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GULF COAST TEXANS
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March 25, 2020

Our Club's main goal is to ensure the well-being of our players, parents, coaches, referees and staff. So, like all of you, the Gulf Coast Texans continues to monitor the impact of COVID-19 (coronavirus) on the World. To this point, On March 12, 2020, we decided to take the necessary steps of suspending all practices, games and leagues until March 29, 2020.

Moving forward, we plan to align with Florida Youth Soccer Association (FYSA), the school district and recommendation from local authorities. With that said, we have not cancelled the Spring Season (Recreational or Select), however, we will extend the suspension of all leagues and tournament play, practices/training, team travel, and group meetings until **April 15, 2020**.

This moment in our history transcends sports and it is a time for all of us to come together and take care of each other. With that thought in mind, we would like to offer some tips and information about how you can stay active and healthy during this unique time:

- **Train Virtually** – While our fields are not available, our athletes can work-out at home by finding an online training program or app – there are many free soccer drills you can do at home in YouTube.
- **Stay Connected** – Do not forget to check in on your friends, family and teammates. Utilize the phone, video chatting and other methods of communication to stay in touch with your community.
- **Nutrition and Sleep are Key** – Be sure to stay hydrated, eat a balanced diet and get enough sleep.

We are all in this together. Be sure to follow our Facebook account and website throughout the coming days and weeks for future updates. If you have any questions, please feel free to contact us.

Sincerely,

Alain Espinosa

President
Pensacola Futbol Club
d/b/a Gulf Coast Texans