

2010



Football Handbook

This Book Belongs to:

Lake Shore Varsity Schedule:

August 26 – Home v. Royal Oak

September 2 - @ Fraser *

September 10 - @ Madison *

September 17 – Home v. South Lake

September 24 - @ Lakeview

October 1 – Home v. St. Clair *

October 8 – Home v. East Detroit *

October 15 - @ Marine City *

October 22 – Home v. L'Anse Creuse
(Senior Night)

[* Denotes MAC Gold Division Game]

Note: JV will play the day before and at
opposite site of the Varsity

Lake Shore, Pride,...

2005 - ...Starts Inside!

(1-8, 1-6 MAC Silver)

2006 - ...You Got to Believe!

(6-4, 5-2 MAC Silver, MHSAA Division III Playoffs, City
Champion)

2007 - ...Take the Next Step!

(5-4, 5-2 MAC Silver)

2008 - ...Play Like a Champion!

(7-4, 3-2 MAC Silver, MHSAA Division III District
Finalist, City Champion, School Record Points Scored)

2009 - ...No Excuses, Do Work!

(7-3, 4-1 MAC Silver, MHSAA Division III Playoffs, City
Champion, Hosted 1st Home Playoff Game)

2010 - ???

(MAC Gold)

DARE GREATLY

“IT IS NOT THE CRITIC WHO COUNTS; NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLES, OR WHERE THE DOER OF DEEDS COULD HAVE DONE THEM BETTER. THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA, WHOSE FACE IS MARRED BY DUST AND SWEAT AND BLOOD; WHO STRIVES VALIANTLY; WHO ERRS, AND COMES SHORT AGAIN AND AGAIN, BECAUSE THERE IS NO EFFORT WITHOUT ERROR AND SHORTCOMING; BUT WHO DOES ACTUALLY STRIVE TO DO THE DEEDS; WHO KNOWS THE GREAT ENTHUSIASMS, THE GREAT DEVOTIONS; WHO SPENDS HIMSELF IN A WORTHY CAUSE; WHO AT THE BEST KNOWS IN THE END THE TRIUMPH OF HIGH ACHIEVEMENT, AND WHO AT WORST, IF HE FAILS, AT LEAST FAILS WHILE DARING GREATLY, SO THAT HIS PLACE SHALL NEVER BE WITH THOSE COLD AND TIMID SOULS WHO KNOW NEITHER VICTORY NOR DEFEAT.”

THEODORE ROOSEVELT

CITIZENSHIP IN A REPUBLIC; SPEECH DELIVERED @

SORBONNE, PARIS

APRIL 23, 1910

***WILL YOU DARE GREATLY?
WILL WE, AS A TEAM, DARE GREATLY?***

2010 Lake Shore Shorian Football Handbook

- I. Introduction - Goals
- II. Bo's - Twelve Points of Light
- III. Lake Shore Student-Athlete Code of Conduct
- IV. Quarterback Club Information
- V. Important Contact Numbers
- VI. Calendar
- VII. Off-season Points Competition (Rhino)
- VIII. Fundraising
- IX. Home (Homecoming) Jersey Info & Funding
- X. Spirit Pack Information & Cost Est.
- XI. Camp Brochures (SCS United & QB)
- XII. Weight Room Workouts
- XIII. Running / Speed Workouts

Lake Shore Shorian Football Handbook- Introduction

The Lake Shore Football Handbook was designed to give Lake Shore Football Players & their parents all of the important dates and information they will need to make the 2010 season the most successful in Shorian history. The coaching staff hopes that each player will follow the suggestions printed within the book to produce an outstanding 2010 football season.

This book will be the responsibility of each player who owns the book. We are hoping to have it posted on the QB club website (within school district homepage). If the book is lost, or misplaced, the player will have some extra credit to perform. The design of the handbook will provide important eligibility information, team expectations, functions, fundraising expectations, expected expenses, and workout schedules for the rest of the school year. The book will have Quarterback Club information, as well. We will, also, include a calendar with all scheduled events from the first meeting to our first game.

