

# DUBLIN SCIOTO IRISH FOOTBALL



February 8, 2010

190 days until Hilliard Bradley (8/27/2010)

## WHAT'S NEW IN IRISH FOOTBALL

### DUBLIN SCIOTO TOUCHDOWN CLUB

SNOW - SNOW - SNOW. The February TD Club was snowed out but planning continues. The March meeting is scheduled for Monday, March 15, 7 p.m. in the classroom next to the coaches office (F-9).F All parents are members of the TD Club and we need your help in planning for the 2010 season.

### WEIGHT ROOM ADDITION IS COMING

I have met, along with Mr. Withey (AD) with district and construction officials about our weight room expansion. This expansion will be completed during the 2010 school year. We are very grateful to the tax payers for approving the bond issue that included funds for this need expansion. The expansion will provide space for plyometrics, agilities, core training and more. It will also create a safer working area in our current space. More information will be coming soon about this project and how you can help.

### OFF-SEASON STRENGTH TRAINING:

Winter sports are finishing up in the next month or so and spring sports are beginning. I am excited when I see the number of multi-sport athletes that play football. Anyone not in a sport should be at lifting every Monday, Wednesday, and Friday, after school until 4:15. If we do not have school on a Monday we have lifting on Tuesday and if we do not have school on a Friday, we have lifting on Thursday. In-season or Off-season, all athletes should be in the weight room year round. We have developed the BFS system to make transitioning from one sport to another as easy as possible. In-season athletes must make sure they are getting their lifts in each week. If you are not getting stronger, you are getting weaker.

### SENIORS:

Applications for ALL Dublin Local Scholarships, including the TD Club Scholarship and the Kyle Colello Memorial Scholarship, are due March 1st by 3:00 p.m. Don't miss this opportunity for financial aid assistance.

### MS LIFTING CLUB:

Under the direction of Coach Schafer, we have started our 2nd MS Lifting Club. 7th and 8th graders sign up and attend on Wednesdays and Saturdays for an hour and a half and receive proper lifting instruction. The remaining dates for the winter session are listed below. Contact Jim Schafer for more information.

[schafer\\_james@dublinschools.net](mailto:schafer_james@dublinschools.net).

Saturday	2-13-10	8-9:30am	Wednesday	2-17-10	6-7:30pm
Saturday	2-20-10	8-9:30am	Wednesday	2-24-10	6-7:30pm
Saturday	2-27-10	8-9:30am	Wednesday	3-3-10	6-7:30pm
Saturday	3-6-10	8-9:30am	Wednesday	3-10-10	6-7:30pm
Saturday	3-13-10	8-9:30am	Wednesday	3-17-10	6-7:30pm
Saturday	3-20-10	8-9:30am	Wednesday	3-24-10	6-7:30pm

### ACT/SAT:

Any junior planning to attend college and/or considering playing football in college should take the ACT in April. This gives you a good idea of where you stand and would allow you to retake in June. Sign-up deadline for April test is March 5, 2010.

### SUMMER CAMPS:

This is the time of year when players start thinking about camps. Please check the calendar at [www.sciotofootball.com](http://www.sciotofootball.com) to stay up to date with the Irish summer calendar when planning camps and vacations.

Juniors that are interested in playing college football should see Coach Johnson for a spring checklist. Typically, juniors will attend 1-day camps for the exclusive purpose of recruiting. Ohio State has 2, 1-day camps for juniors. Each camp is attended by not only Ohio State coaches but also by MAC colleges, and DIAA and DII schools.

**Ohio football players can NOT attend padded camps beyond helmets. If players participate using shoulder pads or more, they jeopardize their eligibility for 1 calendar year.**

**Out of season football is a big No-No to the OHSAA as well. This means once you reach 7th grade, you may not participate in flag football leagues or other sponsored football leagues beyond the 10 days in June and July. Athletes may attend and participate in instructional camps however.**

### FORWARD THIS NEWSLETTER:

If you or someone you know is not receiving this and other emails, you can sign up at [www.sciotofootball.com](http://www.sciotofootball.com) (parent registration).