

**2017  
Lava Bear  
Football**



**Frosh Summer Packet**

January 31, 2017

Dear Lava Bears,

As you enter a new and very exciting part of your life, we invite you to become as active at Bend Senior High School as possible. We believe you will find Bend High to be both exciting and demanding.

As part of the many new doors open to you, we offer the opportunity to play freshman football. Bend High Football is recognized to be among the very best in Oregon and is a contender for the Intermountain Conference title each year. Our freshman program has climbed to the top of our league, and we wish to continue this growth. To join us this fall, here are some important items you should be aware of.

**Experience:** We believe in and stress the basic fundamentals of football. For these reasons, we begin at the very earliest stages of development. If you have never played football before, it does not matter. It is our experience that beginners catch up quickly, and we work very hard toward this end.

**Clearance:** Every athlete at Bend Senior High School must be cleared through the high school athletics office before they may participate in practice. Do this prior to daily doubles. A physical examination is also required of all freshmen by Oregon School Activities Association (OSAA). Free physicals will be given by The Center, Therapeutic Associates and Bend Memorial Clinic at The Center's new location: 2200 NE Neff, Suite 200. The date will be set later in the year. If you prefer to go to your own physician, it would be best to complete this task before August 1<sup>st</sup>.

There is a \$100.00 play-to-participate fee for every athlete for each sport that he or she participates in for the 2017-18 school year. If you are unable to pay this fee, that does not mean that you cannot play football. If there is a problem paying this fee, please do not hesitate to call us at home or the Athletic Office at Bend Senior High School. Scholarships are available for those that qualify.

**Practices:** Practices for freshmen begin August 14<sup>th</sup>. **These practices are mandatory.** While students will be allowed to turn out at any time, those who begin on "day one" will enjoy a distinct advantage. Our first game is on August 31<sup>st</sup>. We must be ready! **Parents:** It is extremely important towards your child's chances for success that he be in attendance of all practices. OSAA states that a player must have 9 days of official practice before he can play in a contest. If possible, please plan any vacations or time away from Bend before August 14<sup>th</sup>. We will have two practices daily for the period before school begins. These practices are listed on the August calendar at the end of the packet.

**Pre-season Conditioning:** This is not mandatory, but it would certainly help you. Freshman are encouraged to be a part of our spring practices. They begin on May 30<sup>th</sup> at BSH. Please check the calendar at the end of the packet for times. Our weight room is open to our athletes every Monday, Tuesday and Thursday starting July 3<sup>rd</sup> from 7:30 – 9:30

A.M. You are encouraged to get involved in our organized weight program. Also, we will have one week of conditioning in the evenings from July 31<sup>st</sup>-August 3<sup>rd</sup>, 5:00 – 6:00 P.M. Again, you are welcome to join us, and it will certainly help to prepare you for doubles.

**Air Bear Camp:** We will be conducting our 25<sup>th</sup> Annual “Air Bear” non-contact football camp again this year during the week of August 7<sup>th</sup>-10<sup>th</sup> from 5:00 – 8:00 P.M. Your son can download a brochure this spring from [bendfootball.com](http://bendfootball.com). He will register for the high school sessions. If you have any questions, please contact us.

**Dates to Remember:**

**Tuesday, August 8<sup>th</sup>, 9:00 A.M. – 12:00 Noon** at the Stadium Field House, to pick up gear (you don’t have to be cleared to pull gear, but you must be cleared from the Athletics Office before you can start Daily Doubles). **Don’t wait! DO IT EARLY!**  
Bring your own combination lock.

**July 3<sup>rd</sup> – July 20<sup>th</sup>.** M,T,Th Weights and running at BSH from 7:30-9:30 AM.

**July 31<sup>st</sup>-August 3<sup>rd</sup>-** M-Th 5:00-6:00 Conditioning on the BSH practice field.

**August 7<sup>th</sup>-10<sup>th</sup>** is the Air Bear Camp. Download the brochure at [bendfootball.com](http://bendfootball.com)

**August 8<sup>th</sup>** – Equipment checkout 9am-Noon at the field house.

**August 14<sup>th</sup>, 8:00 A.M.** is the first practice. BE DRESSED by 8:45 A.M.

**August 31<sup>st</sup>,** First Game vs. TBA

We are looking forward to seeing you on the morning of July 3<sup>rd</sup> for the first weight workout. Feel free to call us if you have any questions.

Most Sincerely,



Matt Craven  
Head Football Coach  
389-1506 (Home)



Nate Neil  
Head Frosh Football Coach  
419-1216 (Home)

# LAVA BEAR TEAM PHILOSOPHY

## 1. Do Well in the Classroom.

- a. Be an **Asset**; Not a Liability.
- b. The **Attitude** to be a **Serious Learner** is crucial in your pursuit of your **Life's Endeavor**.