During the year we will have changes and amendments to the calendar. We, the football staff, will communicate them to the team by: Making an announcement during school, have the team captains spread through word of mouth, posting the change on the QB Club website, and/or directly calling or e-mailing the players with the change. We will, also, announce the change on the Lake Shore Football Team website on Max Preps.com.

Lake Shore Student-Athlete Code of Conduct:

Lake Shore High School has a specific Code of Conduct for all student/athletes. This code can be accessed and viewed by going to:

www.lakeshoreschools.org/Athletics.htm

Click on the “Athletic Student handbook and Code of Conduct” and this document will answer many questions about academic eligibility, disciplinary penalties, and other district rules for minimum standards to compete at Lake Shore H.S. Please, take the time and read the material, it will prevent any misunderstanding with the ability to play for the Shorians in any extracurricular activities.

The website, also, has areas where you can print a copy of the Michigan High School Athletic Association (MHSAA) physical examination card and the district Athletic Emergency card. These documents **MUST** be turned into the athletic department before you are allowed to participate in any practice or game. We ask that the cards be turned in by the first day of Interval Training (I.T.s), which is August 2, 2010. The MHSAA Physical Examination card must have an examination date, by a licensed medical doctor, after April 15, 2010, in order for it to be acceptable by the MHSAA. The following pages are the football programs’ basic rules and regulations that we go over with the players before we start our double sessions in August, and our season goals for the football program.

Lake Shore Quarterback (QB) Club:

The football program at Lake Shore H.S. is very fortunate to have the Quarterback Club, which is the parents' booster group. The QB Club raises money for the "extras" that are necessary to field a competitive football program. They have manned the concession stand, sold programs, spirit gear, and ran other fundraisers which have funded the banquet, purchased sideline capes, and other equipment for the football team. The QB club meets every 2nd Tuesday of the month and all football parents, alumni, and alumni parents are welcome to attend and join. We always need more involvement and any help is greatly appreciated.

The QB Club has there own web link on www.lakeshoreschools.org Please go to the high school home page and click on the QB Club bubble on the lower left hand side of choices. The link provides important dates and numbers of the football program and is a quick way to contact the officers of the QB Club who are:

President – Karen Santo karen.santo@macombcountymi.gov

Vice President – Tracy Powers ktpowers921@att.net

Secretary – Christine Lovins j.lovins@comcast.net

Treasurer – Ann Snover oreo991@msn.com

Varsity Representative – Robert & Mary Foston maryjovasquez@ymail.com

JV Representative – Christine Reffle christina.reffle@gm.com

Other Important Contact Numbers:

Lake Shore School District –
Web Site: www.lakeshoreschools.org

Lake Shore High School –
Address: 22980 East Thirteen Mile Road St. Clair Shores, Michigan 48082
Phone: (586) 285-8900

Athletic Department –
Athletic Director – John Hartley
AD Secretary – Robin Gill
Phone: (586) 285-8920
Web Link: The Athletics Bubble icon is located on the 2nd row of the banner on school district web site. On the athletics link, updated schedules for all teams can be accessed on schedule star.

Football Program –
Head Football Coach – Tom Iwanicki
Phone: (586) 996-0630
E-mail: tiwanicki@lsps.org
Field House Phone: (586) 285-8945

Rosters and stats are available at the Max Preps website. Simply go to www.maxpreps.com and join. It is free to enroll and all of our game stats are available and I will put on some reminders of upcoming events, meetings, and news for Lake Shore football.

Shorian Football Fundraising:

I would absolutely enjoy telling all of you that we have everything we could ask for and we have no need for any extra money or equipment, but it would be a lie. In this economy, I know money is tight for all of us, but I am demanding that the players help the program out with some fundraising events during the year. We have three major fundraising activities with the QB Club, and two major fundraising campaigns which go directly into the Lake Shore High School Football account.

