

Cub Football Newsletter

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Head Football Coach



Coach's Corner

Our trip to the OHSFCA State 7 on7 tournament has been cancelled due to the conflict with our school physical date on June 20, 2009. We have a large percentage of our roster that need to utilize this opportunity for a physical, and the time frame does not allow us to do both. Given that we have several 7 on 7 opportunities schedule in July we have decided not to make the trip to the tournament. We will still have the 3 camp days that are scheduled for June 15, 16 and 18, 2009 as scheduled.

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On a very important note, please pay extra attention in being a champion in the classroom and in personal conduct during these final days of the school year. Study Table takes place every day before lifting and there are ample opportunities for additional instruction if you ask your teachers respectfully. It goes without saying that the fourth academic quarter is the most important for a variety of reasons. Along with determining athletic eligibility for the 2009 football season, it also proves our ability to be a 'finisher.' Just like on the field, in the classroom it is essential to finish strong!

Personal conduct is always a concern for me this time of year. We have to all be careful not to fall into the pitfalls of the spring. The weather is nice and that gives some a sorry excuse to disregard personal discipline. You have to have more discipline! Can this team count on you to be disciplined and not be around those things? If not, how can the team ever count on you during the difficult times? The best game plan for staying away from those things is to team up with other teammates and find other appropriate activities. Do not take unnecessary risks; be responsible when riding ATV's, or other recreational vehicles! Be committed to the team and the promise of the season rather than committed to nonsense and short term joys. Be a champion even when no one is watching!

GO CUBS!

Upcoming Events

- ◆ CiCi'S Pizza Night
6/30/09 4-8pm
- ◆ Physical Day 6/20/09
@ 8am

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it."
- Lou Holtz

Cubs Place 5th at the Fredericktown Power Lifting Meet

The Lucas Football Team competed at the Fredericktown High School Power Lifting Meet on Saturday May 16, 2009. The 18 Cubs who represented their team competed against over 150 lifters from 13 different area high schools. The Cubs were able to earn a 5th place finish as a team with several athletes setting new personal bests in the events of Bench Press, Squat and Hang Cleans. The order of team finish was as follows: Fredericktown, Clear Fork, Mount Vernon, Hartley, Lucas, Mansfield Senior, Columbus South, Centerburg, Danville, Wheelersburg, Ontario,

Columbus Academy and Big Walnut. Metals were awarded for lifters who finished first through third in their respective weight classes, and ribbons were awarded for those who finished fourth through sixth. Placing for the Cubs in their respective weight classes were:

Jay Baldrige – 5th – 125 lb. Class
 Alex Sauder – 6th – 145 lb. Class
 Zach Harris – 5th – 185 lb. Class
 Jon Banks – 6th – 225 lb. Class
 Jake Hughes – 5th – 250 lb. Class
 Chase Stepp – 6th – Unlimited Class



Matt Corwin completes a squat attempt.



Nick Swainhart strains through a successful squat of 285 lbs.



Karl Goettl completes a Hang Clean attempt.

***I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion."
 -Muhammad Ali***

Academic Eligibility Requirements

1. In order to be eligible in grades 9-12, a student must be currently enrolled and must have been enrolled in school the immediately preceding grading period. Furthermore, during the preceding grading period, the student must have received passing grades in a minimum of five (5) one-credit courses or the equivalent, each of which counts toward graduation. (OHSAA 4-4-1)
2. A student enrolled in the first grading period after advancement from 8th grade must have passed 75% of those subjects carried the preceding grading period in which the student was enrolled.
3. A student enrolled in 7th grade for the first time will be eligible for the first grading regardless of previous academic achievement. Thereafter, in order to be eligible, a student in grades 7 or 8 must be currently enrolled and must have been enrolled in school the immediately preceding grading period and received passing grades in during that grading period in 75% of those subjects in which the student received grades.
4. The eligibility or ineligibility of a student begins 24 hours after the mandatory grade reporting date established by the Lucas Board of Education.
5. The Lucas Board of Education requires that students in grades 9-12 have a minimum Grade Point Average (GPA) of 1.50 to maintain academic eligibility.
6. Summer school and other educational options cannot be used for failure to meet standards. (OHSAA 4-4-7)

