

Columbia Ravens Football and Cheer Organization

Hi Family,

As the situation with the Coronavirus (COVID-19) quickly evolves, please know, the Columbia Ravens Football and Cheer Organization has taken proactive steps to protect our student-athletes, their families, and the communities where we live and work globally. We have a team dedicated to ensuring our families are well informed, aware of their resources, and to assist in any way we can. This is a challenging time, and we are closely monitoring guidance from the Centers for Disease Control (CDC), World Health Organization (WHO), and localities where we work and live.

The CDC guidance is clear that “social distancing” helps slow the spread of this virus. During this difficult time for everyone, we are not losing sight of the importance of ensuring our Columbia Ravens families are safe, aware and informed.

We are much more than a high-powered football and cheer organization. What makes the Columbia Ravens most successful is, we’re family first. So, we set aside the football and cheer talks about combines, pre-season workouts and cheer competitions. The immediate and most important focus is our families and their well-being. We remain committed to our student-athletes and their families.

Below are resources, advice, guidance and counsel to help you whether the unpredictable storms during the COVID-19 crisis. A team of professionals in each of the below areas are standing by and ready to assist you with questions, concerns and/or assistance.

1. Education Resources for Student Athletes - Pre-K – 12

Columbia Ravens
Parent Education Re

2. Fitness and Nutrition

Workouts and Exercises for Kids of
BFS at Home Training.pdf

- **Nutrition Resources:**

<https://prettygirlssweat.com/stories/savor>

<https://instagram.com/nutritionbymia?igshid=1cus2an4d9t34>

<https://instagram.com/letsrise?igshid=1sjdtpluyydlj>

<https://instagram.com/meowmeix?igshid=18feha0fu99re>

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3. Nursing – Managing Your Care
 - a. Key Points
 - i. Wash Your Hands Frequently
 - ii. Isolate Yourself When You are Sick
 - b. Trusted COVID-19 Information Sources
 - i. <https://www.cdc.gov/>
 - ii. <https://www.coronavirus.gov/>
 - iii. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
4. Cleanliness of Your Environment
 - a. <https://www.cdc.gov/disasters/bleach.html>
 - i. Clean and Disinfect Surfaces
 - ii. Remember to clean/sanitize touch points, i.e. doorknobs, light switches, walls, cell phones, etc....
5. Financial Management

Financial
Options.docx

6. Mental Health
 - a. How to Survive Cabin Fever
 - i. Make Plans
 1. Don't Panic, Pivot!
 2. Write a letter to your future self about what you want to accomplish. Record the dreams you haven't acted on.
 3. Delete all the distracting phone numbers from your cell phones. Especially of people you haven't talked to in a very long time. Start fresh!!!
 4. Bag old clothes and have it ready to donate when the crisis is over. If you can't fit it or haven't worn it a year, you won't. Help someone else.
 - ii. Develop Strategies
 1. What does the rest of your future look like to you? How can you get there?
 2. Download "duolingo" on your smart device. Teaches you to speak, read and comprehend a second language in 30 days. It's aFree APP!
 3. Evaluate your current family status. How much time have you NOT spent with your family in the past? Make sure don't life pull you back in when the coronavirus is over. Be sure that quality time is available for you and your family to come together when life gets busy again.

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4. What am I going to do when I get out of here? Where you are is not where you are supposed to be. Plan to become what you heart desires. Begin to think about your plans?
- iii. Spiritual Connection
 1. Find a Church Home
 2. Begin a Prayer Life
 3. Ask God What's Next for You

We are shifting to virtual and digital platforms such as webinars, videos, and social media use (more details to come soon). **For Example:** Live Tutoring & Mentoring, Fitness Classes and Spiritual Connections.

If you have questions/concerns or need more information, please contact me anytime at coachtroybrown@gmail.com.

Thank You,

Board of Directors
Columbia Ravens Football and Cheer Organization