



Washington Football Newsletter



Volume 1, Issue 2

The Traditions Edition

July 2013

Washington Football

It has been two months since the last day of school, and the time is going by faster each day. We had a wonderful start to the summer in the weight room and on the track making ourselves better. Many of you have been working very hard this summer, but others need to step up the intensity.

Some of you have been doing exactly what has been asked of you to improve yourself. Some of you have been lifting 4 days a week, doing the running, and helping your teammates improve! But some of you have not been doing the above or have not given your best effort. Coming into the weight room will not make you a better athlete; hard work will make you a better athlete. Wanting to be a good team will not make your team excel. Working hard with your teammates will make your team better. We need to gather our goals and see what we really want to accomplish this fall as a team.

What is our goal for this season? We all need to know this before we begin on August 15th.

Important Warrior Football Dates - 2013

July 23-25	Warrior Football Camp @ 6:30PM
July 26	Gold Card Blitz – WHS @ 3:30PM
August 6	Eq. Check Out for Soph.- Varsity @ 10AM
August 6	Mandatory Fall Sports Meeting for Parents & Players @ 7:00PM - WHS
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
August 30	Varsity Game (H) v. Aberdeen Central



We experienced very good team camps in June and July at Augustana and USD. We looked very solid, and it has given us hope for an outstanding fall. But all this is hope and potential and nothing more. Without putting in more effort by EVERYONE in the weight room and conditioning, our chance for success this fall lessens. We will need to increase our efforts over the next month. We need to see a better effort in attendance from everyone. We also need to increase our intensity. We know we all can put in a little more effort, and we can start right away to improve that effort.

"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending."

- Carl Bard

Fall practice starts Thursday, August 15th. Let's all get ourselves ready for a new beginning.

Attitude:

The Power of Positive Thinking

The Power of Positive Thinking is the direction we need to turn our attitudes toward. We need to start looking at the good in ourselves and how we can become better as a team. Think positively about what you did that day and what you can improve on the next day. Always look at what you did and will do in a positive way and only great things can come from it. Negative thinking will never lead to success.

"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

"Build for your team a feeling of oneness, of dependence on one another, and of strength to be derived by unity."

- Vince Lombardi

Thinking of Warrior Football
Your Coaches,

Mr. Stadem and the WHS Staff

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 18th & 19th 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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WARRIOR FOOTBALL CLEAT SPECIAL



Is your son in need of a new pair of football shoes?? Scheel's of Sioux Falls is offering a 20% discount to any Warrior football player on football cleats. Your son will need to provide the following information to a Scheel's employee; name and grade level at Washington High. Please remember to thank Scheel's for their support and contribution to Warrior Football.

2013 WARRIOR BONUS INFORMATION



WARRIOR NATION INFORMATION

The "Warrior Nation" is a support group outside of Washington High School that consists of parents, alumni and friends of Warrior football. The group's mission is to encourage, assist and help support the football programs. Becoming a member of this group allows you the opportunity to keep informed on events and activities associated with the various football programs at WHS. If you would like to become part of this group, please send your email address to warrior_nation@midco.net (there is an underscore _ between warrior and nation) or complete the form below and return it to Mr. Stadem in the weight room.

Last Name _____
First Name _____
Email Address _____
Phone # _____
Association to Washington High _____

Physicals & Paper Work

All athletes must have a completed physical on file and all paper work turned into the high school office before any athlete can start practice on August 15th. Please contact the high school office if you have questions.

Gold Card Blitz

This is a BIG fundraiser for the Warrior Football Program. Friday, July 26th, @ 3:30PM