

**2020  
Lava Bear  
Football**



**TR**

# 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

## **"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**

## 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>
3. Shoes / Cleats - Team Shoe is Black
4. Spring/Air Raid Practice
  - May 26<sup>th</sup> -28<sup>th</sup> @ 4-5:30 PM (Gear Check out June 9<sup>th</sup> (Tuesday) for GFU participants)
  - June 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> @ 4-5:30 PM
5. Varsity Team Camp for Sophomores-Seniors @ GFU June 13<sup>th</sup> – June 16<sup>th</sup>
6. **OSAA Mandatory Dead Week----July 27<sup>th</sup> –July 31<sup>st</sup>** (No Practice or Lifting)
7. Conditioning Period – August 3<sup>rd</sup> -August 6<sup>th</sup> ; 7:30-10 am
8. “Air Bear” Football Camp - August 10-13<sup>th</sup>.
  - Equipment Checkout Summer Non-GFU Camp:**
    - a. Tues., August 11<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 17<sup>th</sup> . **However, you do not need to be cleared to pull gear.**
9. “Iron Bear” Competition & Water Melon Feed – Thurs. Aug. 13<sup>th</sup>; 3:30 - 7:30 pm
  - a. Bench Press, Power Cleans, Agility & Endurance Circuit **(All Players)**
10. Summer Workouts:
  - a. Weight Room – Mon. Tues. & Thurs. 7:30 - 9:30 am (Note Calendar)
  - b. Running – With Lifting (Note Calendar)
11. Daily Doubles Practice Times; Starts August 19<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**

# LAVA BEAR

## FUND RAISING DATES

1. Ghost Tree Invitational Fund Raiser – Sat. August 8<sup>th</sup>
2. Air Bear Camp - August 10<sup>th</sup> – 13<sup>th</sup> (M,T,W,Th)
3. “Iron Bear”/ PDP Sponsorship Letter - August 13<sup>th</sup> (Th)

## CAMP DATES

1. Spring Practice – May 26<sup>th</sup> -28<sup>th</sup> & June 1<sup>st</sup> , 2<sup>nd</sup> , 4<sup>th</sup> ,5<sup>th</sup> 4:00–5:30 PM
2. GFU Team Camp June 13<sup>th</sup> – 16<sup>th</sup>
3. Conditioning Camp August 3<sup>rd</sup> -6<sup>th</sup>
4. Air Bear Team Camp - August 10<sup>th</sup> -13<sup>th</sup>

**“True Grit is making a decision and standing by it, doing what must be done...for no moral man can have peace of mind if he leaves undone what he knows he should have done.”**

**-John Wayne**

# 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	26	27	28	29	30
	Memorial Day	Spring FB Practice 4-5:30	Spring FB Practice 4-5:30	Spring FB Practice 4-5:30		
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 Helmet Only FB Practice GFU Camp Only 4:00	8 GFU Gear Checkout 3:45	9 Helmet Only FB Practice GFU Camp Only 4:00	10	11	12 GFU FB Camp	13
14 GFU FB Camp	15 GFU FB Camp	16 GFU FB Camp	17	18	19	20
21 FB Dead Week	22 FB Dead Week	23 FB Dead Week	24 FB Dead Week	25 FB Dead Week	26 FB Dead Week	27
28 Weights and Conditioning 7:30-9:30 am	29 Weights and Conditioning 7:30-9:30 am	30				



# July

2020

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

*Dead week 26 - 31st*

# August

2020 \* All times may change due to smoke

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