

Hello Football and Volleyball Families,

If you have not heard the news, the Minnesota State High School League determined that the high school football and volleyball regular seasons, with games, are planned to occur at some point this spring. They have also stated though, that both our football and volleyball programs are allowed to have fall practices.

Even though we will not have any games this fall, the ability to have practices is a tremendous opportunity for us as individual programs. We will use the time to develop our team cultures, learn new schemes, and work on our fundamentals and technique.

Per MSHSL guidelines, both football and volleyball are allowed to have a total of 12 practices within the time frame of September 14 - October 2. Our general plan is outlined below:

- Varsity Practice (9 - 12 grade) will be from 3:00 - 5:00 after school, Monday through Thursday (nothing on Fridays).
- Junior High Practice (7 - 8 grade) will be from 3:00 - 4:30 after school, Monday through Thursday (nothing on Fridays).
- The first day of practice will be on September 14, and the last day will be on October 1st.
- For football, the plan is to get our student athletes equipment during the first week of school between 1:50 and 2:45 on the following days:
 - Juniors and Seniors - Wednesday, September 9th
 - Freshmen and Sophomores - Thursday, September 10th
 - 7th and 8th Graders - Friday, September 11th
 - We will make sure to get them done in time to catch the bus if necessary.
- Locker rooms will not be available this year. Players should be ready to practice in a t-shirt and shorts. A changing area will be available down by the football field, as well as next to the gym as needed.
- Players need to bring their own water bottle!!!
- Per MSHSL guidelines, players are required to wear masks to and from practice.

If you as a family are uncomfortable with sending your student athlete to practices, we understand. If you have any questions, please do not hesitate to send us an email, and we will do the best we can to find the answers as we venture into this unique season and school year.

Thanks for your time, and despite the uncertainty, we, as a united fall sports coaching staff, are excited to get rolling!

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