



Newsletter #1 - March 2016

2016 is right around the corner—well actually 184 days until we start practice, 213 days until our first game “but who is counting :)” I am so excited to get things going again, our boys are lifting hard, weight room has been going great! They are just as excited as I am!

2015 was a great season, varsity made it to the semifinals after defeating Lakewood 27-6 in the first round. Our JV team had an unbelievable year finishing 8-1 (with 7 straight wins). Even our Sophomore team did an outstanding job in limited action going 3-1 on the year!

I hope you find our First Newsletter of 2016 to be both entertaining & informative. Remember to check our website as I try to update that weekly: www.senecafootball.com and if you have any questions always feel free to contact me.

Thank you, Coach Fisher

SENECA FOOTBALL 2016

Varsity Schedule

	HOME	AWAY
Scrim	Rancocas Valley Friday Aug 19 10:00am	
Scrim		West Windsor South Sat Aug 27 10:00am
Scrim		Cinnaminson Thurs Sept 1 6:00pm
Game 1	 CH WEST Fri Sept 9 7:00pm	< **Conference Game
Game 2		 Moorestown Fri Sept 16 7:00pm
Game 3	**Conference Game >	 Camden Fri Sept 23 7:00pm
Game 4	 Lenape Fri Sept 30 7:00pm	
Game 5	**Conference Game >	 Winslow Fri Oct 7 7:00pm
~ BYE WEEK ~		
Game 6	 Camden Cath Fri Oct 21 7:00pm	< **Conference Game
Game 7		 SHAWNEE Fri Oct 28 7:00pm
Game 8	 Pennsauken Fri Nov 4 7:00pm	< **Conference Game
	NJSIAA Playoffs	11/11 or 11/12 TBA
	NJSIAA Playoffs	11/18 or 11/19 TBA
Turkey Bowl		 Cherokee Fri Nov 24 7:00pm
	NJSIAA States	12/2 or 12/3 TBA

Every 2 years the NJSIAA & West Jersey Football Conference realign divisions and selects the schedules. They try to do this measuring both the size of the schools and the success of the teams. As a Coach we have no say—we play who we play! Our new division is the:

CONSTITUTION DIVISION

**Seneca
CH West
Camden
Winslow
Camden Cath
Pennsauken**



*Want to wish our
2015 Seniors Good Luck
we will miss you all!
"Burn The Boats"*



SENECA



HIGH SCHOOL & YOUTH (FOOTBALL CAMP)

Our 13th Year!



“It’s A Family Thing”

July 11th - 15th

Ages 5-18

(open to all kids in South Jersey)

Monday thru Friday

9:00am—1:00pm

Coach Fisher 609-923-2992

**This will be our
13th Year running
what I feel is the best
Football Camp in
South Jersey!**

**Right now we are
running an
EARLY BIRD SPECIAL
if you register before
March 31st you will
get \$25 OFF
“What A Bargain :)”**

**Go to our website
www.senecafootball.com
and click on the link,
print out the bro-
chure and mail it in!**

**Hope to see everyone
there! If you have any
question contact me
anytime!**

**Thank You Coach
Fisher**



Seneca 2016

13th Annual

“Lift-a-thon”

Tuesday Night March 1st

7:00pm in the Little Gym

“Fans are welcomed”

“The liftathon is a two lift competition (Bench Press & Deadlift) - we also ask our players to get donations as we raise \$\$\$ for our weight room!”

SENECA FOOTBALL 2016



Which way to the weight room?

2015 not only had some great team honors but we also had some great individual honors - here they are!

SENECA FOOTBALL AWARD WINNERS

BROOKS IRVINE "PLAYER OF THE WEEK"

LB - Sam Pawlikowski

GORDON MASTERS "UNSUNG HERO"

