

**2010
Lava Bear
Football**



**TR
“I Believe”**

**2010
Bend Lava Bears
Varsity Football Schedule**

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Fri. Sept. 3	Lebanon	Bend	7:00 PM
Fri. Sept. 10	Jefferson	Jefferson/PDX	7:00 PM
Fri. Sept. 17	Sprague	Sprague/Salem	7:00 PM
Fri. Sept. 24	The Dalles-Wahtonka	The Dalles	7:00 PM
Fri. Oct. 1	Redmond	Bend	7:00 PM
Fr. Oct. 8	Summit	Bend	7:00 PM
Fr. Oct 15	Lincoln	Bend	7:00 PM
Fri. Oct. 22	Mt View	Mt.View	7:00 PM
Fri. Oct. 29	5A Play In Round	TBA	TBA
Fri. Nov. 5	1 st Round of 32	TBA	TBA
Fri. Nov. 12	OSAA 2 nd Round	TBA	TBA
Fri. Nov. 19	OSAA Quarterfinals	TBA	TBA
Fri. Nov. 26	OSAA Semifinals	TBA	TBA
Sat. Dec. 4	OSAA Championship	TBA	TBA

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**2010
Bend Lava Bears
Junior Varsity Football
Schedule**

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Fri. Sept. 3	Lebanon	Bend	3:30 PM
Fri. Sept. 10	Jefferson	Jefferson/PDX	3:30 PM
Th. Sept. 16	Sprague	Bend	4:30 PM
Th. Sept. 23	The Dalles-Wahtonka	The Dalles	4:30 PM
Th. Sept. 30	Redmond	Redmond	4:30 PM
Th. Oct. 7	Summit	Summit	4:30 PM
Fr. Oct. 15	Lincoln	Bend	3:30 PM
Th. Oct. 21	Mt View	Bend	4:30 PM
Th. Oct. 28	Redmond	Bend	4:30 PM

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**2010
Bend Lava Bears
Frosh Football
Schedule**

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Thur. Sept. 2	BSH Frosh Jamboree (Bend/MV/Redmond/Culver fr-soph)	Bend	4:30 PM
Wed. Sept. 8	LaPine	LaPine	4:30 PM
Th. Sept. 16	Sprague	Sprague/Salem	4:30 PM
Th. Sept. 23	The Dalles-Wahtonka	Bend	4:30 PM
Th. Sept. 30	Redmond	Bend	4:30 PM
Th. Oct. 7	Summit	Bend	4:30 PM
Wed. Oct. 13	Sisters	Bend	4:30 PM
Th. Oct. 21	Mt View	Mt.View	4:30 PM
Th. Oct. 28	Redmond	Redmond	4:30 PM

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General Information

1. Pay to Participate - \$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 are the week of Aug. 9-13
3. Shoes / Cleats - Team Shoe is Black
4. Civil War Scramble Golf Fundraiser – June 6th @ Sunriver Woodlands Course
5. Spring/Air Raid Practice – Mon.-Thurs. June 7th-10th & June 14th-17th (3:10-4:30 pm)
6. Air Raid Passing Camp - Sat. & Sun. June 12th & 13th (No Charge)
7. Varsity Team Camp @ Gold Beach June 19th – 24th
8. Sage Brush Classic Fundraiser - July 15th,16th,17th, & 18th
9. **OSAA Mandatory Dead Week----Aug 2nd – 6th** (No Practice or Lifting)
10. Conditioning - August 9th - 12th; 5-6 pm
11. “Air Bear” Football Camp - August 16th-19th
12. Equipment Checkout:
 - a. Sr./Jr./Soph./Frosh - Tues., Aug. 17th; 8am - 11am
 - b. You must be cleared through the Athletic Office before you start Daily Doubles on August 24th. **However you do not need to be cleared to pull gear.**
13. “Iron Bear” Competition & Water Melon Feed – Thurs. Aug. 19th; 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 23rd and are mandatory.
 - a. Frosh - 8:00-10:30 am & 4:00-6:30 pm (Mon-Fri.)
 - b. Vars/JV - 9:00-11:30 am & 5:00-7:30 pm (Mon-Fri.)

“The difference between the impossible and the possible lies in a person’s determination”

**Tommy Lasorda
Los Angeles Dodgers**

Season/Program Goals

- 1. Winning Season**
- 2. Defeat all Central Oregon Schools**
- 3. Earn a Berth in the OSAA Playoffs**
- 4. IMC Champs**
- 5. Advance in the OSAA Playoffs**
 - a. First Round**
 - b. Second Round**
 - c. Quarterfinals**
 - d. Semifinals**
- 6. State Champions**

“Really it comes down to your philosophy. Do you want to be safe and good, or do you want to take a chance and be great?”

**Jimmy Johnson – Head Coach
Miami Hurricanes
Dallas Cowboys
Miami Dolphins**

“Never Give up”

**Jim Valvano – Head Coach
North Carolina State Basketball**

TR

2010 Player GOALS Desires and Direction

Goals/Desires

1. IMC & Inner-City Champs
2. Gold Beach Camp
3. Keep Focus at Practice
4. Great Off-Season Work Ethic
5. Good Leadership and Accountability

6. Trust & Push Each Other

7. Know Roles
8. Be Disciplined

9. Be Better Tacklers

Direction/How

1. The Work Starts Now
2. Become a Team
3. Know your Job & Assignments
4. Be at 6:00 AM Lifting
5. Hold High Expectation on Self
& Team
6. Competitive Practice,
Practice Bell to Bell
7. Be a Team Player
8. Be Coachable, Go Hard,
Have a Positive Work Ethic
9. Get Something Out of Tackling
Circuit, Develop the Craft

“Ah, but a man’s reach should exceed his grasp, or what’s a heaven for? – Robert Browning”

**Joe Paterno – Head Coach
Penn State Football**

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**.

“There is no substitute for hard work and effort beyond the call of mere duty. That is what strengthens the soul and ennobles one's character.”

Walter Camp

Yale University Football

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.

I BELIEVE

“I BELIEVE IN MYSELF...I BELIEVE IN MY TEAM ...I BELIEVE THAT SOMETHING GOOD WILL HAPPEN TO ME TODAY!”

**Grant Teaff – Head Coach
Baylor University
National Football Coaches Association**

LAVA BEAR

FUND RAISING DATES

1. Civil War Scramble Golf Tournament – June 6th @ Sunriver Meadows
2. Air Raid Passing Camp - June 12th & 13th
3. Sage Brush Classic Golf Tournament and Feast - July 15th, 16th, 17th, & 18th
4. Air Bear Camp - August 16th, 17th, 18th, & 19th
5. “Iron Bear”/ PDP Sponsorship Letter - August 18th

CAMP DATES

1. Spring Practice - June 7th–10th & June 14th-17th 3:10–4:30 PM
2. Air Raid 7-vs-7 Passing Tourney - June 12th & 13th
3. Varsity Team Camp @ Gold Beach - June 19th – 24th
4. Conditioning Camp August 9th - 12th
5. Air Bear Pre-Season Team Camp - August 16th - 19th

“Part of life is getting sucked into something with others. What we try to do with our group is breathe together, share the same space, find something outside of just playing basketball. This spiritual stuff brings an act of community to us.”

**Phil Jackson - Head Coach
Los Angeles Lakers
Chicago Bulls**