



Seymour Owls Football

Volume 1, Issue 5

May 2014

INSIDE THIS ISSUE:

Summer Camp Information	2
Student-Athlete of the Month	2
Free Physicals—May 17 @ SHS	2
Middle School Camp Recap	3
Coaches Corner—Coach Latz	3
Quote of the Month	3
Head Coach Thoughts: Accountability	4

Stay Informed!

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

Key Dates/Events:

High School Speed & Agility:
Tuesday's/Thursdays 6:45-7:45AM

Middle School Workouts:
Tuesday's/Thursday's 7-8PM
Bulleit Stadium

Seymour Football Summer Program

The Seymour Owls Football Program is proud to announce the schedule for the 2014 Summer Program! The May-June schedule consists of a Monday/Tuesday/Thursday workout schedule. For the first two weeks, starting Tuesday, May 27, we will go Monday, Tuesday and Thursday from 8-10am. Starting June 19, we will have Thursday workouts in the evenings as full-team practices.

Our moratorium week begins Sunday, June 29 and runs through Sunday, July 6th. During this week, there will be no football-related activities and all facilities will be closed.

When we come back from moratorium week, we will have our FUNdamental Youth Camp for grades K-6, followed by our OWL PRIDE Team Camp for grades 7-12 and our Quarterback Camp.

We will continue to workout in the mornings on these days,

so please check the specifics of the day-to-day schedule. Again, a printable version of our summer schedule is located on our website at www.seymourowlsfootball.com.

High School players participating in our summer training program will be put into accountability teams where they will compete with other teams for awards based on attendance. We hope that you will all take advantage of the various opportunities that are available to you as a member of the Seymour community

We are excited to get our summer program rolling and can't wait to get back in the stadium on a daily basis to help bring football back to Seymour!

Key Dates

May 17—Free Physicals @ SHS

May 26— Memorial Day—No Football

May 27—First Day of Summer Program

June 19— MS/HS First Summer Practice

June 29-July 6—Moratorium Week

July 8-10—FUNdamental Youth Clinic

July 14-18— OWL PRIDE MS/HS Camp

July 21-23—Quarterback Clinic



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!



Free Physicals—May 17 @ SHS

On Saturday, May 17th, the Schneck Medical Team will be performing free physicals for any student-athlete wishing to participate in athletics for the 2014-2015 school year. The Schneck Medical Team will be setting up at Seymour High School from 8am-12noon. Student-Athletes do not need to sign up ahead of time to get a free physical. However, there are specific time slots for each sport.

The time slot for Football is 8:00AM-9:00AM. If you are a multi-sport athlete, you can attend at any of the time slots for which a sport you play is scheduled.

Please take advantage of this amazing opportunity. Sports Physicals on file are required by the IHSAA for student-athletes to be eligible to compete in school-sponsored athletics. Sports physicals tend to cost in the \$15-\$30

Range and are not always easy to schedule. Please note that student-athletes who do not have a physical on file with the athletic department will not be allowed to participate until the physical becomes completed and on file. Getting this taken care of in May, for FREE, is a great opportunity.

If you have your own family doctor and prefer that he/she performs your sports physical, we encourage you to get that appointment scheduled as soon as possible.

If you have any questions regarding physicals or the Free physicals being offered on the 17th, please stop by or call the SHS Athletic Office.

What: Free Physicals by Schneck Med,

When: Saturday, May 17 from 8-12noon. Football is slated from 8-9am

Where: Seymour High School (Please come through the Commons)

Cost: FREE



Student Athlete of the Month: Evens Cribs

The Student-Athlete of the Month for March is Freshman slot receiver/defensive back Evens Cribs. Evens played primarily on the Freshman Football team this past fall, but did manage to score a touchdown in the Varsity sectional game against Evansville Central. Evens is one of the hardest working, most dedicated players in our program. A two sport athlete, Evens is committed to being as good as he can be on the gridiron as well as

on the basketball court. This is seen clearly by his track record of coming to morning workouts for both sports.

Evens carries this commitment with him to the classroom, where he is an excellent student who goes the extra mile to make sure he performs well in school. Evens' teachers describe him as a friendly, extremely intelligent student who is always in a good mood.

Great job Evens!

"Evens carries this commitment with him to the classroom"



Summer Camp Information

As discussed on the front page of this newsletter, there are numerous football camp opportunities for student-athletes interested in being a part of our football program.

All specific camp information is listed under the "Camp Information" tab on our website at www.seymourowlsfootball.com.

Also, new to SHS this year is online camp registration. Information on how

to register for summer camps online is also on the website under the Camp Information tab.

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 8-11 AM 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)

Spring Camps Ends with Successful Victory over Bedford!