Garrett Blesi

Joe Funk

Jon Kornacki

Mike Maus

Kasey Szymanek

Tyler Wagman

BROOKS IRVINE & GORDAN MASTERS

CAPTAINS BANQUET

Frank Caterina

Sam Jordan

Sam Pawlikowski

JJ Scarpello

GORDON MASTERS ALL ACADEMIC NIGHT

Kaden Hastie

Kevin Gsell

JJ Scarpello

Tyler Wagman

1ST TEAM ALL BURLINGTON COUNTY

OL - Jon Kornacki

LB - Sam Pawlikowski

2nd TEAM ALL BURLINGTON COUNTY

OL - Garrett Blesi

DL - Kasey Szymanek

1ST TEAM ALL ACADEMIC BURLINGTON COUNTY

LB - Frankie Caterina

OL - Tyler Wagman

SENECA FOOTBALL AWARD WINNERS

SUPER 100 TEAM NJ

LB – Sam Pawlikowski

1st TEAM ALL SOUTH JERSEY Courier Post

LB – Sam Pawlikowski

1ST TEAM ALL CONFERENCE

OL – Garret Blesi

OL – Jon Kornacki

QB – JJ Scarpello

RB – Sam Pawlikowski

DL – Kasey Szymanek

LB – Frankie Caterina

DB – Sam Jordan

2ND TEAM ALL CONFERENCE

WR – Brett Barnes

DL – Chris Stahl

DB – Roosevelt Jordan

DB – Alex Funches

K – Kevin Gsell

2015 RECORD BREAKERS

Game:	Longest TD Run 99yds	Juice Watson
Game:	Longest TD Reception 85yds	Sam Jordan
Game:	Longest TD Pass 85yds	JJ Scarpello
Game:	Most Comp/Att (18-31)	JJ Scarpello
Game:	Most Passing Yards (317)	JJ Scarpello
Game:	Most TD Passes (4)	JJ Scarpello
Season:	Post Passing Yards (1844)	JJ Scarpello
Season:	Most Passing TD's (17)	JJ Scarpello
Season:	Most Receptions (40)	Brett Barnes
Season:	Most Receiving Yards (643)	Brett Barnes
Career:	Most Receptions (50)	Brett Barnes
Career:	Most Receiving Yards (757)	Brett Barnes
Career:	Most Passing Yards (3184)	JJ Scarpello
Career:	Most Passing TD's (26)	JJ Scarpello
Career:	Most Tackles (399)	Sam Pawlikowski

SENECA FOOTBALL AWARD WINNERS

Varsity O MVP – JJ Scarpello

Varsity D MVP – Sam Pawlikowski & Kasey Szymanek

Varsity ST MVP – Kevin Gsell

JV O MVP – Drew Hastie

JV D MVP – Juice Watson

Soph MVP – John Murphy

Frosh MVP – Kaden Hastie

O-Lineman of the Year – Jon Kornacki

WR of the Year – Brett Barnes

Back of the Year – Sam Jordan

D-Lineman of the Year – Chris Stahl

LB of the Year – Frankie Caterina

DB of the Year – Roosevelt Jordan

Most Improved Player of the Year – Ray Robles

Scout Team Player of the Year – Anthony Martin

Sledgehammer Hitters – Sam Pawlikowski & Frank Caterina

Nick Parisi Scholarship – Alex Funches

Brad Ecklund Scholarship – Tyler Wagman

Burlsworth Character Award – Dominic Ross

Congrats To All!

**COACH FISHER
CONTACT INFO**

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Work 609-268-4600 x 8463

Cell 609-923-2992

Email senecafootball@comcast.net

2016 Football OTA's

OTA's—The NFL has something called OTA's (Organized Team Activities) - this is our version of that. At the Pineland Center we will have seven organized offseason clinics. We as coaches can not run this so I get others to do it. The cost is \$5 every time they attend, we want them to try and attend all seven.

We will have workouts or all positions
(Lineman, Backs, Receivers & QB's)

“TENATIVE” DATES & TIMES

Tuesday March 15 (7:00-8:00)

Tuesday March 29 (7:00-8:00)

Tuesday April 12 (7:00-8:00)

Tuesday April 26 (7:00-8:00)

Tuesday May 10 (7:00-8:00)

Tuesday May 24 (7:00-8:00)

Tuesday June 7 (7:00-8:00)

These dates & times are not finalized yet!



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**Outside
Football Camps**

CAMP INFORMATION

All year I receive camp information (mostly from colleges hosting camps)—I will attach links for all these camps. Right now I got two dates (one for DL & one for LB) being ran at Kean University - if you copy the link to the internet bar and you can print out the brochures.

Defensive Lineman (March 5th)

<http://njfca.org/wp-content/uploads/2016/01/2016-TNT-DL-Clinic-Brochure.pdf>

Linebackers (April 3rd)

<http://njfca.org/wp-content/uploads/2016/01/2016-TNT-DL-Clinic-Brochure.pdf>



Seneca Football Players (Who are playing or have played at The Next Level)

	Mike Mulvihill	2014	Lycoming University	PA
	Chase Vena	2013	TCNJ (College of NJ)	NJ
	Will Flake	2012	Rowan University	NJ
	Garrett Funches	2012	Kings College	PA
	Joey Pawlowski	2012	Lycoming University	PA
	Frank Bobo	2011	Wilkes University	PA
	Lucas Brown	2010	Monmouth University	NJ
	Mike Southwick	2010	Albright College	PA
	Steve Greco *Playing at Del Val	2010	Delaware Valley University	DE
	Adam Coppola	2010	Widener University	PA
	Nigel Gray	2009	Bentley University	MA
	Josh Brown	2008	Salisbury St University	MD
	Sean Carroll	2008	Rowan University	NJ
	Vince Henry	2007	TCNJ (College of NJ)	NJ
	Tom Massucci	2007	McDaniel College	MD
	Jay Donoghue	2006	TCNJ (College of NJ)	NJ
	Mark Miller	2006	Widener University	PA
	Zach Schewe	2006	Wesley University	DE
	Bobby Carroll	2006	Rowan University	NJ
	James Yates	2006	TCNJ (College of NJ)	NJ
	Ryan Milligan	2005	United States Coast Guard	CT
	Kyle Girard	2005	West Chester University	PA
	Rob Firman	2004	Bucknell University	PA

Excited to add the Class of 2015 to this list—a lot of Seniors looking to continue their educations & continue to play this great game!

