

McQueen Football

Pre-Season Conditioning

Hello McQueen Football Families,

It appears as though all our perseverance and patience are finally paying off. Starting on Monday November 2nd the McQueen Football program will be permitted to start having pre-season conditioning/practices. These workouts will be completely optional and please only send your student athletes that are comfortable with the current conditions and requirements. We will have a total of 10 practices over a three week stretch. It is highly encouraged that your player tries to make as many of these practices as possible, so as to learn all of the plays and terminology both offensively and defensively. Below is a list of requirements every player must meet prior to coming up to the field on Nov 2nd. As a staff we are excited to finally get out with all of our perspective players and continue our McQueen Lancers "Tradition of Excellence."

Lancer Pride,

Coach Snelling and Staff

Required Equipment-

- **Register your student athlete on RMA** (Register my Athlete) through WCSD (Washoe County School Dist.)
- **McQueen Practice Jersey-** "If available" new players wear any McQueen gear you have.
- **Face Masks/Personal Water Bottles/ Personal Hand Sanitizer**
- **Cleats and Tennis Shoes BOTH.** We will be doing some work in the weight room or track with one level while the other two levels are on the field.
- **Please Note: that the schedule with days and times are on the back page**

November

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	#1 Frosh, JV, Var 3-5:30	Holiday "Election Day"	#2 Frosh, JV, Var 3-5:30	"School Activities Day"	"School Activities Day"	#3 Frosh, JV, Var 11-2 "Special Teams"
8	#4 Frosh, JV, Var 3-5:30	#5 Frosh, JV, Var 3-5:30	Holiday "Veterans Day"	"School Activities Day"	"School Activities Day"	#6 Frosh, JV, Var 11-2 "Special Teams"
15	#7 Frosh, JV, Var 3-5:30	#8 Frosh, JV, Var 3-5:30	"School Activities Day"	"School Activities Day"	#9 Frosh, JV, Var 3-5:30	21
22	#10 Frosh, JV, Var 3-5:30	"School Activities Day"	Holiday "Thanksgiving"	Holiday "Thanksgiving"	Holiday "Thanksgiving"	28
29	30					

Football Practice Dates: 11/2, 11/4, 11/7, 11/9, 11/10, 11/14, 11/16, 11/17, 11/20, 11/23

8 Weekdays: 3-5:30pm Practices #1 #2 #4 #5 #7 #8 #9 #10

2 Weekends: 11am-2pm Practices #3 #6