

January
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Issue: 1

THE MAV FAMILY MESSENGER

www.maverickfootball.weebly.com

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Upcoming Events

Jan 15 Encor	Team meeting Encor Lecture Hall
Jan 20	Start of Ind. player recruit meetings
March 3	1st Day of Spring Practice
TBA	4A state power- lifting meet

MAV of the Month

- Dylan McDonald
teacher nominee
- Logan Mormando
coach nominee
- Jacob Funschelle
comm. service
- Lonnie Scifres
lifter
- Jordan Schultz
lifter

STRENGTH - HONOR - DEVOTION

A new year has started, and we begin a new year for Maverick football. The underclassman will begin to take over as we begin to find our leadership for next season. Coaches have started conversing about next years team, and a new class of freshmen has received their placement cards. We are excited for them to join the Maverick Family as soon as possible.

We were blessed with another season of success, still we must remind ourselves what it took to get there and find ways to maintain success. This begins with maintaining the right attitude. Winning can sometimes bring about feelings of entitlement and a lack of preparation. I hope to see us prepare harder and focus more on doing our best everyday to become better people and players.

Take each opportunity to be with our teammates and work together to improve. Each time the weightroom is open, an opportunity is there for EVERYONE. We must also have the desire for nice weather to go outside, work on speed and throw the ball around.

I will start having individual meetings with players this spring to discuss the future. Two items of concentration will be dedication and role models.

1) Dedication—being one of our fundamentals to success, it must always be a focus. Excuses are easy, and it can be difficult to push our kids to always do more, but work ethic is a habit and forcing our young men to dedicate themselves to other people will truly help them find success. Being selfless with our time and pushing others around us to improve is a fundamental we should focus on each day.

2) Role Models—now that we established some players with success, it is important to ask and understand what those players have done in and out of each season to find success. Several of our past starters and all-league players did not play in middle school, were “B” team members, had discipline issues when they were young, or saw very little time until their senior year. Each of them had one thing in common as they matured through the program —



TRUST. They did whatever was asked, trusted that each coach wanted them to be their best, and did the best they could to meet all expectations, trusting that they and the team would find success with those expectations.

We all need to embrace these players and parents, ask questions about the attitude and effort that was given and listen to the advice that they give. Success can be learned through the lives of others.

NOW is the time to remember what we have done and DO IT, listen to what is needed and GIVE IT, and work hard to maintain what has already been done and FIGHT FOR WHAT’S RIGHT — EVERY DAY!

The off- season is the most important part to finding success in the season.

Go Mavericks!

Newsletters and all team information this year can be found at:

www.maverickfootball.weebly.com

COACH RAZ'S COMMENTS



I hope everyone had a restful break, and you were able to spend some quality time with family and friends. We have started our winter conditioning full



throttle. Monday through Thursday from 3-4:30 P.M., we are working hard to improve our student athletes' mental and physical capabilities. Monday we work to improve our speed and core strength. Tuesday we focus on muscular strength, power, and endurance, we also work on some running techniques to improve turnover with the feet and arm placement. Wednesday we work on flexibility using yoga or kenpo. On Thursday, we take the kids through 32 different stations concentrating on body weight lifts, core strength, plyometrics and cardiovascular fitness. There is no cost for this program! If your student is not out for a winter sport or just wants a great workout have them come and talk to me. Doing nothing all winter is NOT an option. Spending time with teammates in the off-season is important to building a strong family foundation. Go Mavericks!

DILLON'S CARD FUNDRAISER

I felt like we needed to continue to share this opportunity with our families at Maize South. This is truly the best fundraiser that our program is involved with. Dillon's and Kwik Shop are providing a way for our school and program to benefit from money that we are spending each month already. Some items that many families use these "loadable fundraiser cards" for on a monthly basis are:

- 1) Every gas purchase (all vehicles)
- 2) Groceries each week (even stamps and lottery tickets! -obviously I didn't win)
- 3) Eating at local restaurants (stopping to grab a gift card)
- 4) Local store purchase (Lowe's, Best Buy, Target gift cards)

An average family using this card for gas and food can easily earn the booster club \$10 and the football program \$50 each month! Over a year, each family could potentially contribute nearly \$600 of money that is already being spent! The ability for an organization of our size and dedication to build a financially secure future for the needs of our players is amazing! Please consider using this opportunity to improve our program, provide opportunities for our students, and help our booster club continue to do great things for our school. Contact Coach Pfeifer to get a card and begin giving back everyday!

WWW.MAVERICKFOOTBALL.WEEBLY.COM

This past year (after losing my contacts due to a computer crash) I was unable to email out the monthly off-season after March. Items were passed to players and I had members of the coaches council email things for me, but I still felt like there could be better communication. I've searched for a means to make items more available as soon as I have them ready to share.

Please save this site. I will post the newsletter each month along with other items needed as I have them ready (camp forms, order forms, calendars, etc...). There are a few items there now—physical forms, summer conditioning forms and contact information for me. If there is anything that you would like for me to post, or feel like we should add, please let me know. The site is fairly basic, being free, but should provide ample ability for us to pass along information and communicate better.

MAVERICK MASTERS

Champions of Strength, Honor, and Devotion

Off-Season Team Challenge 2014

This is an off-season program that we put in place 3 years ago and it's had great success. The boys are put onto one of eight teams. These teams are random and have players from each grade level involved. Team charts with weekly point totals are updated and kept in the weight-room from the end of our football season until the end of the summer.

Last year, we accumulated over 1200 hours of combined community service as a team (74 players), only had 2 "F's" throughout 3 terms of grades (team GPA of 3.0+), very limited detention time, and had great participation in our winter and spring sports! The entire staff of MSHS is notified and involved in communicating about our players' attitude, character, and effort.

This is the chart that we use to determine the "Champions of Character".

Each team is given a point value to start = 1,000 points

ADDITIONS:

Community service.....	50 points per hour per player
A's per term (show Pfeifer).....	100 points each
B's per team (show Pfeifer).....	75 points each
Positive teacher/admin comment.....	100 points each
Gold Card.....	200 points
weights class during terms 2, 3, or 4.....	50 points/each term
attend off-season meetings.....	50 points each
winter sport/after school weights.....	200 points
spring sport.....	200 points

DEDUCTIONS:

Tardies.....	25 points each
Suspensions.....	100 points per day
Focus list.....	25 points/doubles each week
F's at term.....	100 points each
Negative teacher/admin comment.....	100 points each
Quit a workout early/Sent home.....	100 points
Missing a workout without approval.....	200 points

Note: Team leaders have the ability to remove a problem team member after speaking with the head coach if that player is a detriment to the team's ability to compete for the championship. The head coach has the final decision.

Removal of a problem player = lose 500 points

DEVOTION

The DEVOTION of a Maverick is measured by his
FAITH, INVOLVEMENT, DEDICATION, AND SERVICE.

FAITH

VICTORY comes from having faith and trust in each other.
When we lose faith – we've lost.

INVOLVEMENT

VICTORY comes from getting involved in a variety of activities.
Involvement creates respect and pride in others and ourselves.

DEDICATION

VICTORY comes from a dedication to others.
Unselfish dedication to others will always prove to be positive.

SERVICE

VICTORY comes from using talents to serve others.

QUOTE OF THE MONTH

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

John Wooden
