Hello students, athletes, and families,

For the weekend, I’m stepping out of the teacher/coach role and doing some things to support my neighbors. Like sharing supplies with them when they are short, but keeping a good distance while doing it….. Check out my delivery method on the video below!

Coach Nash Safe Supply Sharing #1

Link:

<https://www.youtube.com/watch?v=QmCir_GI7Dw>

You could use this method of exchanging supplies to work on your student’s strength and catching skills, and count it as PE if you would like. Make sure you document it! Keep checking back for more videos over the weekend as I think my neighbor will be in need of resupplying for many different things…..

Also check out these awesome videos of other students doing exercises at home and throwing the javelin! Check my website over the weekend to see pictures of athletes and woodworkers doing their work at home.

Coach Nash

[www.CaliforniaAthletics.com](http://www.CaliforniaAthletics.com)

Videos:

<https://youtu.be/4IQG191SDu0>

<https://www.youtube.com/watch?v=joNkVYxeL_c>

<https://photos.app.goo.gl/p8Jm3noKu2iooUEP7>

<https://photos.app.goo.gl/4enevuJ67k7UgNiXA>

<https://www.icloud.com/photos/#0aaQ0CR75H6M9FgnAtwkIQYjg>