



Washington Football Newsletter



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The Traditions Edition

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Washington Football

Success: What is success? Everybody wants it and everybody wants to know how to achieve it. But, what is success? How do you define success? By one definition, "Success is the completion of anything intended." The meaning I get from this is that success comes from completing your goal or what you had planned to do. What is your plan or goal for the upcoming season? As of May 7th, we are 100 days away from the start of the 2013 Washington Football Season. That gives you 100 days to accomplish a goal before the season starts.

Setting goals for yourself and your team mates is the key to success. Then, having the discipline to follow through with those goals is key. Discipline occurs when you make a habit out of achieving your goal. It's getting up early every day and doing your work, even if you're tired. **Discipline** is doing the right thing. If you have the discipline to follow through then you have the desire to achieve success. Remember that success is a completion of a goal.

Many of you want to build upon our season from a year ago. Many may want to go a step further and become a better team. To accomplish this goal we need to start with discipline. We all need to hold ourselves accountable to putting in the work together.

Important Warrior Football Dates - 2013

May 31	Pre-Testing @ WHS - 8:00AM-9:00AM
June 23-25	Celebrity Camp – Augustana – All Day
July 8-10	USD Team Camp – All Day
July 23-25	Warrior Football Camp – 6:30PM
August 6	Fall Sports Meeting – WHS Auditorium
August 9	Post-Testing @ WHS - 8:00AM-9:00AM
August 15	First Day of Football Practice - TBD
August 24	Media Day – WHS Game Field - TBD



Getting into the weight room and putting time in on the track to better ourselves is a start. But this takes discipline to follow through on these on a daily basis. If we "intend" to be successful this season we need to complete our goals. The goal starts when we work together and push one another to get better every day.

Reminders:

1. No one person will come into Fall Camp a starter or have guaranteed playing time. You will have to earn it this summer and in practice.
2. Working hard in the weight room will give you that advantage to be successful on the field. You want to be stronger and faster than your opponent.
3. Those who put in the work this summer will have shown us coaches that you care about the team and your teammates.
4. Team Above Self

Expectations:

What I believe

I believe that you should expect to hold yourself and teammates to a higher standard. I believe that nothing is free and you must EARN what you get. I believe people who make excuses will never be successful. I believe if you make a mistake, forget about it, and focus on working harder to overcome it. I do not believe in potential or "we should have won that game" mentalities. I believe you either give it your all or you don't. I believe Washington football is better because we outwork our opponents all day, every day, and all year. I believe giving nothing but your best is to sacrifice the gift given to you.

"Win or lose you will never regret working hard, making sacrifices, being disciplined or focusing too much. Success is measured by what we have done to prepare for competition."

- John Smith

"Success is the process. The process creates the success."

- Unknown

For the Responsibility of Washington Warrior Football;

Your Coaches

Mr. Stadem and the Washington Football Staff

Reminder: You will need a physical before you can participate in football next fall.

Warrior Football Camp July 23rd - 25th

Our camp is set for July 23rd – 25th, 2013 at Washington High School from 6:30PM to 8:30PM. This camp is for any athlete interested in participating in the Warrior football program. We would like every athlete in our program to participate in the camp. During the 3 days of camp we evaluate players and teach the basics of our offense and defense. A t-shirt will be included in the registration fee. Registration forms are available in the WHS office or the weight room. We will check out equipment on July 15th & 13th from 10:00AM to 12:00PM.



2013 Varsity Football Schedule

Week	Opponent	Location
8/30	Aberdeen Central	HWF
9/07	Roosevelt – Pres. Bowl	HWF
9/14	O’Gorman – Dakota Bowl	HWF
9/20	RC Stevens	Away
9/27	Brandon Valley – OLD	HWF
10/4	Huron	Away
10/11	RC Central	HWF
10/18	Lincoln	HWF
10/24	Bye	

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16th Annual Celebrity Sports Football Camp Augustana College June 23rd -25th

This is a full contact camp for grades 9 through 12. We will be checking out equipment for you on June 10th & 11th from 10:00AM – Noon. If you are not going to this camp, then you will not get equipment until the WHS camp in July. Everyone needs to try to participate in this camp, as we will be evaluating and looking at players and positions. Camps forms are available with Mr. Schafer or on line at:

<https://south.sanfordhealth.org/Services/SportsMedicine/CelebrityFootballCamp/CelebrityFootballCampRegistration/>



University of South Dakota Team Camp July 8th - 10th

This is a full contact camp for varsity athletes only. We will be checking out equipment on June 10th & 11th from 10:00AM – Noon. Practice sessions will be held in the Dakota Dome and on their outdoor practice facilities at the University of South Dakota. Forms for this camp may also be picked up in the weight room from one of the coaches.

Please contact Mr. Stadem for more information at chad.stadem@k12.sd.us.

University of Sioux Falls One Day Individual Football Camps

Big Man Day Camp Sunday, June 9th, 2013
All Positions One Day Camp June 1st & June 14th, 2013

<http://www.coofootball.com/camps>