



Apple Valley Football

NEWSLETTER

February, 2024

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I hope this letter finds you all well. This is the start of a monthly newsletter for our football family, players, and supporters. The goal is to increase communication and community involvement. It has been a busy winter with our players in other sports and training. We love to see the continued growth of numbers in the Soaring Eagles Strength and Speed program. We train four days a week, meeting outside of the weightroom from 2:45 - 4:15, Monday - Thursday. We have 4 coaches and classrooms available outside of the weightroom to work on homework and study.

Polar Plunge Update: South Metro Plunge has been rescheduled for March 23, 2024. *Community service* is a core value in our program. Our players have raised tens of thousands of dollars for the Special Olympics over the years, giving opportunities for sport, competition, friendships, and exercise to people with disabilities in our community. This is a tradition our football community should be proud of and we want all of our players to participate.

Polar Plunge Details:

Register here: <https://reg.plungemn.org/register>, make sure to join the Apple Valley Football Team *Follow instructions and raise \$75 to participate in the freezing cold jump with your teammates and coaches at Crystal lake in Burnsville, MN on Saturday, March 23rd. We will meet at school to workout at 9:30 a.m., have breakfast after, and then carpool to jump in Crystal Lake. Bring a towel and warm clothes!*

Planning Ahead, Summer 2024: I have also attached our summer training schedule to this email. We have a plan for a comprehensive strength and speed program. We offer effective and organized training opportunities. Buy-in, effort, and support of each other is crucial. The only place work comes before success is in the dictionary and our team's leadership has set high goals for 2024. I look forward to seeing you all at our **Spring Football Program Meeting at AVHS at 7:00 pm on Sunday, April 28th.** Mark your calendars, take care, and GO EAGLES!

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<https://www.avfootball.com/>

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