

**2018
Lava Bear
Football**



TR

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 lead 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

"TR"

Total Release

Total release is one of the driving forces of this program. "TR" refers to the total or complete release of ones self 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. 1st
 - 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 4th
5. Spring/Air Raid Practice
 - May 2nd -31st @ 3-4:30 PM (Gear Check out June 6th (Wednesday))
 - June 4th - 7th @ 3-4:30 PM
6. Air Raid Passing Camp @ BSH - Sat. June 9th (No Charge)
7. Varsity Team Camp @ SOU June 21st - June 24th
9. **OSAA Mandatory Dead Week----July 23rd -July 27th** (No Practice or Lifting)
10. Conditioning - July 30th -August 2nd ; 5-6 pm
11. "Air Bear" Football Camp - August 6-9th.
 - Equipment Checkout Summer Non-SOU Camp:**
 - a. Tues., August 7th : 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 13th . **However you do not need to be cleared to pull gear.**
13. "Iron Bear" Competition & Water Melon Feed - Thurs. Aug. 9th; 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 13th 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 – August 4th (Sat)
2. Air Raid Passing Camp - June 9th (Sat)
3. Air Bear Camp - August 6th – 9th (M,T,W,Th)
4. "Iron Bear"/ PDP Sponsorship Letter - August 9th (Th)

CAMP DATES

1. Spring Practice – May 29th -31st & June 4th-7th 3:00–4:30 PM
2. Air Raid 7-vs-7 Passing Tourney - June 9th
3. SOU Team Camp June 21st – 24th
4. Conditioning Camp July 30th -August 2nd
5. Air Bear Team Camp - August 6th -9th

"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

2018

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 Memorial Day	29 Spring FB Practice 3-4:30	30 Spring FB Practice 3-4:30	31		

June

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Spring FB Practice 3-4:30		1
3	4 Spring FB Practice 3-4:30	5 Spring FB Practice 3-4:30	6 Gear Checkout Sr/Jr	7 Spring FB Practice 3-4:30		8
10	11	12	13 Helmet Practice 3-3:30	14 Helmet Practice 3-3:30		15
17	18	19	20	21 SOU FB Camp	22 SOU FB Camp	23 SOU FB Camp
24 SOU FB Camp	25 FB Dead Week	26 FB Dead Week	27 FB Dead Week	28 FB Dead Week	29 FB Dead Week	30

July

2018

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

August

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Weights 7:30-9:30 am Conditioning 5-6pm	1 Conditioning 5-6pm	Weights 7:30-9:30 am Conditioning 5-6pm	3	4 Ghost Tree Invitational Fund Raiser (All Jrs and Srs)
5	Weights 7:30-9:30 am Air Bear Camp 5-8 pm	7 Weights 7:30-9:30 am Air Bear Camp 5-8 pm Gear Checkout V: 7:30-9:30 am JV/Frosh: 9-Noon	8 Air Bear Camp 5-8 pm	9 Air Bear Camp 3-8 pm (Iron Bear)	10 Coaches' Meeting	11
12	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 Frosh Only (Padded) 8-10 am
19	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	All Practices 3-6pm	28 All Practices 3-6pm	29 All Practices 3-6pm	30 TBA	31	