During the first week of April, the Middle School gridders had their annual Spring Football Camp. New this year was a combined 7th and 8th grade scrimmage on the last day of camp against Bedford at Bulleit Stadium. The boys in 6th, 7th and 8th grade worked hard all week at camp, learning the basics of the offensive and defensive schemes used at the high school. Seeing the progression of the players over the course of the week was extremely encouraging, as we improved immensely each and every day.

Our focus for the limited time we were together was to get really good at a few basic things. Our goal was to simplify what we worked on so that we could focus the entire week on doing a few things really, really well. This strategy paid off, as we got better and better each day of camp.



Our Middle School football players showed great resolve on Thursday of camp week, as a storm rolling through the area forced us to be in the gyms at the Middle School. We quite possibly had our best practice of the week on this day when it would've been easy to succumb to the conditions and not get much accomplished.

On Saturday, April 5th, a group of our 7th and 8th graders went toe to toe with Bedford in a controlled scrimmage. Bedford did not come close to scoring, as our defense flew to the ball with great pursuit and did a solid job of tackling. Our offense moved the ball well throughout the scrimmage and managed to punch in a touchdown on an Alan Perry run in the 2nd half. The scrimmage victory was a great end to a

Coaches Corner: Coach Latz

Commitment is a word that often times gets thrown around loosely. A lot of times, people think they are committed to things just because they show up.

Showing up is part of being committed, but only a small part. If you are truly committed to anything during the duration of your life (faith, family, a significant other, a job, etc) it becomes a part of who you are. Being commitment means

that not only will you show up, but you

will give maximum effort and understand just how important the activity or relationship is to you. Being committed is one of the most important traits you

will have in your entire life because it will lead to maximize your success. If you are fully committed to your education, you will be successful. If you are fully committed to your friends, those relationships will flourish. The same is true with sports. Most of

you have a very limited amount of time in your life to be on a sports team. If you commit yourself to those sports

and teams, you will find that you will maximize your success. An all-out commitment means that you will completely eliminate excuses, buckle down and give your maximum effort at whatever it is you commit to. In closing, don't think that you are committing to something just because you show up. Make it every time, make sacrifices to improve, and take advantage of every opportunity that presents itself to you. That is what commitment truly is.

Go Owls!

“Every individual has great potential, in different areas”

Quote of the Month:

“You don't have to be great to start, but you have to start to be great”

-Zig Zigler





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

Contact Information:

Josh Shattuck—Head Coach—Quarterbacks & Tailbacks

shattuckj@scsc.k12.in.us

Greg Hacker—Defensive Coordinator— Linebackers

bighack67@aol.com

Brice Darling—Assistant Coach—Offensive Line

darling@scsc.k12.in.us

Jason Latz—Assistant Coach—Wide Receivers

latzj@scsc.k12.in.us

Brad Knight—Assistant Coach—Defensive Backs

bradnight1@aol.com

Kyle Montana—Assistant Coach—Defensive Line

Kyle.montana@cummins.com

Corey Zaring—Freshman Coach

zaringc@scsc.k12.in.us

Andy Morris—Assistant Freshman Coach

Andy.morris@cummins.com

Piet Thomasma—Assistant Freshman Coach

apthomasma@yahoo.com

Todd Vaughn—Head Middle School Coach

Todd.vaughn@pepsico.com

Thoughts From the Head Coach: Accountability

As we wind down the school year, we approach what seems to always be the busiest time of the year. The weather is getting nicer, spring sports are in full swing, and school is nearing an end for the 2013-2014 school year. It seems like every night there are multiple events going on at the school. Prom, Mr. SHS, scheduling meetings, summer sports camp meetings, among other things are flooded into the announcements at SHS every single day. Being a student-athlete during this time can seem overwhelming! The key to handling everything is accountability.

The Seymour Owls Football coach staff want our student-athletes to be well-rounded individuals. A huge part of becoming this type of person is to hold yourself accountable for your actions. Being busy or tired are not excuses for missing things. This is the time of year where important information is handed out, schedules are formed, and plans are made for you to be successful in the near future.

Coaches of various sports plan summer camps, individual workouts, weight room sessions, etc in order to offer student-athletes opportunities to improve their skills. For team sports, the culmination of these individual skills leads to a better team, or a true sum of all the parts, if you will.

Will you take these next few weeks to sleep in, forget about meetings, slack on your studies, and just fade out to the end of the year? Or will you grab these last few weeks by the horns and finish strong? Get up in the mornings for workouts. Attend school everyday on time. Be prepared for your classes. Do all of your homework.

Doing these things are part of the educational process. As a student-athlete, you need to be more accountable for your actions than others. You don't simply show up at school when it starts and leave when it is over.

With all of the opportunities provided for

you by both Seymour High School and the SHS athletic staff, it is as good of a time as ever to be an Owl! I encourage you to take full advantage of all the amazing opportunities provided to you. GO OWLS!

-Coach Shattuck

