



SOUTH CALLAWAY BULLDOG FOOTBALL

Zack Hess ~ Head Football Coach ~ zack.hess@sc.k12.mo.us ~ (573) 480 - 4414

SOUTH CALLAWAY BULLDOG FOOTBALL – STATEMENT OF PURPOSE

Players and Parents,

As we reflect over the past several seasons we see some wonderful changes and amazing memories from players and parents from past years. However, as we look toward the future, we can also see that some of the most incredible Bulldog football is just ahead! What used to be the exception is now the rule...winning seasons, consistent trips to the playoffs, conference, district and Callaway Cup championships! This level of consistency has legitimized our program as a strong competitor in Missouri football. Our youth, middle school, and JV programs continue to build support and quality athletes who eventually become our Friday night, varsity athletes. We have watched this program become something this community is consistently supporting, enjoying, and taking pride in from year to year.

As always, the primary focus of Bulldog Football, from the earliest years to high school, is to provide an athletic opportunity to help boys become quality young men. The emphasis on athletic skill, character development, teamwork, and leadership will be a constant; from the first game where his helmet is bigger than he is, to his last when he steps off the field his senior year, proud, confident, and prepared for the next "season" in his life. As a staff, we are committed to making your son the best athlete and young man he can be. Bulldog football coaches serve as character mentors to your sons, consistently teaching them about the qualities found in good sons, brothers, future husbands, fathers, and community members. As a father myself, I want to emphasize that this is not a job we take lightly and are grateful for the opportunity you allow us to be involved in your son's life.

The best advice that we can give to you and your son is to fully enjoy every opportunity the program provides. Football can be an incredible event in a person's life if he is committed to the entire experience. Football, by its very nature, provides ample opportunities for him to learn about hard work, overcoming adversity, and maintain focus when life gets difficult. Learning these skills will help him long after he goes out to begin his adult life. As a team sport, it is a way for him to learn about teamwork and commitment to something that is "bigger than himself." Additionally, through athletic enhancement and weight training, your son will learn how to safely and effectively remain healthy and in shape throughout his life. We welcome and encourage your involvement in this experience including cheering at games, enjoying team meals, being a part of this football family in victories and in loss, and watching your son develop as an athlete and quality young person.

Along the way we hope to have a lot of fun, win a lot of games, and provide for your son the type of memories that he will talk about with his friends and family many, many years after he has hung up his helmet. We commit to you that your son will be a part of a program that has a safe, sound athletic training approach, is conducted with integrity, and at its foundation is driven by the purpose to develop quality young men. We truly hope you will encourage and allow your son to be fully committed to this experience. We sincerely look forward to this adventure with you.

Respectfully,

Coach Hess and the Bulldog Football Coaching Staff

South Callaway High School R-II
10135 State Road C, Mokane, Missouri 65059
Phone (573) 676-5211 / Fax (573) 676-5132
Website: www.sc.k12.mo.us/hs/



Why Your Student Should Be Involved in Extra-Curricular Activities & Athletics at South Callaway

The South Callaway School District provides young men and women the opportunity to have a fun, nurturing, and educational school experience. This opportunity is only enhanced by participating in extra-curricular and/or athletic endeavors.

Statistically, students who are involved in these types of activities are more likely to:

- Have higher grades
- Obtain better standardized test scores
- Gain a higher level of education
- Attend school more regularly
- Have higher self-esteem and a more defined self-concept

In terms of prevention, students who are involved in extra-curricular activities are less likely to:

- Participate in substance abuse
- Dropout of school
- Have behavior problems in school
- Engage in delinquency (juvenile crime is highest from 3p-6p on school days)

Being involved with South Callaway extra-curricular activities and athletics allows your son or daughter to have the opportunity to spend time with caring adults who focus on developing the whole person. They will learn about character, consistency, skill development, teamwork, motivation, and leadership. These are lessons that will benefit them long after they have left South Callaway to pursue college, work, or the military.

Please encourage your student to become involved in multiple extra-curricular and/or athletic opportunities at South Callaway. We are committed to the development of bright, confident young men and women who are the future of our community.

2017 South Callaway Youth Football

Mission Statement:

"To build quality young people to be champions for life through football."

With Emphasis On:

- Academic Accountability
- Character Development
- Self-Discipline
- Positive Encouragement
- Teaching Basic Football Fundamentals

“South Callaway Coaching Foundational Beliefs”

Below you will find 5 points that sum up the coaching philosophy of South Callaway football. These tenets are what are encouraged at all coaching levels and are used to guide all coaching decisions.