***"Do not quit! Hundreds of times I have watched people throw in the towel at the one yard line while someone else comes along and makes a fortune by just going that extra yard."
-E. Joseph Cossman***

Sports Physical Day set for Saturday June 20, 2009

The Lucas High School Athletic Department will be hosting its annual Sports Physical day on Saturday June 20, 2009 @ 8:00am. The cost for the physical is \$5.00, which goes towards medical supplies. Take advantage of the opportunity to get your physical for the athletic season out of the way early!

Lucas Football's Future Champions Youth Football Camp 2009

This summer come join us for the Cub Football Future Champions Camp. This year we will be offering the camp to campers entering grades 3rd through 8th in the fall of 2009. Camp will be Monday July 27th through Wednesday July 29, 2009 from 4-6:00 P.M. each day. The cost of camp is \$30.00 per camper. Camp registration forms are available in the main office at the high school, middle and elementary schools.

***"Accept the challenges so that you can feel the exhilaration of victory."
-George S. Patton***

Weekly Cub Challenges

At the end of every work week, the team competes against one another in tests of will, stamina and toughness in "Cub Challenges." The purpose of these challenges is to develop a competitive spirit among the players that will spread among the entire team. There is a great deal of variance among the challenges and each week a different facet of athleticism is tested amongst the players. So far this month the team has competed in the following challenges with the players being deemed champions:

King of the Ring: Zach Harris

Weight Belt Sumo Wrestling: Zach Harris

Band Bear Crawl Pull Offs: Chase Stepp

Congratulations to the championship competitors. The remainder of the off-season promises to bring more exciting and entertaining challenges to the team!

***"Success comes from knowing that you did your best to become the best that you are capable of becoming."
-John Wooden***

Lucas Football and CiCi's Pizza Rescheduled

The football program is hosting a dinner Tuesday, June 30, 2009 at CiCi's in Ontario from 4:00-8:00pm. A portion of your bill comes back to Lucas to support the football team. A raffle drawing and a 50/50 drawing will also take place. We hope to see you there!

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Uphold the Dress Code and be the example!

At our recent Athletic Council meeting the dress code for school and athletic endeavors was discussed. Please remember that you are representing yourself, your family, your school and your community and should dress appropriately and in line with our board of education adopted dress code. Areas where student-athletes have recently become lax are:

- Illustrations, names, slogans or patches on clothing and/or jewelry shall not be profane, suggestive, obscene, nor refer to sex, alcohol, tobacco, drugs or other illegal activity, also remember that brief and/or revealing clothing is not permitted in school or at school athletic activities.
- Students shall not wear tank tops, halter-tops, spaghetti straps or strapless garments. Garments that are “see through,” low-cut or expose one’s midriff are prohibited. **Sleeveless garments must extend to the end of the shoulder & fit closely under the arms. Shirts that have been cut open on the sides from shoulders to waist are not appropriate** and should not be worn to any school activity, practice or contest. Also **male students are not permitted to go shirtless** in the same arenas, not only for dress code but for hygiene reasons as well with the numerous skin infections that can arise.

As Cubs we need to go the extra mile in following the dress code and setting the example so be sure to follow the dress code and represent our school with great pride!

Important Future Dates

- Summer Lifting begins Monday June 8, 2009 - 7-9pm.
- June Camp Nights June 15, 16 & 18, 2009 – 4-7pm.
- CiCi’s Pizza Night Tuesday June, 30 2009 – 4-8pm.
- Camp @ Ohio Northern Univ. July 9-11, 2009
- July Camp Nights July, 14, 16, 21 & 23, 2009.
- Cub Commitment Week July 27-31, 2009 - 8-10am.
- Cub Youth Football Camp July 27-29, 2009 4-6pm.
- Fall Sports Mandatory Parents Meeting Monday - August 3, 2009.