**Sam Pawlikowski
Frankie Caterina
Alex Finches
Sam Jordan
Roosevelt Jordan
Brett Barnes**

Players who will be playing other sports in college

**Taylor Rosales
Chris Stahl
Frankie Caterina
PLAYING LAX!**

12th Man Club



WE WANT YOU!

I have been truly blessed—the opportunity I got 13 years ago to come to Seneca and be the HFC has turned out to be way more fortunate than I ever expected! Not only have I had the opportunity to coach some “GREAT KIDS” - but the parents have been just as awesome. Your support of me, my family and what I try to do year in & year out with your boys is greatly appreciated!

OK—now I have a request!

“I” NEED YOUR HELP!!!!



Our Football Booster Club is very important to the success of our program. Please come out and support the group you belong to, *“as long as your son plays Football at Seneca you are a member.”* We meet every 3rd Wednesday of the month (starting in April) 7:00pm in the Lecture Hall.

OUR FIRST MEETING FOR 2016 IS:

Wed April 20th 7:00pm

Varsity Summer Schedule (tentative)

This is a tentative schedule for our 2016 Summer. We understand families have vacations, make it anytime you want but we would ask you to try and consider making it the week we always block off in the summer where we do NO Football or NO weight room. That is always the first week in August. Thank you.

 Seneca Football Varsity 						
Summer Schedule '16						
BELIEVE	ACHIEVE					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-Jun	13	14	15	16	17	18
OFF	MINICAMP 2:45 to 4:45	MINICAMP 2:45 to 4:45	MINICAMP 2:45 to 4:45	OFF	OFF	OFF
19	20	21	22	23	24	25
19	Varsity 7:30am-9:30 Lift & Speed	Varsity 7:30am-9:30 Lift & Speed	OFF	Varsity 7:30am-9:30 Lift & Speed	OFF	OFF
26	27	28	29	30	1-Jul	2
OFF	Varsity 7:30am-10:00 Lift & Speed O Practice	Varsity 7:30am-10:00 Lift & Speed D Practice	OFF	Varsity 7:30am-9:30 Lift & Speed	OFF	OFF
3	4	5	6	7	8	9
OFF	Varsity 7:30am-9:30 Lift & Speed	Varsity 7:30am-9:30 Lift & Speed	OFF	Varsity 7:30am-9:30 Lift & Speed	OFF	OFF
10	11	12	13	14	15	16
OFF	Seneca Football Camp 9:00-1:00 (Lift still @ 7:30)	Seneca Football Camp 9:00-1:00 (Lift still @ 7:30)	Seneca Football Camp 9:00-1:00 (SEE BELOW)	Seneca Football Camp 9:00-1:00 (Lift still @ 7:30)	Seneca Football Camp 9:00-1:00	OFF
17	18	19	20	21	22	23
OFF	Varsity 7:30am-9:30 Lift & Speed	Varsity 7:30am-9:30 Lift & Speed	OFF	Varsity 7:30am-9:30 Lift & Speed	OFF	OFF
24	25	26	27	28	29	30
OFF	Varsity 7:30am-10:00 Lift & Speed O Practice	Varsity 7:30am-10:00 Lift & Speed D Practice	OFF	Varsity 7:30am-9:30 Lift & Speed	OFF	OFF
31	1-Aug	2	3	4	5	6
OFF	OFF	OFF	OFF	OFF	OFF	OFF
7	8	9	10	11	12	13
OFF	OFF	Practice & Lift 8:00am-12:00 Lift 8:00 Prac 10:00	Practice & Lift 8:00am-12:00 Lift 8:00 Prac 10:00	Season Starts		
GOLD BLOCKS - 100% Attendance (Most Important Days In Summer)						
GREEN BLOCKS - 90% Attendance (20 Lifts/Want You To Make 18)						
<i>Also</i>						
Shawnee 7on7 (Wed Nights July 6,13,20,27) JV@4:30 / Varsity@6:00						
Seneca Big Man Workouts (July 6,13,20,27 @ Seneca 5:30-7:30)						

2016 INCOMING FRESHMAN

Welcome to our Seneca Football Family. Below you will see some things we do in the Spring, we hope your son can make these events>

Voluntary Workouts at Pineland Center

This will be football drills ran by some volunteers (we as coaches can't do any football with our players until June). This will be basic drills and at the same time they will get to learn some terminology and some team things we will do during the season. See the information & dates in this newsletter under OTA's

Seneca Strength & Speed Program

**6th, 7th & 8th Grade Strength & Speed Program—dates & time TBA

Please have your son (if he is incoming Freshman) text his name to my number and as a parent please send me an email with both your name & son's name so I can add you both to my contact information!

Thank You

