

“Today I will do what others won’t, so tomorrow I can accomplish what others can’t.” – Jerry Rice

“Do not let what you cannot do interfere with what you can do.” – John Wooden

June 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
WEIGHT ROOM IS CLOSED FOR THE FIRST WEEK OF THE SUMMER!						
4	5 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	6 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	7 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	8 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	9	10
11	12 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	13 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	14 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	15 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	16	17
18	19 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	20 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	21 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	22 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	23	24
25	26 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	27 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	28 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	29 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	30	
<p>“If it doesn’t challenge you, it won’t change you.” – Fred Devito</p> <p>“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.” – Derek Jeter</p>						

“There are only two options regarding commitment. You’re either IN or you’re OUT. There is no such thing as life in-between.” – Pat Riley

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July 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<div style="border: 1px solid black; padding: 5px;"> “The more difficult the victory, the greater the happiness in winning.” – Pele “You have to expect things of yourself before you can do them.” – Michael Jordan </div>						
2	3	4	5	6	7	8
<div style="border: 1px solid black; padding: 5px; text-align: center;"> WEIGHT ROOM IS CLOSED THIS WEEK FOR THE 4TH OF JULY HOLIDAY </div>						
9	10 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	11 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	12 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	13 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	14	15
16	17 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	18 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	19 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	20 7:30 – 10 - HS 10:30 – 12 JR Hi/ Elem	21	22
23	24 7:30 – 10 - HS Coaches meetings	25 7:30 – 10 - HS Coaches meetings	26 7:30 – 10 - HS Coaches meetings	27 7:30 – 10 - HS Coaches meetings	28 Coaches meetings	29
30	31 1 st Day of Football Practice					

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August 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1st Day of Football Practice	1 Football Practice	2 Football Practice	3 Football Practice	4 Football Practice	5
6	7 Football Practice	8 Football Practice	9 Football Practice	10 School starts	11	12
13	14	15	16	17 Scrimmage vs Kinder	18	19
20	21	22	23	24 Jamboree	25	26
27	28	29	30	31		
<div style="border: 1px solid black; padding: 5px; margin: 5px;"> “The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.” – Bobby Knight </div>						
<div style="border: 1px solid black; padding: 5px; margin: 5px;"> “You can’t get much done in life if you only work on the days when you feel good.” – Jerry West </div>						

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Adversity

You are given three objects a carrot, an egg, and a coffee bean. You are told to place each of them into its’ own pot of boiling water. You are to observe each one and then identify which one you are most like. Each of these objects faced the same adversity... boiling water – but each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after being in the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

“Which are you?” “When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?”

Think of this: Which am I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable, but changes with the heat? Do I seize up in the face of adversity and lose my ability to react and execute?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hours are the darkest and trials are their greatest do you elevate to another level?

How do you handle adversity?

ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?

What is a workout? -by George Allen

A workout is 25% Perspiration and 75% Determination. Stated another way, it is one part physical exercise and three parts self-discipline. Doing it is easy once you get started. A workout makes you feel better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a Winner, the mark of an organized, goal-oriented person who has taken charge of his or her destiny. A workout is a wise use of time and an Investment in excellence. It is a way of preparing for life’s challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to Opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of Rebirth. When you finish a good workout, you don’t simply feel better. You feel better about yourself.

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