

**2021
Lava Bear
Football**



Frosh Summer Packet

Please e-mail Coach Craven at: matt.craven@bend.k12.or.us

I will add you to the e-mail list for football, so you receive all future notifications. Feel free to e-mail me with as many accounts as you want to receive notifications to. Most frosh use both parent accounts as well as the student's account.

Thanks, Coach Craven



January 9, 2021

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 Mountain Valley 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). If you prefer to go to your own physician, it would be best to complete this task before August 1st.

There is a \$100.00 play-to-participate fee for every athlete for each sport that he or she participates in for the 2021-22 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 16th. 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 September 2nd. 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 16th. 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: Our weight room is open to our athletes every Monday, Tuesday and Thursday starting July 5th 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 August 2nd -5th , 7:30-10 A.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 28th Annual "Air Bear" non-contact football camp this year during the week of August 9th-12th. Your son can download a brochure this spring from bendfootball.com. He will register for the high school sessions. If you have any questions, please contact us.

Dates to Remember:

Tuesday, August 10th, 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 5th – July 8th. M,T,Th Weights and running at BSH from 7:30-9:30 AM.

August 2nd -6th - M-Th 7:30-10 am Conditioning on the BSH practice field.

August 9^h-12th is the Air Bear Camp. Download the brochure at bendfootball.com

August 10th – Equipment checkout 9am-Noon at the field house.

August 16th, 9:00 A.M. is the first practice. BE DRESSED by 8:45 A.M.

September 2nd , First Game vs. TBA

We are looking forward to seeing you on the morning of July 5th 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)

JUN 2021

SUN

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TUE

WED

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Optional Weight
Room 7:30-9:30

Optional Weight
Room 7:30-9:30

Optional Weight
Room 7:30-9:30

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Optional Weight
Room 7:30-9:30

Optional Weight
Room 7:30-9:30

JUL 2021

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01

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Optional Weight
Room 7:30-9:30

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Weights and
Conditioning
7:30-9:30 am

Weights and
Conditioning
7:30-9:30 am

Weights and
Conditioning
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Weights and
Conditioning
7:30-9:30 am

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Weights and
Conditioning
7:30-9:30 am

Weights and
Conditioning
7:30-9:30 am

Weights and
Conditioning
7:30-9:30 am

***Possible Padded Practice for Varsity Only. Monday, Tuesday, Wednesday, with Scrimmage in Hillsboro Thursday and Friday. ***

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Dead Week

Dead Week

Dead Week

Dead Week

Dead Week

AUG 2021

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 Conditioning and Practice 7:30-10:00	03 Conditioning and Practice 7:30-10:00	04 Conditioning and Practice 7:30-10:00	05 Conditioning and Practice 7:30-10:00	06	07
08 Weights 7:30-9:30 am Air Bear Camp 5-8 pm	09 Weights 7:30-9:30 am Air Bear Camp 8-8 pm Gear Checkout V: 7:30-9:30 am JV/Frosh: 9-Noon	10	11 Air Bear Camp 5-8 pm	12 Air Bear Camp 3-8 pm (Iron Bear)	13	14
15 Doubles (Helmets) Frosh 9-11:30, 4:30-6:30 JV/V 9-11:30, 5- 7:30	16 Single (Helmets) Frosh 8-11 am JV/V 9-Noon am	17 Doubles (Shells) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5- 7:30	18 Doubles (Shells) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5- 7:30	19 Doubles (Padded) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5- 7:30	20 Frosh Only (Padded) 8-10 am	21
22 Frosh 8- 10:30,4:30-6:30 JV/V 9-11:30 am	23 Frosh 8-11 am JV/V 9-11:30 am	24 Frosh 8- 10:30,4:30-6:30 JV/V 9-11:30 am	25	26 Frosh 8-11 am JV/V 9-11:30 am	27 Frosh Jamboree Varsity/JV Jamboree TBA	28
29	30	31				

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

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