

**2021
Lava Bear
Football**



V/JV Summer Packet

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

JUN 2021

SUN

MON

TUE

WED

THU

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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

27

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Optional Weight
Room 7:30-9:30

Optional Weight
Room 7:30-9:30

JUL 2021

SUN

MON

TUE

WED

THU

FRI

SAT

01

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03

Optional Weight
Room 7:30-9:30

04

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10

Weights and
Conditioning
7:30-9:30 am

Weights and
Conditioning
7:30-9:30 am

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
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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

Conditioning
and Practice
7:30-10:00

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

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 5-8 pm
*Gear Checkout
V: 7:30-9:30 am
JV/Frosh: 9-Noon*

10

**Air Bear Camp 5-8
pm**

11

**Air Bear Camp 3-8
pm (Iron Bear)**

12

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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

Frosh 8-11 am
JV/V 9-11:30 am

26

Frosh Jamboree
Varsity/JV
Jamboree TBA

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