

Hello Team-

First, I hope all is well and this email finds you healthy/happy. We are in the thick of the social distancing and the ongoing challenges that these crazy times present. With that, individually, we have to keep that day to day grind, and with football, it requires you to prepare in April, no matter where you are. So I wanted to touch base on a couple things:

1. I want to welcome the incoming sophomores to this message. Hopefully, after viewing this email and the website, you have a better idea of where we are at (football wise), and some of the things we can do this spring/preseason.

2. Our home-base for updates and workout options are the **off-season page** on our website ([beverlypanthers.com](https://www.beverlypanthers.com)).

The link is here: <https://www.beverlypanthers.com/off-season-2020>

3. Keep in mind the workouts for football (linked on the offseason page) were updated last year by all the coaches so it could be an option if you need a plan (make sure you scroll down). More importantly, **we are starting a list of workout options for our "at home" plan for football players**. Obviously working out is something you can do on your own, and with more isolated free time, this could be a good opportunity to build an area of weakness in to a strength, or build upon your workout by diversifying your approach.

4. As far as our upcoming off-season, it remains a wait and see situation. We have upcoming events (electronic fundraiser/youth clinic) that may not happen and even summer events may be in jeopardy. We do not know right now, but we have to be ready for any challenge, which brings us back to working out individually and staying focused on your preparation as an athlete.

5. Don't forget to follow us on twitter (football@bevpanthers) and if you have any questions, just let me know.

Stay safe

Coach