



Washington Football Newsletter



Volume 2 Issue 2

Unity, Discipline, and Toughness

April 2014

Washington Football

Welcome to another issue of the **WARRIOR** newsletter. The 2013-2014 school year is coming to an end and the start of a new football season is right around the corner. In order to accomplish our goals it becomes extremely important that our athletes make a commitment to the weight room and summer camps. We will be focusing this summer on strength and speed development. Our efforts in the weight room is what will separate Washington from the rest of the teams in the state of South Dakota and the city of Sioux Falls.

We will doing our program a bit differently this summer. We have a new Strength Coach in Shawn Flanagan. We will be lifting Monday through Thursday with Friday being our off day or a make up day. We will be split into two large groups starting at **7AM**. The older group (Jrs/Srs) will begin in the weight room while the younger group (Freshman/Sophomores) will be in the agility/speed session. At **7:45AM** we will switch the groups from the weight room to the agility/speed and the other group from the agility/speed to the weight room.

Important Warrior Football Dates - 2014

May 19	Summer Weight Room Begins
June 11-12	<u>USF Fresh/Soph. Team Camp</u>
June 22-24	<u>Augie Legends Camp – Grades 9-12</u>
July 7-9	USD Varsity Team Camp
July 28-30	Warrior Team Camp @ WHS 6:30PM
August 5	Fall Sports Parents Meeting @ 7PM
August 14	First Day of Football Practice - TBD
August 23	Media Day – WHS Game Field - TBD



Our hope is to have everyone done by **8:30AM**. We will still have open gym on Tuesday's and Thursday's from **8:30AM to 10:00AM**. Once done, athletes can still be in the gym/weight room doing some extra work. All of this is at NO COST to the student athlete.

Our goal is to work you harder than we have in the past while improving our speed/quickness and conditioning. Our work outs will be intense, and will separate us from everyone else in the state/city. **Our Tradition at Washington is Unity, Discipline, and Toughness.** This is something we will practice every day with our team effort in the weight room and our intensity in team work outs. We will build an atmosphere on the 2014 Washington football team that deprives its energy and strength from our dependence upon one another. By holding everyone accountable and pushing one another to new limits we can achieve our goal of *#BringingItBack*. Everyone will need to be in the weight room 4 days a week.

In other news, every athlete will need to have a physical before the start of the season. Forms can be found in the high school office. If you do not know if you need an up to date physical, please contact the high school office and they will check for you. We recommend that you get this physical done as soon as you can to avoid appointment conflicts that tend to happen later in the summer.

Summer camp information is located on the back of this newsletter. We have camp forms in the weight room but we would advise you to apply online for these camps. Again, we would encourage everyone to go to the Legends Camp. To help pay for the camp, individuals may apply for a camp scholarship online.

We look forward to the new Warriors coming into our family this summer and fall. It is an honor and privilege to represent the Washington Tradition of Unity, Discipline, and Toughness. More importantly, we get to carry on this tradition together as one unit.

Go Warriors!

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

Warrior Football Camp July 28th - 30th

Our camp is set for July 28rd – 30th, 2014 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 10th & 11th from 10:00AM to 12:00PM.



**University of Sioux Falls Team Camp
9th & 10th Graders Only
June 11th & 12th, 2014**

This is a full contact two camp and is something new that we would like to attend. We would like to be able to bring 30 freshman and sophomores only. We want to help this age group with learning our offense and defense with more instruction from our whole coaching staff. Again, if you can only attend one camp this summer, we would like to have everyone at the Augie Legends camp. We would like to have this confirmed by May 23rd, 2014 by emailing Mr. Stadem.

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17th Annual Celebrity Legends Team Football Camp Augustana College June 22 -24th

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. There will a varsity and junior varsity competition portions at this camp. Forms for this camp are available in the weight room and the URL link below. Please register and pay online if possible.

<http://www.sanfordhealth.org/ClassesAndEvents/EventDetail/4e1ae4cd-6149-4e03-ae5-f8b59c55d378>



**University of South Dakota
Team Camp
July 7th - 9th**

This is a full contact camp for varsity athletes only. We will be checking out equipment on June 9th & 10th 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 are available in the weight room and the URL link below. Please register and pay online if possible.

<http://football.goyotescamps.com/summer-camps.cfm>

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

Summer Weight Room Hours

Monday through Thursday 7:00AM – 8:30AM

Everyone needs to be at the Weight Room at 7AM

Tuesday & Thursday – Open Gym 8:30AM-10:00AM

Starts Monday May 19th

Friday 7AM-8AM is our Make Up Day.