

May 18, 2021

BUFFS:

Welcome to the 2021 Football season. I want to start off with my observations over the past few months.

1. Weight Room - The effort and improvement in the weight room has been outstanding considering all the obstacles and restrictions. Overall, the team improvement in core lift techniques and strength gain is tremendous and better than I expected. It must be continued through June/July!
2. Fund-raising: I have tried to have conversations with each of you and the overall responses have been outstanding. Most of you have handled your business for the trip and I am very pleased with your efforts and responses. **If any of you need help or have questions, get a hold of Coach Copp or Mr. Cann ASAP.**
3. Season "D" spring sports: Many of you are in a sport right now through the middle of June. The expectation is that you finish your season and what you started to the best of your ability. We will organize our weight room activities and OTA sessions for football around these schedules.

This letter is to communicate the plan for the end of May - July 31. **We are focused on nothing but team improvement:** Physical strength gain, improving athletic ability, and injury prevention are our major goals. There will be football drills and activities conducted by your position and grade level coaches during the next couple of months. Be prepared to be flexible especially in early morning hours.

It's all about Team and attitude. I want each player in the program to know and understand the simple but strict expectations I have put in place for the off-season:

1. Be Here
2. Be On Time
3. Be Doing What Your Supposed To Be Doing.

****Those that stand out in these simple expectations will receive their #HILLYEAH/GRIT wristband from me****

Our schedule is the toughest schedule in this part of the country. We are challenged over the next 6 mos. to be at our absolute best every single day. We must embrace the challenges and handle success and failure the same. "It is our light, not our darkness that most frightens us".

The expectations for this team are very high. None of you can achieve any of your team or personal goals by yourself.

May 18, 2021

TEAM GOALS 2021

- 1. OWN THE WHEEL**
- 2. WIN IN FLORIDA**
- 3. WINNING RECORD**
- 4. MAKE THE PLAY-OFFS**

MAY 18-27

Weight lifting will continue in 4R, 4G and after school with Coach Webb. No Changes or additions. Check with you position or level coach if you have questions.

May 28-June 6

This will be our end of school year "vacation week" (Quality of our work is what is important; not quantity)

Players and coaches are excused from all football related activities until June 7. Get ready....It will be a long haul through November, but it will go fast!

June 7-July 31

All Players 9-12 meet at the Weight Room 8 am-10 am Monday - Thursday

Individual position workouts will be at 7 am or 10 am based on position coach schedule

-There will be a Couple of whole day activities TBA for certain groups.

-Any 7 on 7 work with other schools will be in the evenings and those involved will be given dates and times in advance

Tom Thenell
Head Football Coach
Smoky Hill High School
#HILLYEAH
#GRIT