1. *We will always show our athletes that we care.* In order to become the best athlete and young person possible our athletes must know we care and that they are valuable. They are more important than winning!
2. *We will always encourage our athletes to give their very best.* The joy of any accomplishment only comes when you give your best in sport and in life.
3. *Our first focus is to improve our athletes, beating their opponent is secondary.* Success is determined by “breaking personal records” not from beating an opponent.
4. *The group is more important than the individual.* We encourage the understanding that they are part of something “bigger than themselves.” Our hope is that this will translate over in life to responsibilities to family and community.
5. *Regardless of the situation, we will always promote doing what is right.* We will not lower our standards to accomplish goals, but instead push ourselves by doing what is right to accomplish all we desire.

Athletic Enhancement: What is it?

(5th and 6th Grade)

It is the goal of South Callaway Athletics' to provide "athletic enhancement" opportunities for all student-athletes to improve in the following areas:

1. ENHANCE SPORT PERFORMANCE

To improve strength, speed, explosion, agility, flexibility, body composition, nutrition, and conditioning for sport and life.

2. INJURY REDUCTION

Healthy muscles and joints decrease the chances of injury.

3. MENTAL TOUGHNESS

To develop a high level of focus, maturity, accountability, discipline, competitiveness, and a genuine commitment to something bigger than themselves.

4. INCREASE CONFIDENCE

The physical and mental gains they make will have them excited and confident to compete against anyone in the sporting arena or life and succeed.

5. LEARN EXERCISE HABITS FOR LIFE

Not only will they learn how to become better athletes but they will learn proper exercise techniques that they can use throughout their lives.

What is Athletic Enhancement?

Athletic Enhancement is 90 minute workouts that provide opportunities for all student-athletes to develop in the five areas mentioned above. The workouts will include lifting age appropriate weight, opportunities for healthy competition and the teaching of character through sport.

How Does This Apply to 5th and 6th Graders?

Athletic Enhancement is a voluntary activity that is not required to play any sport at South Callaway. With that being said, 5th and 6th graders are still young and can benefit from more specific body weight exercises to learn how to use their growing bodies. If this sounds like something you would be interested in sending your child to, it is our recommendation that they would participate AT LEAST 2 days a week.

When Can I Send My Child to Athletic Enhancement?

Athletic Enhancement will be offered Monday – Thursday at two different times a day to work around the busy schedules of the summer. We would love to have all 5th and 6th graders lift during the evening session (4:00 – 5:30) where we will have one of our 5th – 8th grade coaches present. If that does not work they are free to attend our morning session.

WE HOPE TO SEE YOU ALL THERE...STICK WITH IT...THE RESULTS ARE AMAZING!

May, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
2017 5 th - 6 th Grade Football Pre-Season Schedule						
7	8	9	10	11	12	13
				Football Interest Meeting @ 6:30 pm High School Auditorium		
14	15	16	17	18	19	20
	No Activities Scheduled	No Activities Scheduled	No Activities Scheduled	No Activities Scheduled	No Activities Scheduled	
21	Week 1 22	23	24	25	26	27
		4th Quarter Program 8:00-9:30a 4:00-5:30p		4th Quarter Program 8:00-9:30a 4:00-5:30p	No Activities Scheduled	
28	Week 2 29	30	31	JUNE 1	2	3
	Memorial Day No Activities Scheduled	4th Quarter Program 8:00-9:30a 4:00-5:30p		4th Quarter Program 8:00-9:30a 4:00-5:30p	No Activities Scheduled	

June, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	<u>Week 3</u> 5	6	7	8	9	10
2017 5 th - 6 th Grade Football Pre-Season Schedule		4 th Quarter Program 8:00-9:30a 4:00-5:30p		4 th Quarter Program 8:00-9:30a 4:00-5:30p	No Activities Scheduled	
11	<u>Week 4</u> 12	13	14	15	16	17
		4 th Quarter Program 8:00-9:30a 4:00-5:30p		4 th Quarter Program 8:00-9:30a 4:00-5:30p	No Activities Scheduled	
18	<u>Week 5</u> 19	20	21	22	23	24
		4 th Quarter Program 8:00-9:30a 4:00-5:30p		4 th Quarter Program 8:00-9:30a 4:00-5:30p	No Activities Scheduled	
25	<u>Week 6</u> 26	27	28	29	30	<u>July</u> 1
		4 th Quarter Program 8:00-9:30a 4:00-5:30p		4 th Quarter Program 8:00-9:30a 4:00-5:30p	No Activities Scheduled	

July, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<u>Dead Week</u> 3	4	5	6	7	8
2017 5 th - 6 th Grade Football Pre-Season Schedule	No Activities Scheduled	No Activities Scheduled	No Activities Scheduled	No Activities Scheduled	No Activities Scheduled	
9	<u>Week 7</u> 10	11	12	13	14	15
		4th Quarter Program 8:00-9:30a 4:00-5:30p		4th Quarter Program 8:00-9:30a 4:00-5:30p		
16	<u>Week 8</u> 17	18	19	20	21	22
						FB Mother's Brunch @ 10a 3 rd - 12 th grade Mom's invited to learn the basics of football before the season! - Games, Trivia, Presentations, Food & Fun!
23	<u>Dead Week</u> 24	25	26	27	28	29
	Youth Team Camp 3 rd -6 th 6:00 - 8:00p @ SC Football Field	Youth Team Camp 3 rd -6 th 6:00 - 8:00p @ SC Football Field	Youth Team Camp 3 rd -6 th 6:00 - 8:00p @ SC Football Field	Youth Team Camp 3 rd -6 th 6:00 - 8:00p @ SC Football Field	Youth Team Camp 3 rd -6 th 6:00 - 8:00p 3 rd - 6 th Grade Parent Meeting and Equipment Checkout @ 7:30	



SOUTH CALLAWAY BULLDOG STRENGTH & CONDITIONING

Zack Hess ~ Head Strength Coach ~ zack.hess@sc.k12.mo.us ~ (573) 480 - 4414

2017 4th Quarter Program Schedule

WK	DATE (S)	ACTIVITY	DAY (S)	TIMES
1	Week of 5/22	4 th Quarter Program	M, T, W, Th	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
2	Week of 5/29	4 th Quarter Program	T, W, Th No weightlifting on Monday due to Memorial Day Weekend	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
3	Week of 6/5	4 th Quarter Program	M, T, W, Th	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
4	Week of 6/12	4 th Quarter Program	M, T, W, Th	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
5	Week of 6/19	4 th Quarter Program	M, T, W, Th	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
6	Week of 6/26	4 th Quarter Program	M, T, W, Th	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
O F F	Week of 7/3	South Callaway Unofficial Dead Week (July 1 st – July 8 th) There will be NO weightlifting activities during this time!		
7	Week of 7/10	4 th Quarter Program	M, T, W, Th	Morning: 6:30 – 8a / 8 – 9:30a Afternoon: 4 – 5:30p
	7/14	Night of Champions	Friday	Evening: 6:00 – 8:00p

OTHER NOTES:

- If for some reason these times do not work, please talk to one of the coaches. We can make something work!
- The Night of Champions will be our final testing of all the strength and athletic ability gained over the summer! Friday, July 14th @ 6 p.m. - Don't miss it!

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Website: www.sc.k12.mo.us/hs/





2017 SOUTH CALLAWAY BULLDOG 3rd thru 6th Grade FOOTBALL CAMP



The Bulldog football coaching staff will be conducting a summer camp for all South Callaway School District Middle School students again this summer. The purpose of the camp is to begin, or continue, players' football training. Emphasis is on character and fundamentals of the game.

All students, regardless of ability, are welcome and will receive individual instruction.

Team Camp: July 24th – July 28th ~ 6:00 pm – 8:00 pm
(A Parent Meeting and Equipment Checkout will Begin at 7:30 on July 28th)

COST: \$30.00

This cost includes individualized instruction plus camp T-shirt.
Make check payable to South Callaway R-II and return by July 24th or you can mail earlier at:

South Callaway High School
Attn: Zack Hess
10135 State Road C
Mokane, MO 65059

(Or you can turn in to building secretaries)

2017 3rd thru 6th GRADE FOOTBALL CAMP ENROLLMENT FORM

(Please cut and return w/ money by July 24th)
(Please print)

Player Name: _____

Home Phone: _____

Address: _____

Cell Phone: _____

City: _____

Grade: _____ (In the Fall of 2017)

Emergency Contact: Name _____

Phone Number _____

Birth Date: Month _____ Day _____ Year _____

T-Shirt Size (adult only) _____

SOUTH CALLAWAY BULLDOG FOOTBALL CAMP RELEASE FORM

I agree that on behalf of the enrolled student athlete named on this application form, the South Callaway R-II School District and/or the Bulldog Football Camp and/or their staff, coaches, or employees will not be held responsible or liable for any injury, accident, or loss of property, however caused. It is further agreed that all risks involved in participation in this camp are assumed by the student and his/her parent or guardian, who are also responsible for the physical fitness of the enrollee and for all medical costs incurred in case of injury while in attendance at the South Callaway Bulldog Football Camp.

