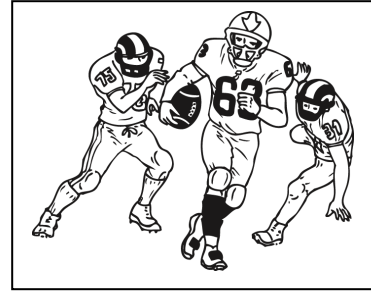


SAINTS FOOTBALL

2017-2018



SAINTS,

Ready for some football? The coaching staff is looking forward to a great season. And so should you. We lost some valuable players from last year's squad, but we have some great talent returning. Our seniors will provide great leadership, and we're going to need to develop a strong team chemistry. We play together, work together, and win together. Work hard this summer – your teammates are depending on you. **SAINTS PRIDE!**

Due to MSHSAA regulations, we must start practicing on July 31.. But we won't be in the annex. Dorm students may stay in the dorms (\$100 per week), or make arrangements to stay with relatives or day students. We will only be practicing 2-3 hours a day that first week. We will be staying in the annex for week two (\$100).

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 to the annex will be on Sunday, August 6 at 3:00 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, 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 four 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/air mattress, towels, etc. (You will be sleeping on the floor in the Annex..) 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)

2016 FOOTBALL SCHEDULE

August 11	Friday		Pre-Season Jamboree	6:30 pm
August 18	Friday	A	Tipton	7:00 pm
August 25	Friday	H	Sweet Springs	7:00 pm
September 1	Friday	H	Orrick	7:00 pm
September 8	Friday	A	Concordia	7:00 pm
September 15	Friday	A	Lone Jack	7:00 pm
September 22	Friday	H	Crest Ridge	7:00 pm
September 29	Friday	H	Wellington-Napoleon	7:00 pm
October 6	Friday	A	Santa Fe	7:00 pm
October 13	Friday	A	Father Tolton	7:00 pm

JV schedule to be announced later.

Return this by July 26 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 1st. I will arrive on _____.

___ I am enclosing the \$100/\$200 for the camp.

Comments: