



June 26, 2019

To: Lehman High School Football Players  
From: Bruce Salmon  
Re: 2-A-Day Information

Dear Lobos,

I hope you are enjoying your summer and this letter finds things going well. It is a great time to be a Lobo! The month of July is going to be important to your preparation for the upcoming football season. It is important that we are making every effort to get bigger, faster, and stronger. I also wanted to take time to give you some upcoming dates so that you can plan accordingly.

#### **WEIGHT ROOM HOURS**

As a reminder, the weight room is open Monday through Thursday until 4:00pm. Strength Camp will go on vacation from July 3<sup>rd</sup> to July 10<sup>th</sup>. Football Strength camp will move to the evenings beginning July 11<sup>th</sup> beginning at 5:30 daily Monday through Thursday. Strength camp continues to run Monday through Thursday 7:00am to 9:00am. Make sure you are getting a lift in 3 to 4 times a week with a mix of conditioning. Your commitment and self-discipline in July will make for a smooth transition in August.

#### **PHYSICALS**

HAYS CISD requires all athletes to have an annual physical. All players must have an athletic physical on file prior to the first practice. Players without physicals will not be allowed to practice and will be required to make up 2 miles for each workout that they miss. Physical paperwork can be downloaded from the school web site at [www.golobonation.com](http://www.golobonation.com).

#### **ONLINE FORMS**

HAYS CISD requires that all athletes complete their district and UIL forms online at [www.rankeonsport.com](http://www.rankeonsport.com). Due dates for all forms to be completed is Friday July 26<sup>th</sup>. All players new to Lehman Athletics must contact Coach Monica Smith at [monica.smith@hayscisd.net](mailto:monica.smith@hayscisd.net) in order to be entered into the system prior to being able to complete the online forms.

#### **ATHLETIC DEPARTMENT CONTACT INFORMATION**

Any further questions can be answered by contacting Coach Salmon at [bruce.salmon@hayscisd.net](mailto:bruce.salmon@hayscisd.net), Michelle Richardson at [michelle.richardson@hayscisd.net](mailto:michelle.richardson@hayscisd.net) or at 512-268-8454 ext. 47660.

Summer office hours are Monday through Thursday 7:00am to 4:00 pm.

#### **ACADEMIC MONITORING**

Coaches will run a weekly grade report on all players. Athletes will be required to run 1 OFI (Opportunity for Improvement) for each zero or missing grade. All weekly running must be completed prior to Thursday to be eligible to play in the game. If your young man acts like a man, he will be treated as such. If they are irresponsible and lack self-motivation, we will provide additional conditioning and opportunities for them to "figure it out". Persistent grade issues will result in players being assigned a mandatory study hall from 4:30 to 5:30pm on Tuesdays and Wednesdays during the football season. Players and Parents will be notified if and when this occurs.



# LEHMAN ATHLETICS

## GO LOBO NATION

### IMPORTANT DATES & STRENGTH AND CONDITIONING CAMP

LEHMAN FOOTBALL											
RIDE FOR THE BRAND											
2019 July						FOOTBALL SCHEDULE					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		WEEKEND	
JULY		JULY		JULY	ATHLETIC OFFICE	JULY	ATHLETIC OFFICE	JULY	ATHLETIC OFFICE	JULY	
1		2		3	CLOSED	4	CLOSED	5	CLOSED	6	
7 to 9 am	STRENGTH CAMP	7 to 9 am	STRENGTH CAMP	ATHLETICS VACATION WEEK -- BLACK OUT -- NO ACTIVITIES						JULY	
9 to 9:30 am	LINE / SKILL XTO'S	9 to 9:30 am	LINE / SKILL XTO'S							7	
JULY	ATHLETIC OFFICE	JULY	ATHLETIC OFFICE	JULY	ATHLETIC OFFICE	JULY		JULY	ATHLETIC OFFICE	JULY	
8	CLOSED	9	CLOSED	10	CLOSED	11		12	CLOSED	13	
ATHLETICS VACATION WEEK -- BLACK OUT -- NO ACTIVITIES						6 to 7 pm	STRENGTH CAMP	6 to 7 pm	STRENGTH CAMP	JULY	
						7 to 8 pm	FOOTBALL MINI CAMP	7 to 8 pm	FOOTBALL MINI CAMP	14	
JULY		JULY		JULY		JULY		JULY	ATHLETIC OFFICE	JULY	
15		16		17		18		19	CLOSED	20	
6 to 7 pm	STRENGTH CAMP	6 to 7 pm	STRENGTH CAMP	6 to 8 pm	STRENGTH CAMP	ATHLETIC OFFICE ARE CLOSED				JULY	
7 to 8 pm	FOOTBALL MINI CAMP	7 to 8 pm	FOOTBALL MINI CAMP							21	
JULY	ATHLETIC OFFICE	JULY	ATHLETIC OFFICE	JULY	FOOTBALL CAMP	JULY	FOOTBALL CAMP	JULY	FOOTBALL CAMP	JULY	
22	CLOSED	23	CLOSED	24	3-6th @ 8am, 7-9th @10am	25	3-6th @ 8am, 7-9th @10am	26	3-6th @ 8am, 7-9th @10am	27	
BLACK OUT DAYS -- NO ACTIVITIES				6 to 7 pm	STRENGTH CAMP	6 to 7 pm	STRENGTH CAMP		ATHLETIC OFFICE	JULY	
				7 to 8 pm	FOOTBALL MINI CAMP	7 to 8 pm	FOOTBALL MINI CAMP		CLOSED	28	
JULY		JULY		JULY		AUG		AUG		AUG	
29		30		31		1		2		3	
6 to 7 pm	STRENGTH CAMP	6 to 7 pm	STRENGTH CAMP	6 to 8 pm	STRENGTH CAMP					AUG	
7 to 8 pm	FOOTBALL MINI CAMP	7 to 8 pm	FOOTBALL MINI CAMP	LOBO MOM'S CLINIC		6:00PM -- 9th Grade Equipment Pickup				4	
AUG		AUG		AUG		AUG		AUG		AUG	
5	1st Day of 9th Practice	6		7		8		9		10	
6 to 7 pm	JV / VAR Strength Camp	6 to 7 pm	JV / VAR Strength Camp	6 to 8 pm	JV / VAR Strength Camp					AUG	
7 to 8 pm	FOOTBALL MINI CAMP	7 to 8 pm	FOOTBALL MINI CAMP			6:00PM -- JV & Var Equipment Pickup				11	
AUG		AUG		AUG		AUG		AUG		AUG	Varsity Practice
12	1st Day of Var / JV	13		14		15	1st Day of School	16		17	9th scrimmage vs SM
				TEAM PHOTOS IN AFTERNOON						AUG	
										18	
AUG		AUG		AUG		AUG		AUG		AUG	
19	1st Day of Var / JV	20		21		22		23		24	
										AUG	
				LOBO KICK OFF				FB SCRIMMAGE @ CONNALLY		25	

# **LEHMAN ATHLETICS** **GO LOBO NATION**


## EQUIPMENT


Lehman provides all football equipment for the upcoming season. Individual athletes are responsible for providing their own cleats. Shoes are the preference of the player but must be in school colors (blue, black, white or gray). High School Players will be provided with a padded girdle. If players prefer to buy their own, you may do so at your expense. Athletes who chose to use their own helmet or shoulder pads must sign off on the district waiver. This year our helmets will be white so all helmets must match. The school will not be responsible for getting personal helmets repainted.

## FOOTBALL CAMP

The week of July 24<sup>th</sup> – 26<sup>th</sup>, we will be holding our annual Football Camp. This camp is open to incoming 3<sup>rd</sup> to 9<sup>th</sup> graders. Participation is highly recommended to incoming 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> graders to get a jump on their competition. In addition to the advantage gained through mental learning and physical conditioning, we will also size pads for the upcoming year as part of the camp. Camp cost is \$35. Registrations can be dropped off any time during the summer at the front office of the High School, the first day of Camp at the Athletic Office/Football Field, or online at [www.ticketracker.com](http://www.ticketracker.com).

## IN SEASON PRACTICE INFORMATION

	<b>FRESHMEN</b>					
	MON	TUES	WED	THUR	FRI	SAT
<b>AM Practice</b>	6:30 to 8:10am	6:30 to 8:10am	6:30 to 8:10am	No Practice	No Practice	No Practice
<b>Athletic Period</b>	4th Period daily					
<b>Study Hall</b>	assigned for low grades 4:30 to 5:30pm					
<b>Games</b>				<b>FRESH GAMES</b>		

	<b>VARSITY / JV</b>					
	MON	TUES	WED	THUR	FRI	SAT
<b>AM Practice</b>	6:30 to 8:10am	6:30 to 8:10am	6:30 to 8:10am	No Practice	No Practice	No Practice
<b>Athletic Period</b>	4th Period daily					
<b>Study Hall</b>	assigned for low grades 4:30 to 5:30pm					
<b>Var PM Lift /</b>	4:30 to 5:30pm	4:30 to 5:30pm	4:30 to 5:30pm	Var Team Meeting		
<b>Games</b>				<b>JV GAMES</b>	<b>VARSITY GAMES</b>	

## FOOTBALL 2-A-DAY WORKOUTS

Incoming 9<sup>th</sup> graders:

- **Mandatory parent / equipment meeting on Thursday, Aug 1st at 6:00pm.**
- Practice begins on Monday August 5<sup>th</sup> at 6:00 to 9:00am.

Incoming 10<sup>th</sup> through 12<sup>th</sup> graders:

- **Mandatory parent / equipment meeting on Thursday, Aug 8<sup>th</sup> at 6:00pm.**
- Practice begin on Monday August 12<sup>th</sup> at 6:00 to 9:00am

After these meetings we will assign lockers and issue practice equipment. All physicals must be completed by this meeting. All practices are mandatory. Any practice missed must be made up. All athletes must have a current (after April 1<sup>st</sup> 2019) physical in order to participate in practice.





### **LOBO MOM MEETING**

On Wednesday July 31<sup>st</sup> at 6:30pm, we will have a Lobo Mom Football Clinic. The clinic will cover our coaching philosophy, expectations, and safety features and procedures we use on a daily basis. We will also teach the basics of the game so that you can better understand the importance of the role of your son. Bring your workout clothes and tennis shoes because we will be putting in some work.

### **FOOTBALL SCHEDULE**

For your convenience, I have included a copy of the [2019 Football Schedule](#). Depending on numbers we are looking to host 4 teams this year: varsity, junior varsity, freshmen and either a freshmen b team or a combined B team.

### **TEAM THEME --- "BRICK X BRICK"**

Every year each team is responsible for defining what "their" team will stand for. We are looking to establish a tradition of excellence that we cannot take for granted, but instead must be respected, cherished, left in a better place than found. All offseason we have been working with a sense of urgency on and off the field to get better today, one rep at a time. This season represents the beginning of our goals and future. **TEAM #14: BRICK X BRICK**

### **LOBO ATHLETIC BOOSTER CLUB (LABC)**

All families are strongly encouraged to join the LABC and become active. The minimum membership cost just \$20 per family with additional options available. A copy of the [LABC Membership form](#) is included.

### **SPORTS PROGRAMS**

This year Lehman HS extracurricular activities are coming together through their collective booster clubs to put together a fall program. The band, cheer, dance and athletic programs are working together to make this a joint effort. [Included is an order form](#). Money raised by each organization will benefit their program so please support your program booster clubs.

### **REMIND 101/COMMUNICATION**

Remind 101 is a messaging app we will use to communicate all team information including team reminders and announcements. Please see the attached [Remind Flyer](#) for details on how to sign up for these reminders.

### **RAFFLE FUNDRAISER**

We will be conducting the 2<sup>nd</sup> Annual LABC Lobo Raffle. This year the band, cheer, dance and athletics will run a joint program. Raffle Tickets will be \$15 with the proceeds sold by football will go back to the Lobo football to help pay for meals during the season. All teams are encouraged to participate. Money raised by each sport is deposited to their activity account. Dual sport athlete's money is split between sports. We are collecting prizes for the raffle so if you have a donation or service you would like to include please let me know as soon as possible.

### **PLAYING TIME & TEAM DESIGNATION**

Evaluations began in March, through the spring and summer, will continue through 2-a-days and throughout the football season. There is a large group of kids that are "doing the extra", so competition will be tough. As a reminder, playing time and team designation is at the sole discretion of the coaching staff. As a practice, we base our decisions in the order of the following criteria:

1. Knowledge of Assignments
2. Mental Toughness and Total Effort
3. Attitude and Work Ethic
4. Hitting Ability and Physical Conditioning
5. Athletic Ability

*All kids will get to play, but playing time will not be equal. Playing time is based on practice consistency and performance.*



Remember that all evaluations are on-going. Do not become complacent and never miss out on an opportunity to increase your "Stock". If, at any time you want to know where you are at, what you need to be doing, just ask! If you do not agree with our evaluation then prove us wrong. We will play the best players in the best positions to help us achieve the most as a team. This is the Lobo Way!

Sincerely,

Bruce D. Salmon  
Lehman Athletic Director  
"Off the Chain"

Inclusions:  
2019 Football Schedule, LABC Membership Form, Football Program, Remind 101 Form