

# SAINTS FOOTBALL

School Year 2012-2013

SAINTS,

TEAM FIRST. It's more than just a motto – it's an attitude that we stress all the time. Once again, we have a tough conference schedule followed by a tougher district schedule. But we're looking forward to it and will be ready for it. Because we're a TEAM FIRST team. It will be an exciting season. Can't wait. Bring it on! SAINTS PRIDE!

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.

Check in for camp will be on Sunday, August 5 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 (6x30), the T-drill, 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 rib pads, armpads, handpads, elbowpads, or ankle braces, purchase them from your local athletic store. We have a limited supply of this auxiliary equipment.

Don't forget that before you can practice, you must get a physical and send your filled out form to the office. You will also have to complete the six page Medical Questionnaire of Saint Paul Lutheran High. No health forms, no football. Also, financial arrangements must be cleared through the advancement office before you can participate. Make your financial arrangements as early as possible.

Both day and dorm students will eat and sleep on campus. We will be staying in the Annex and must provide our own sheets (twin), sleeping bags, towels, etc. A fee of \$100.00 is charged to help cover costs of lodging and meals. 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 (home) or 660-864-4409 (cell)

LL:rf  
**2012 FOOTBALL SCHEDULE**

August 17	Friday	H	Pre-Season Jamboree	6:30 pm
August 24	Friday	H	Wentworth Military Academy	7:00 pm
August 31	Friday	A	Sweet Springs	7:00 pm
September 7	Friday	A	Orrick	7:00 pm
September 14	Friday	H	Concordia	7:00 pm
September 21	Friday	H	Lone Jack	7:00 pm
September 28	Friday	A	Crest Ridge	7:00 pm
October 5	Friday	A	Wellington/Napoleon	7:00 pm
October 12	Friday	H	Santa Fe	7:00 pm
October 19	Friday	H	Mexico Military Academy	7:00 pm
October 26	Friday	TBA	First Round - Districts	7:00 pm

We will schedule at least three junior varsity games. Opponents, dates and times TBA.

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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. Return to Student Personnel Office, Saint Paul Lutheran High School, P.O. Box 719, Concordia, MO 64020.

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 8th. I will arrive on

\_\_\_\_\_.

\_\_\_ I am enclosing the \$100 for the camp.

Comments: