



Saint Paul

Lutheran High School

School Year 2006-2007

Dear **DISTRICT CHAMPS**,

It was a great feeling to win the district championship last year. We had our share of problems (injuries and so on) but we pulled it together and became a TEAM with a united purpose. That was last season. What did we learn to help us this season? You know. We must focus all our energy on being the best that we can right from the get-go. TEAM FIRST is not just something we say. We must live it. We have a challenging schedule, and athletic ability alone will not produce success. We have to come together as a team and sacrifice for the team in order to be successful. Keep this mindset as you prepare this summer. The will to win isn't enough. You must have the will to prepare to win. I can't wait for August.

You must continue to run and lift this summer. A team that isn't in condition doesn't win. Our goal is to own the fourth quarter this year. We will be emphasizing quickness. Always begin your workouts by flexing thoroughly. Then do some form of running - footfires (2x10), high knees (2x20). Twice a week do plyometrics - squat jumps (2x10), hopping (2x10), and bounding (2x10). Twice a week do sprinting (40's) and 25 yard shuttle runs. On alternate weeks do four sets of three short shuttles (10 yards). Don't do sprints and shuttles on the same day as plyometrics. Weightlifting should consist of squats, bench press, and the clean. Do these core lifts three times a week. Do 2x50 ab crunches 5 times a week. I suggest that you also do upright rowing to strengthen your neck muscles.

Our training rules are the following: no drinking, smoking, drugs, or stealing. Violation of these rules will result in suspension from the team. If you don't feel you can keep these rules, don't come out for football. Physical and mental conditioning are too important in winning football to permit the abuse of your body and mind. Team unity is injured when one or several players break training. Team unity and attitude will make us winners.

Since we're distributing helmets on the day you arrive, I suggest that you get a haircut before you come to camp. Overly long hair can lead to improper helmet fit, and player safety is our chief concern. We don't want ponytails hanging out of the helmets, and like the NFL, we don't permit bandanas or hairnets. No body piercing. No tatoos.

Check in for camp will be on Sunday, August 6 at 2:00 p.m. Our first meal will be at 5:30 p.m. If you aren't able to get to camp by 4:00 p.m. on Sunday, please let me know the time you will arrive. We will begin distributing equipment Sunday afternoon. There will be a team meeting and devotions in the evening.

Our first full practice will be Monday morning. We will time you in the shuttle run (6x25), the short shuttle, and the 40, as well as other learning drills. We will also max out in the bench, squat, and power clean.

We don't supply shoes. Buy your shoes at home, break them in during your summer conditioning, and bring them to camp. Don't wait too long to get your shoes or you will be plagued by blisters. Also, bring a pair of tennis shoes, several changes of T-shirts, gym shorts, socks, and jocks. We will have mouth guards available for \$1.00. If you want other equipment, such as armpads, handpads, elbowpads, or ankle braces, purchase them from your local athletic store. We have a very limited supply of this auxiliary equipment.

Don't forget that before you can practice, you must get a physical and send your filled out card to the office. No health form, no football. Also, financial arrangements must be cleared through the business office before you can participate. Make your financial arrangements as early as possible.

Both day and dorm students will eat and sleep on campus. A fee is charged to help cover costs of lodging and meals. Dorm students - \$85.00; Day students - \$80.00. Make your checks payable to Saint Paul Lutheran High School and enclose it with the information sheet.

Work hard this summer. Be in great condition before you get to camp. Team First!

In His Service,

Larry Laubenstein
Saint Paul's Lutheran High
660-463-2238 or 660-463-7831

LL:rf

2006 FOOTBALL SCHEDULE

August 25	Football Scrimmage (Sweet Springs) Sweet Springs/Santa Fe/Concordia	A	6:30 p.m.	V
September 1	Lone Jack	A	7:00 p.m.	V
September 8	St. Mary's	H	7:00 p.m.	V
September 15	Orrick	A	7:00 p.m.	V
September 22	Windsor	H	7:00 p.m.	V
September 29	Crest Ridge (Homecoming)	H	7:00 p.m.	V
October 6	Wellington	H	7:00 p.m.	V
October 13	Santa Fe	A	7:00 p.m.	V
October 20	Tipton (Districts)	H	7:00 p.m.	JV
October 27	Concordia (Districts)	A	7:00 p.m.	V
November 3	Sweet Springs (Districts)	A	7:00 p.m.	V

Return this by August 1 if you intend to train, manage*, or play ball. We need to make dining hall arrangements as soon as possible.

Name _____

Year in school _____ Height _____ Weight _____

Position Offense _____

Defense _____

I need a mouth guard _____ yes _____ no

I want to be a manager/trainer _____ yes _____ no

I intend to go out for football but can't be here the 6th. I will arrive on

_____.
*We need managers. They're an integral part of the team.

Comments: