

Stevens Raider Football Calendar

2012 Schedule

Winter/Spring 2012

Weight Room Hours (In-School Offseason):

AM Lifting

Monday, Friday 6:00-7:00 am

Tuesday, Thursday 6:30-7:30 am

PM Lifting

Monday, Tuesday, Thursday, Friday 3:45 -5:30 pm

*****Weight room is open on any day teachers are in school unless otherwise notified.**

January

No Events Scheduled

February

Feb. 2: Football concession stand football fundraiser 4- 8:30 pm (Raider /Cobbler BB Game)

Feb. 24-25: Program sales at State Wrestling Tournament TBA (Civic Center)

March

March 15, 16, 17: Program sales at State AA Basketball Tournament TBA (Civic Center)

April

No Events Scheduled

May

May 25, 26: Program sales at State Track Meet TBA (O'Hara Stadium)

May 28 – May 31: Stevens Raider Team Camp--4:00-6:30 Cost \$80

Summer 2012

Summer Weight Training: 6:30am- 9:00 am

***Speed/Conditioning will be immediately following your weight room work out.
Ex. Lift 6:30-7:30 sp/cond.7:30-9am*

June

June 3-6: **Chadron Team Camp**--cost approximately \$185. See Coach Ferdinand if scholarship is needed.

June 11: **7 on 7 Monday nights starting June 11th** --6-8:30 PM. 4 weeks. Jr.-Sr. fill in with sophs as needed.

July

July 28th – Aug. 5th: **Summer Break!!**-- *Weight room will be closed. Get refreshed for upcoming season.*

August

Aug 6th-10th: **Raider Iron Man Testing/ Team Building. Times TBA**

***Players are expected to test--Player will not practice until testing is completed.*

Aug 6th: Gold Card Fundraiser Handout

Aug 12th: **Mandatory Player/Parent Meeting @ Stevens HS Gymnasium**--Time (TBA)

Aug 13th: Practice Begins

Morning Practice--6:30 am-11:30 am

Evening Practice—5:30pm-7:30 pm (Shorts/T-Shirts)

Aug 13-16: Future Raider Football Camp: 1-3:00 pm

Aug 18th: (Saturday)--Blue & Silver Scrimmage- 9:00am -12:00pm

Aug 20th: Gold Card Blitz Night—6:30 pm-9:00 pm

Aug. 25th: GAME--Sioux Falls Lincoln –Home TBA

****Practice every Week day during the season. Holidays included. We will practice on weekends during the playoffs. Film and stretching on Saturday mornings after home games. 8-10:00 am.

****November 12: Football Awards Night--Location and Time TBA**

Changing of the Guard

If we want our program to get better we must expect our players to work out with their teammates in the Weight Room.

Insanity: Doing the same thing, and expecting something different.

Why players should work out together.

- Each player in our program is a unique individual; before we can effectively reach each player we must build a relationship.
- It allows us as coaches to see how our players will interact with each other.
- Who is going to push themselves, who needs pushed, who is going to push their partners.
- Teaches our players to trust each other.
- Develops team chemistry.
- Allows players to compete.



Poise, Pride, Perfection!!
Go Raiders!!