirt with sleeves.
  
- **Players cannot share water bottles, clothing, or towels.**
- **As of right now, current physical taken after April 1<sup>st</sup> 2019 will roll over for the next year (2021).**

If you have any questions please reach out to me. Our number 1 priority is always safety, we are excited about getting back to team workouts, but we are going to continue to take the necessary precautions.

Thank you,

Coach Ford  
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