The QB Club fundraisers are the golf outing, in September, NFL Football Frenzy tickets which start in the beginning of November, and finally the Pretzel Drive, which begins in January and allows Varsity football players pay for their home jersey for the year. Details of the golf outing are available at QB Club meetings. Please feel free to offer any suggestions for future fund generating events to the QB Club. We will go further in depth with the Pretzel and NFL football frenzy ticket drives later in this handbook.

The fundraisers that we will concentrate on here are the two which go directly into the football program account. They are the “War on the Shore” lift-a-thon which will end after Memorial Day holiday. The other fundraising event is the sale of the varsity cards. The sale lasts the entire 1st week of double sessions in August and it is, by far, the most successful of all fundraisers we hold.

The “War on the Shore” is a bench press contest between the three high schools in St. Clair Shores: South Lake, Lakeview, and Lake Shore. We begin the drive with a meeting shortly after spring break. We ask the players to get pledges, either by pound lifted or a flat rate. We ask the players to send out pledge sheets to prospective donors. Past experiences have taught me that most players will ask for help from their family and friends. I believe that most parents can help their student/athletes by asking their doctor, dentist, family lawyer, tax preparer, and/or the businesses that employ anyone in the family. We, also, ask the players to try and ask any non-local family members. The Varsity cards drive takes care of, but is not limited to, the local market. After the lift-a-thon, we send out receipts or payment requests for all of the pledges. The coaching staff will mail those out and the player does not have any responsibility for collecting any outstanding pledges. I have included a copy of what each player will send out to prospective donors and a letter to parents which explains the program and prizes that a player can receive for reaching certain money levels. We,

also, ask for help in obtaining donated gifts that may be raffled off during the lift-a-thon.

Details for the contest have not been finalized before the handbook was published, but we generally hold it at the end of the school year. This year the event will be held at Lakeview H.S. and will probably occur on a Saturday.

The Varsity Cards drive begins on Monday, August 9, 2010, after our 1st practice in the morning. Each player will be assigned to a team, usually their off-season point's team, and he/she will receive twenty (20) cards to sell at only \$15. The card is a discount card with many good deals from local and national businesses. Believe me; the card will pay for itself if the buyer is willing to use it. We ask that each player sell five (5) cards per day and give the incentive of half conditioning if he/she does. On Friday, August 13, 2010, we will have a card blitz that starts at 4:00 p.m. and ends at 7:00 p.m. The "blitz" has each team going to a different neighborhood in the city and going door to door trying to sell more cards. This fundraiser has been the most lucrative of any that we have tried. It has raised \$10,000.00 each of the last two years, and we needed every penny. I have included a copy of the 2009 card.

A brief word about the Lake Shore Football Account, it is a bank account that I have the ability to purchase the uniforms, pads, and any equipment outside of the schools' athletic budget. Football is an expensive game to outfit ninety plus players and this account allows me to fill the holes. The QB Club raises money to purchase what would be considered "luxuries" in football equipment, uniforms and banquet expenses.

Home (Homecoming) Jerseys and Funding:

Lake Shore Football has a tradition, started before I arrived at Lake Shore, of parents buying a special “homecoming” jersey for the varsity football team.

It was a jersey that was only worn during the homecoming game and then was the player’s to keep afterwards. During my tenure as football coach it has evolved into a jersey for the entire season of home games. These jerseys have risen in price from \$50.00 when I started in 2005 to \$85.00 last year. The jerseys included the player’s name on the back and as the time it takes to order and receive them on time has increased, so has the likelihood that errors would occur. Some errors are: The player had a different road number, was a player that we had brought up from the JV, or he was not on the team and we had jersey with no one to fill it. The largest problem is that we must order these jerseys by late February, in order to get them in on time, and now we are waiting for the cost to be paid by the player (or parent) and that became an unenviable task for the QB Club officers and the Head Football Coach. In 2010 we will be making changes to the process of getting a Varsity football home jersey.