## 2. Be a Multi-Sport Athlete.

- c. It builds and keeps the **Competitive Edge**.
- d. The **Skills** from different sports lend to the development of the **Total Football Player** and **Complete Athlete**.

## 3. Be in the Weight Room.

- e. It builds **Team Unity**.
- f. It builds **Self Confidence**.
- g. It **Prevents Injuries**.
- h. It's **Hard to Give Up** when **We've** spent **Long Hours Working Together** in the **Weight Room**.

### What is A Competitor?

"He plays like every play means the championship. The guy never gives up. He's never beat mentally. He's a game player. He comes through for the team. He is consistent. He does his job every play. Setbacks don't discourage him. He's never satisfied with his performance. He keeps on going play after play...FULL SPEED. He runs you to death. You can't relax for a moment. He doesn't play cautious. He's aggressive...always on the attack. He's more interested in the team than personal glory and winning is the most important goal.

Ray Barry

Baltimore Colts

# LAVA BEAR FOOTBALL

## TEAM CODE

### 1. Do Right!

You know the difference between right and wrong. Its right to be on time, Polite, honest, to remain free from drugs and alcohol.

### 2. Do Your Best!

We do not help people at all by accepting mediocrity, don't worry about being popular.

### 3. Treat others as you would like to be treated (Golden Rule)!

There has never been a team, a family, or a business that can't become better by emphasizing love and understanding.

## THREE UNIVERSAL QUESTIONS ASKED BY MEMBERS OF A TEAM.

### 1. Can I Trust You?

The only way you can generate trust is to do what is right all the time!

### 2. Are You Committed to Excellence?

The only way you can show you are committed to excellence is to always do your best!

### 3. Do You Care About Me?

The only way to show people you care about them is to treat people as you would like to be treated.

## TEAM

**“When you help someone up a hill, you’ll find yourself close to the top, too!”**

**-Unknown**

## General Information

1. Pay to Participate charged by the Bend-La Pine School District - \$100 (Var/JV/Frosh)
2. Junior and Frosh Physical Exams:
  - a. Physicals by own personal doctor, need to be completed before Aug. 1<sup>st</sup>
  - b. Free Physicals from "The Center" foundation will be offered in the fall. (TBA)
3. Shoes / Cleats - Team Shoe is Black
4. Ghost Tree Invitational Fundraiser- August 5<sup>th</sup>
5. Spring/Air Raid Practice
  - May 30<sup>st</sup>-June 1<sup>st</sup> @ 3-4:30 PM (Gear Check out June 7<sup>th</sup> (Wednesday))
  - June 5<sup>th</sup> - 8<sup>th</sup> @ 3-4:30 PM (Soph Gear Checkout June 13<sup>th</sup>)
6. Air Raid Passing Camp @ MVHS - Sat. & Sun. June 10-11<sup>th</sup> (No Charge)
7. Varsity Team Camp @ BSH June 19<sup>th</sup> - June 23<sup>rd</sup>
9. **OSAA Mandatory Dead Week----July 24<sup>th</sup> -July 28<sup>th</sup>** (No Practice or Lifting)
10. Conditioning - July 31<sup>st</sup> -August 3<sup>rd</sup> ; 5-6 pm
11. "Air Bear" Football Camp - August 7-10<sup>th</sup>.
  - Equipment Checkout Summer Non-Gold Beach:**
    - a. Tues., August 8<sup>th</sup> : Varsity 7:30-9am : JV and Frosh 9-Noon
    - b. You must be cleared through the Athletic Office before you start Daily Doubles on August 14<sup>th</sup> . **However you do not need to be cleared to pull gear.**
13. "Iron Bear" Competition & Water Melon Feed - Thurs. Aug. 10<sup>th</sup>; 5 - 7:30 pm
  - a. Bench Press, Power Cleans, Agility & Endurance Circuit **(All Players)**
14. Summer Workouts:
  - a. Weight Room - Mon. Tues. & Thurs. 7:30 - 9:30 am (Note Calendar)
  - b. Running - With Lifting (Note Calendar)
15. Daily Doubles Practice Times; Starts August 14<sup>th</sup> and are mandatory.
  - a. Frosh -See Calendar
  - b. Vars/JV - See Calendar

