

**2020
Lava Bear
Football**



Frosh Summer Packet

January 9, 2020

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 2020-21 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 17th. 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 3rd. 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 17th. 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 26th 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 June 29th 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 3rd -6th , 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 27th Annual "Air Bear" non-contact football camp this year during the week of August 10th-13th from 5:00 – 8:00 P.M. 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 11th, 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.

June 29th – July 24th. M,T,Th Weights and running at BSH from 7:30-9:30 AM.

August 3rd -6th - M-Th 7:30-10 am Conditioning on the BSH practice field.

August 10th-13th is the Air Bear Camp. Download the brochure at bendfootball.com

August 11th – Equipment checkout 9am-Noon at the field house.

August 17th, 9:00 A.M. is the first practice. BE DRESSED by 8:45 A.M.

September 3rd, First Game vs. TBA

We are looking forward to seeing you on the morning of June 29th 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 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

May

2020

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 Memorial Day	26 Spring FB Practice 4-5:30	27 Spring FB Practice 4-5:30	28 Spring FB Practice 4-5:30	29	30
31						

June

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Spring FB Practice 4:00-5:30	2 Spring FB Practice 4:00-5:30	3 No Practice	4 Spring FB Practice 4:00-5:30	5 Spring FB Practice 4:00-5:30	6 BSH Graduation
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 FB Dead Week	23 FB Dead Week	24 FB Dead Week	25 FB Dead Week	26 FB Dead Week	27
28	29 Weights and Conditioning 7:30-9:30 am	30 Weights and Conditioning 7:30-9:30 am				

July

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Weights and Conditioning 7:30-9:30 am	3	4
5	6 Weights and Conditioning 7:30-9:30 am	7 Weights and Conditioning 7:30-9:30 am	8	9 Weights and Conditioning 7:30-9:30 am	10	11
12	13 Weights and Conditioning 7:30-9:30 am	14 Weights and Conditioning 7:30-9:30 am	15	16 Weights and Conditioning 7:30-9:30 am	17	18
19	20 Weights and Conditioning 7:30-9:30 am	21 Weights and Conditioning 7:30-9:30 am	22	23 Weights and Conditioning 7:30-9:30 am	24	25
26	27 OSAA Dead Week	28 OSAA Dead Week	29 OSAA Dead Week	30 OSAA Dead Week	31 OSAA Dead Week	

August

2020* All times may
change due to smoke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Dead Week	Dead Week	1
2	3 Conditioning/Weights/ Offensive Intro 7:30- 10am	4 Conditioning/Weights/ Defensive Intro 7:30- 10am	5 Conditioning/Weights/ Offensive Intro 7:30- 10am	6 Conditioning/Weights/ Defensive Intro 7:30- 10am	7	8
9	10 Weights 7:30-9:30 am Air Bear Camp 5-8 pm	11 Weights 7:30-9:30 am Air Bear Camp 5-8 pm Gear Checkout V: 7:30-9:30 am JV/Frosh: 9-Noon	12 Air Bear Camp 5-8 pm	13 Air Bear Camp 3-8 pm (Iron Bear)	14 Coaches' Meeting	15
16	17 Doubles (Helmets) Frosh 9-11:30, 4:30-6:30 JV/V 9-11:30, 5-7:30	18 Single (Helmets) Frosh 8-11 am JV/V 9-Noon am	19 Doubles (Shells) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5-7:30	20 Single (Padded) Frosh 8-11 am JV/V 9-Noon am Pictures 1:30 pm	21 Doubles (Padded) Frosh 8-10:30, 4:30-6:30 JV/V 9-11:30, 5-7:30	22 Frosh Only (Padded) 8-10 am
23	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 8-10:30, 4:30-6:30 JV/V 9-11:30 am	27 Frosh 8-11 am JV/V 9-11:30 am	28 Frosh Jamboree Varsity/JV Jamboree TBA	29
30	31					