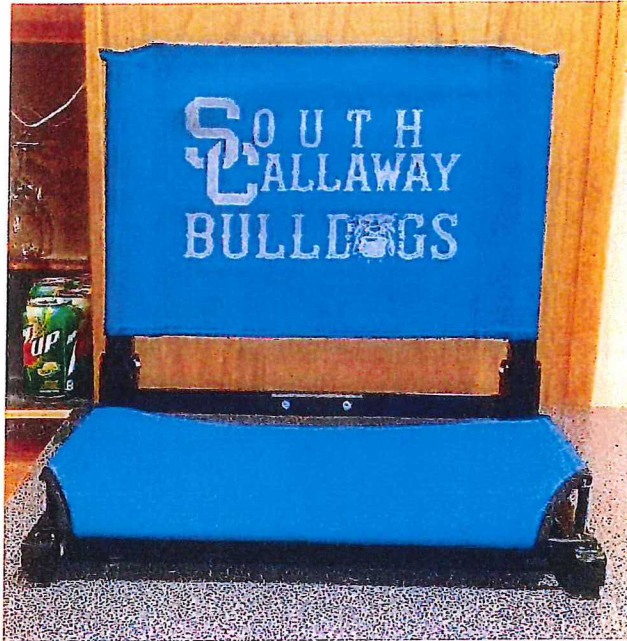
I have read the above and consent to the terms as stated.

Parent/Guardians Signature

Date

CLASS OF 2020
PARENT ASSOCIATION
STADIUM CHAIR FUNDRAISER
(All proceeds benefit the Class of 2020 All Night Senior Party)

NOW AVAILABLE



- Quality Cordova canvas
- Powder-coat painted tubular steel black frame
- Fade- and mildew-resistant, easy-cleaning canvas cover
- Back cover is double fabric for strength and comfort
- Rubber non-slip skids mounted on the bottom of the frame to prevent slipping and scratching
- Seat folds neatly for transport
- Attached tote handle
- Designed to fit virtually any type of bleacher - wood or metal, new or old

<u>Qty</u>	<u>Price</u>	<u>Size</u>	<u>Description</u>
<hr/>	\$40	Standard	Dimensions: Open: 15.5"L x 17"W x 14.5"H, Folded: 15.5"L x 17"W x 4"H. Max. Weight: 350 lbs
<hr/>	\$50	Deluxe (Not allowed in most college/ professional stadiums due to size regulations)	Dimensions: Open: 15.5"L x 20"W x 14.5"H, Folded: 15.5"L x 20"W x 4"H. Max. Weight: 400 lbs.

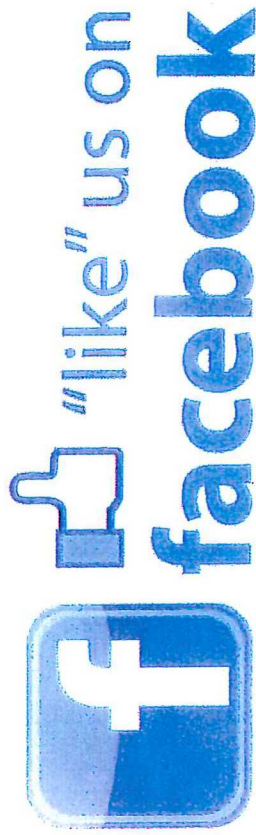
Name

 Contact Number

Please make checks payable to 2020 Parent Association.
Send forms/payment to HS Office or mail to:
Tabitha Borghardt
9490 County Road 433
New Bloomfield, MO 65063

For questions or to order, contact Charlene Shoemaker 573-220-5619 or Tabitha Borghardt
573-291-3710 or via Facebook South Callaway Class of 2020.

The South Callaway Bulldogs Are Getting Caught Up
With the Times...



Find us under "We are Warriors"

See What is Happening Around the Bulldog Community, Look
at Calendars, Schedules, Cool Pictures, Videos and Post
Your Comments!!!

The South Callaway Bulldogs Have
Their Own Website...



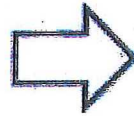
Find us at

www.southcallawayfootball.com

See What is Happening Around the Bulldog
Community, Look at Calendars, Schedules,
Cool Pictures, Videos and Post Your
Comments!!!

THE SOUTH CALLAWAY FOOTBALL TEAM HAS A
TWITTER ACCOUNT!

FOLLOW US AND STAY UP TO DATE!



@SCHSBulldogFB

SC Bulldog Football ... NO REGRETS!!!