At the 1st team meeting (January 13, 2010), we will ask all senior, junior, and certain sophomore players to request their number from our inventory.

These numbers have a corresponding road jersey that matches. We will NOT change the style of the jersey from the 2009 team. If a returning varsity player wishes to keep the same number, the jersey still fits, and the jersey is still wearable (no tears or large holes), then he does not have to buy a jersey in 2010.

Funding for all home jerseys can be handled in two ways: 1) Sell four (4) boxes of Better Made pretzels for the QB Club. 2) Write an \$85.00 check payable to the Lake Shore QB Club.

If a player orders a jersey and does not come out for, or quits, the football team; the jersey will be the property of the Lake Shore Football Program until the student graduates. He may, then, get his jersey if it had been paid for previously. If it has not been paid, then the jersey will be used for another player on the varsity football team.

Pretzel Drive: The QB Club pretzel drive is the most effective means of affording the home jersey in this economy. Each box of pretzels has eighteen (18) bags which we sell at \$2 per bag. Selling the pretzels is really very easy. The student could sell them at school (to his teachers), sell them at Lake Shore extracurricular events, sell them at a bowling alley or outside

a grocery store like the girl scouts if the proprietor agrees, or have his parents sell them at their place of business. It truly is amazing how many people will purchase them on the spur of the moment.

The pretzels will be given to the player, one at a time, and when the box is sold the player will give the money to Coach Iwanicki and he can get another box to sell. Obtaining more than one box at a time must be cleared through the Lake Shore QB Club executive board, do not ask Coach T.I. If you, and your parents, chose to write the \$85.00 check (cash is acceptable too), make it payable to the Lake Shore QB Club and put "Home Jersey," on the memo line. Paying by cash or check the money **Must** be in before the QB Club meeting scheduled for Tuesday, February 9, 2010.

Spirit Pack Information & Cost:

In 2010, Lake Shore Football Program will be putting together a “Spirit Package,” which we are estimating a per player cost of \$55.00. The package will have a “dri-fit” printed t-shirt and shorts, knit skull cap, white game socks, and a two color printed “hoodie” sweatshirt. We usually put on the slogan, for the year, on the sweatshirt and the t-shirt. The shorts, skull cap, and possibly the socks will have the “LS” logo.

The reasons for going to the package instead of individual items are: 1) It is easier for the coaches to keep track of inventory and matching that with payments. 2) We are eliminating the individual choices made with game attire. We *will* have a standard uniform which will include socks. 3) We will only order a limited number of packages for players only.

It is our intention to eliminate the “doubling” up on any Lake Shore football clothing. The QB Club has many different items that parents, students, and fans of Lake Shore football can purchase to wear. We, also, want to provide our student-athletes a sense of pride in being part of an exclusive club which is being a Lake Shore Shorian football player.

Football Camps at Lake Shore:

We will be hosting two football camps with the possibility of a third this summer at Lake Shore. The SCS United football camp is geared towards 4th thru 8th graders (fall '10). The camp will be held June 22 – 24, from 9 a.m. till 3 p.m. We work with our two city rival high schools and teach the basics of football. A sample brochure has been included in this handbook.

Our second camp we will host is a quarterback camp which will be held on the same days as the SCS United camp, June 22 – 24. This camp is a brand new venture for the Lake Shore football program, and we had several requests from other area high school about our ways to teach the quarterback position. The time for the QB camp is: 6 – 8 p.m. A sample brochure is included. If you know anyone who is interested in attending either camp, please, feel free to make copies of the brochures and pass it along.

The third camp we have the possibility of hosting is the Lomas Brown’s Big Man Camp. This camp is designed for high school offensive and defensive lineman. The camp usually takes place during July, but we will not know specific details until the NFL season concludes.