

School Year 2010-2011

SAINTS,

Get ready for a great camp and a great season. Our senior leadership and more returning experience should make for a very interesting season. More than ever we need to develop the team chemistry we worked so hard to get last year. That's why camp is so important. It's going to be an exciting season, and you're going to be a part of it. Let's let that TEAM FIRST attitude continue to grow, and we'll have a great year.

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 8 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 \$90.00 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

2010 FOOTBALL SCHEDULE

August 27	Friday	H	Lone Jack	7:30 pm	
September 3	Friday	A	Orrick	7:00 pm	
September 10	Friday	H	Santa Fe	7:00 pm	
September 17	Friday	A	Crest Ridge	7:00 pm	
September 24	Friday	A	Wellington	7:00 pm	
October 1	Friday	H	Sweet Springs	7:00 pm	Homecoming
October 8	Friday	H	Concordia	7:00 pm	
October 15	Friday	H	Carrollton	7:00 pm	
October 22	Friday	A	Knob Noster	7:00 pm	
October 29	Friday	A	Higginsville	7:00 pm	

We will schedule junior varsity games depending upon the number of players we have.

There will be a pre-season scrimmage at Concordia High School on August 20.

Return this by August 3 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 8th. I will arrive on

_____.

Comments: