



Seymour Owls Football

Volume 1, Issue 6

June 2014

INSIDE THIS ISSUE:

Summer Camp Sign Up	2
Student-Athlete of the Month	2
Camp Schedule	2
New Youth Football League Created	3
Coaches Corner- Coach Darling	3
Quote of the Month	3
Head Coach Thoughts: Utilizing Momentum	4

Strong Start for Summer Program

The Seymour Owls Football Program kicked off their summer program on Tuesday, May 27th at Bulleit Stadium. The program, consisting of intense weight training, conditioning, and skill work, has had a great turnout early this summer with numbers ranging from 75-90 student-athletes. The program is open to kids entering grades 7-12 for the 2014-2015 school year.



The program works on a split group rotation, as student-athletes in grades 7-9 are one group, and student-athletes in grades 10-12 are a second group. The entire group is addressed at the beginning and goes through a fifteen minute warm-up and stretch before being split.

From that point, the younger group heads to the practice field for individual skill work, while the older group participates in weight lifting and conditioning. After about an hour, the groups switch roles, with the younger group heading to the weight room and the older group to the practice field.

The coaching staff has challenged the team to bring the energy each and every day. Thus far, that challenge has been met head on by our kids. Our theme for these workouts is "No Bad Days". The coaching staff has stressed the importance of each and every repetition, whether it be on the practice field, in the weight room, or running sprints. Players have been pushed to their limits and will continue to

improve.

The Seymour Owls Basketball team has also joined the Football program with the weight lifting and conditioning portion of the workouts. This has added extra energy that has been welcomed by the Football program. It is refreshing to see nearly 100 Seymour student-athletes working hard to improve our programs!

Summer Football Program Details

When: M/Tu/Th, 8am

Where: Bulleit Stadium

Age: Incoming 7th-12th Graders

Stay Informed!

- www.seymourowlsfootball.com
- Twitter: @coachshattuck
- Facebook: Seymour High School Football

Key Dates/Events:

Morning Workouts 8am M/Tu/Th

Football Practice
Thursday, June 12 6-9pm
Thursday, June 19 6-9pm
Thursday, June 26 6-9pm

Moratorium Week—Facilities
Closed

June 29-July 6

Visit us on the Web!

Please frequently check our website at www.seymourowlsfootball.com to stay up to date on all information pertaining to the Seymour Owls Football program. The website has all of the information you could ever need, including schedules for both middle and high school, summer camp information, event details, pictures,

information about the coaching staff, links to newsletters, facility information and much more! The website will be especially useful for our busy summer, so stay up on current information on our website!



Get Signed up for Summer Camp!

The 2014 Seymour Owls Football Summer Camp Schedule provides for numerous opportunities for all ages! Please make sure to get your son registered! Online registration is available through the Camp Information tab at www.seymourowlsfootball.com and is also available through the high school athletic site.

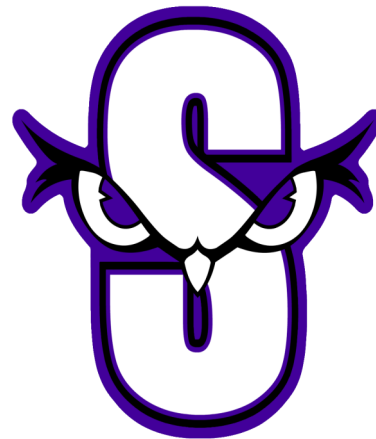
The **FUNDamental Youth Camp** for students entering grades K-6 will be held on July 8-10 from 10:00am-12:00noon at Bulleit Stadium. Campers will be split into different age groups and will learn various fundamentals, rules, and techniques of the game of football. There will also be some competitive games and contests throughout the camp!

The **OWL PRIDE Team Camp** for students entering grades 7-12 will be held July 14-18 at Bulleit Stadium. Camp will

run from 6-9pm on Monday, Tuesday, Thursday, and Friday. Please Note that Wednesday's camp will run from 8-11AM on Wednesday, July 16. This will be the most important week of the summer for our football players! We will use this week to install our base offense and defense as well as build the competitiveness desired by the coaching staff.

The **Quarterback Technique Clinic** for students entering grades 3-12 will be held July 21-23 from 9:00AM-12:00noon at Bulleit Stadium. This camp is for anyone who is interested in learning the specific techniques and responsibilities of the Quarterback position. This camp will be extremely comprehensive and include filming of throwing mechanics, a progression of drills to run at home, and leadership training. If your son is interested in playing the Quarterback position, this camp is for you!

Seymour Football Summer Camps 2014



Student Athlete of the Month: Evan Frische

The Student-Athlete of the Month for March is Junior Linebacker Evan Frische. In 2013, Evan started all ten games for the Owls at Inside Linebacker. His knowledge of the game and his ability to understand the defense allowed him to play at a competitive level all season long, even though he was just a Sophomore.

Not surprisingly, Evan is an excellent student at Seymour High School. During the second semester

"Evan nearly earned all A's on his report card, falling just one B grade short"

of the 2013-2014 school year, Evan nearly earned all A's on his report card, falling just one B grade short of a perfect report card. Not only is this a great accomplishment, but it is even more impressive considering that Evan is a rare three-sport athlete. Evan was

a member of the basketball program this past winter and the baseball program this past fall. Way to go Evan!



Summer Camp Information

Please make sure to mark your calendars with the Summer Camp Information listed below. At the top of this page, you will find more detailed information regarding the various summer camps in July. These camps are all extremely important to the development of our football program. We look forward to seeing you there!

FUNDamental Youth Camp

July 8-10, 10am-12noon
Grades K-6 (for the fall of 2014)

OWL PRIDE Team Camp

July 14-18, 6-9pm (Camp will be from 8-11AM on Wednesday, July 16)
Grades 7-12 (for the fall of 2014)

Quarterback Technique Clinic

July 21-23, 9am-12noon
Grades 3-12 (for the fall of 2014)

New Youth League Created for Grades 3-6

The Seymour Football program is proud to announce a major shift in the overall operation of the football program as it pertains to Youth Football. Over the past few months, a group of community leaders have put together the Seymour Area Youth Football League (SAYFL). This group started from scratch, gathered information about youth football in various areas of the country, and decided to move forward with the league.



The SAYFL will consist of two tackle football leagues; One for grades 3-4, and the other for grades 5-6. The league is not a travel league, as all games will be played in Seymour. Various local businesses have agreed to sponsor teams to help offset some of the costs of the league. The league costs \$130, which includes participation in the league, a brand new Riddell Helmet, and a brand new pair of Riddell Shoulder pads.

There was an early-registration sign-up in May. Information for later sign-up periods will be made available as soon as the dates are locked in. Please check the SAYFL tab

on the Seymour Owls Football website at www.seymourowlsfootball.com for more information regarding the Seymour Area Youth Football League.

Because the league is new, they are currently looking for highly motivated individuals looking to get into coaching. There is a coaching application on the SAYFL tab of our website.

SAYFL Board of Directors

President: Tracy Bullard

Vice President: Andy Rueger

Treasurer: JD Roberts

Administrative Coordinator: Michelle Shattuck

Coaches Corner: Coach Darling

As we begin the month of June, the summer is kicking into full gear. As a team, we are getting stronger physically and mentally. The lifting sessions have been full of energy and soon we will begin throwing on the pads. As this part of our year begins, it is important to remember that everything we do now is essential to our success in the fall. Wins on the field are not earned in the fall, but from the

framework which began in November with Winter Warriors. We must continue the momentum that has been

“Wins on the field are not earned in the fall, but from the frame-work which began in November”

building to this point in the year. It’s amazing to see the difference between June 2013 and June 2014. Our student-athletes

know the expectations and are exceeding them right now. The energy in the

weight room, field, and locker room is incredible. So, if you see any of our student-athletes please tell them to continue the hard work as we turn the program into something the community can be proud of. GO OWLS!

-Coach Darling

Quote of the Month:

“One way to keep momentum going is to have constantly greater goals.”

-Michael Korda





We're on the web!
www.seymourowlsfootball.com

Contact Information:

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- **Todd Vaughn—Head Middle School Coach**
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Thoughts From the Head Coach: Utilizing Momentum

After the first couple of weeks of our summer program, one thing is clear: we have a group of student-athletes committed to having a successful 2014 football season. As a coach, I could not be more pleased with how our kids have responded to the challenges that the coaching staff has presented them. We knew that as soon as school got out, we needed to raise the level of participation and intensity in our workouts. The intensity has been there. The numbers are there. With more than 80 kids showing up three days per week for workouts and skill improvement, we have created momentum.

Momentum is an amazing phenomenon, especially in sports. We have all witnessed the impact that momentum has at all levels of sport. Whether it be a basketball player getting hot and making a handful of shots in a row, a baseball pitcher throwing a gem, or a football player getting off the ball and making play after play, we have all seen how success often times leads to even

more success.

One major obstacle that athletes are presented with is how to utilize the momentum that they have created. In our football program, we have undoubtedly created momentum. Our momentum has come in the form of strength, conditioning, and overall program buy-in. What started out as small has gradually snowballed. Each and every workout has been better than the one before.

The challenge that now presents itself is how we utilize the momentum that we have created. Kudos to you for creating the momentum. Now you must decide what you are going to do with that momentum. Are you satisfied with where we are at, or do you want more? Is this momentum going to eventually fizzle out, or is it going to keep moving like a freight train?

As a football program, we are in the stages of putting ourselves in a position to be successful. Whether we are successful or not depends on what you do with the mo-

mentum that you are worked so hard to create. Make the right choice. Keep this train rolling! GO OWLS!

-Coach Shattuck