**"The definition of Luck is when Preparation meets Opportunity"**

**-Unknown**

## **“TR”**

### **Total Release**

Total release is one of the driving forces of this program. “TR” refers to the total or complete release of oneself towards the completion of a task, and the commitment toward completing this task with your best possible effort. This type of commitment is far greater than most of the commitments we see in our society today. Too many people are only interested in doing just enough to get by. A “TR” effort is one in which getting by is not enough. A person who gives a true “TR” effort is able to walk away at the conclusion of a job and say, “I have no more to give”. When a person is able to give a “TR” type effort, they find that things usually take care of themselves. This does not always mean that a “TR” effort will result in a win; at least not the type of win society is used to thinking of. When the principles of “TR” are applied, there are two types of scoreboards you must consider. The first scoreboard is called the “Public Scoreboard”. This scoreboard is usually located at the end of a field or gymnasium. This is the scoreboard the fans use to assess the success or failure of the team. The second scoreboard is called the “Private Scoreboard”. To the player, this is the most important scoreboard to look at. The only person who sees this scoreboard is yourself, and therefore, you are the only person that will be able to assess your success. The assessment of this success can be answered by one simple question; “Is there anything left to give”? If your answer is that you have spent your all, then you have won on the “TR” scoreboard. In most cases you will find that a “TR” victory translates to a win on the Public Scoreboard as well. However, even if you don’t produce a win on the Public Scoreboard, you can always win on the “TR” Scoreboard. These “TR” victories are by far the most satisfying, and they show the true character of a man and a competitor. The concept of “TR” is summed up best by a poem from the original TR...Teddy Roosevelt.

### **The Realty of Man**

“It is not the critic who counts; not the man who pointed out how the strong man stumbled or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms; the great devotions; who spends himself in a worthy cause; who, at best, knows in the end triumph of high achievement and who, at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory or defeat.”

**—Teddy Roosevelt, President USA, 1904**

**2017  
Bend Lava Bears  
Frosh Football  
Schedule**

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Thu. Aug. 31	Central	Independence	TBA
Thu. Sept. 7	Corvallis	Corvallis	TBA
Thu. Sept. 14	Redmond	Redmond	TBA
Thu. Sept. 21	Hood River	Bend	TBA
Thu. Sept. 28	Ridgeview	Ridgeview	TBA
Thu. Oct. 5	Summit	Bend	TBA
Thu. Oct. 12	Hermiston	Hermiston	TBA
Thu. Oct. 19	Pendleton	Bend	TBA
Thu. Oct. 26	Mt View	Mt View	TBA

**TR**



# May

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
	Memorial Day	Spring FB Practice 3:15-4:30	Spring FB Practice 3:15-4:30			

# June

# 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spring FB Practice 3:15-4:30	2	3
	4 Spring FB Practice 3:15-4:30	5 Spring FB Practice 3:15-4:30	6 No Practice	8 Spring FB Practice 3:15-4:30	9	10 Air Raid at MVHS BSH Graduation
11 Air Raid at MVHS	12	13	14	15	16	17
18	19	20	21	22	23	24
25 FB Dead Week	26 FB Dead Week	27 FB Dead Week	28 FB Dead Week	29 FB Dead Week	30 FB Dead Week	



# August

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Weights 7:30-9:30 am <b>Conditioning 5-6pm</b>	2 <b>Conditioning 5-6pm</b>	3 Weights 7:30-9:30 am <b>Conditioning 5-6pm</b>	4	5 <b>Ghost Tree Invitational Fund Raiser (All Jrs and Srs)</b>
6 Weights 7:30-9:30 am <b>Air Bear Camp 5-8 pm</b>	7 Weights 7:30-9:30 am <b>Air Bear Camp 5-8 pm</b> <i>Gear Checkout</i> V: 7:30-9:30 am JV/Frosh: 9-Noon	8 <b>Air Bear Camp 5-8 pm</b>	9 <b>Air Bear Camp 3-8 pm</b> (Iron Bear)	10 <b>Coaches' Meeting</b>	11	12
13 Doubles (Helmets) Frosh 9-11:30, 4:30-6:30 JV/V 9-11:30, 5-7:30	14 Single (Helmets) Frosh 8-11 am JV/V 9-Noon am	15 Doubles (Shells) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5-7:30	16 Single (Padded) Frosh 8-11 am JV/V 9-Noon am Pictures 1:30 pm	17 Doubles (Padded) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5-7:30	18	19 Frosh Only (Padded) 8-10 am
20 Weights 7:30-8:30am Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30 am	21 Weights 7:30-8:30am Frosh 8-11 am JV/V 9-11:30 am	22 Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30 am	23 Weights 7:30-8:30am Frosh Jamboree JV/V 9-11:30 am	24 Frosh TBA Varsity Jamboree TBA	25	26
27 All Practices 3-6pm	28 All Practices 3-6pm	29 All Practices 3-6pm	30 All Practices 3-6pm	31 TBA		