

Spring-Summer Parent Letter

“Are you ready for some FOOTBALL”

Weight Program

We started our weight program December 1, 2009. We go on a Monday-Wednesday-Friday schedule from 5:45am to 6:45am at Body Quest. Cost is \$10 per month for each athlete. This program is year round. In the summer we will go on a Monday-Wednesday schedule from 7:00am to 7:45am.

As I am writing this letter, we have just entered April with our weight program. The results are mixed. We have 10 to 12 athletes that are consistently there and they work hard. We have 10 to 12 more athletes that are there 60% to 70% of the time and work so-so. The rest of our athletes are falling behind. As a parent you must understand that weights are the heartbeat of any sound athletic program. Not lifting is like not reading in the classroom, you get left behind. Recently, I attended a LSU football clinic. While there I remembered a saying in their weight room. It quotes, “If you give little effort you are really not here.”

If you as a parent want to know how your child is doing in the weight room e-mail me at VC. I always believe that when a parent asks a hard question always give a hard and fair answer. Weight lifting is necessary for all athletic success. Weights not only help with the obvious faster, stronger, and jump higher, but lifting also makes you mentally stronger. Most people including me call it MENTAL TOUGHNESS. We constantly tell our players that when you make excuses you lose your power as a human being. Working hard, discipline, grinding, sweating, etc. are not about football, but about getting ready for life.

“Be the best you can be”

Student First-Athlete Second

During the 2009 football season our players' grades overall were outstanding. For example, we had 7 with a 3.0 GPA or higher going into the season and ended with 23 players having a 3.0 GPA or higher. As of now our players are dropping somewhat. One of our biggest problems at VC is that too many student-athletes miss school. Why? I have no idea. I know this; if these student-athletes were working in the adult world their boss would fire them! Remember if your player needs help academically, VC has free tutoring.

Spring Football-8th Graders-Physicals

Our information on Spring Football is on our website at www.coachbev.net. There are a few short notes on our approach and philosophy regarding Spring Football. First, we do not want to take anything away from active spring sports. Therefore, we are going to practice on Tuesday and Thursday mornings till all male spring sports are done. Then our practices will be after school. We get 15 days of Spring Football. Next year, the rule will change to only 10 days. Secondly, our Spring Football will have very little conditioning or contact. Every practice will revolve around teaching our offense and defensive systems. 8th graders cannot practice with us until they graduate. Remember you must have a physical in order to play football. VC will be holding a school physical before the start of Spring Football.

Summer Camps

Summer information is on our website at www.coachbev.net. Summer camp is huge for any football program. Summer camp is hard and tough. It takes commitment by the athletes to be successful in the two months of summer training. We realize, however that the summer will involve some conflicts with family vacations, work, or playing summer sports. That will be no problem. What can't happen is making excuses like it's too hot, I'm tired, or any other excuses. Football is not easy. Strive to be the best you can be.

Seniors-Co-Captains-JV Team

We will have around 51-53 players out for football. However, like last season we have our second class in a row without many football athletes. This year's team has only two seniors.

We have started a leadership program with our football program so we can make better decisions on selecting captains. Our first process is that everyone had the opportunity to write an essay on why they wanted to be captain. Ten underclassmen (9 Jrs. 1 Soph.) submitted essays. These ten players will now go through several more processes during the spring and summer. Then we will select our captains for 2010.

JV team will be up and running this year. We did not have one last year because our varsity was made up of freshman and sophomores. This year with an exciting group of incoming 8th graders, our JV schedule will be full.