

Dear member of the 2009 Seminary football program,

The entire MLS football coaching staff is looking forward to welcoming you back on campus as we prepare for another year of Seminary football tradition. We had a taste of the state playoffs last year and our goal is to return there again this year. In order to play to our potential we need every football player to work hard and to get in shape so that as a team we have everybody doing their part. Push yourself in your offseason conditioning so that you and your teammates have a season full of great memories to look back on for years to come.

### **Weight room and Conditioning**

In order to prepare your body for the hits and collisions that come from playing football, it is imperative that you strengthen it through weight training, agilities, and running. The weight room on campus is open every Monday, Wednesday, and Friday from 6:30 to 8:30 p.m. From 6:30-7:30 we lift weights, and from 7:30-8:30 we work on agilities and conditioning. The gym will be open these hours all summer except for June 29 – July 5 as those dates are the MHSSA mandated “dead” period for high school sports. Our last workout will be on Friday, July 24. For this workout we would like every player possible to be on campus, including incoming freshmen who are interested in playing football. Set the date aside now.

If you are not able to make the workouts on campus, get someplace where you are able to lift and run with others. You can run long distance to help with your endurance, but running sprints of 10, 20, 30, and 40 yards will prepare your body for the quick bursts of energy that are needed on the football field. Weightlifting should focus on core lifts: bench, squat, and dead lift. Sit-ups and push-ups are always good exercises to strengthen the core as well. To build muscle, you need to use more resistance than your muscles are used to. This is important because the more you do, the more your body is capable of doing, so you should increase your workload to avoid plateaus. In plain language, this means you should be lifting enough weight that you can only complete the desired number of reps. You should be able to finish your last rep with difficulty but also with good form. To avoid plateaus you need to increase your intensity regularly. You can do this by increasing the amount of weight lifted, changing your sets/reps, changing the exercises and changing the type of resistance. You can make these changes on a weekly basis. Rest days are just as important as workout days. It is during these rest periods that your muscles grow and change, so make sure you're not working the same muscle groups two days in a row. Whatever you're able to do, work hard at it so that you can help yourself avoid injuries during the season as well as improve your strength, endurance, and coordination. For other conditioning, if you want to follow the pattern that we're using on campus, start with a light jog for about 10 minutes so that you break a sweat. Then do a series of main stretches (quads, hamstring, groin, calves, back). Set up some agilities with markers so that you can do quick cuts, backpedal, form running, etc. to work on quickness. After the agilities, go to the sprints. When you are all finished, take a slow walk for about 5 minutes to allow your body to cool down.

### **Team Camp at Northwood**

This will be the second year that we as a team go to Northwood University in Midland, July 28-29. Northwood runs basically the same offense that we do, so it gives us a great opportunity to not only be coached by college coaches as well as our own staff, but it especially gives us the chance to come together as a team and have ourselves running full-speed when we hit our August preseason camp. This team camp is open for all incoming freshmen as well as all returning players. We will need to bring helmets to this camp, so hopefully most players can get fitted on Friday, July 24. On July 28, because of the traffic congestion that we will have due to synod convention at MLS, we will meet at St. Paul's Church parking lot (on Court) at 7:30 a.m., and we will have the players back to St. Paul's on July 29, around 4:30 p.m. The cost, which is

very reasonable compared to similar camps, is \$90.00, and includes lodging on campus, all meals, and use of the campus facilities (including swimming pool). Checks can be brought on the day of the camp and are to be made payable to Mike Sullivan, the head football coach at Northwood. It is extremely important that we have as many football players as possible at this camp. I hope to see most of you there.

## **August Preseason Camp**

Our preseason camp registration will take place on Sunday, August 9. Everyone must begin with registration in the Commons beginning at 4:30 p.m. From there, players will go to the IDO to get your room assignments and move in. Dorm students for the regular school year may move in their belongings for the year. Commuting students may also stay in the dormitory during football camp for no additional cost to their camp fee since all the meals are covered in that fee. All students will have to bring bedding, and a pillow. Many find it helpful to have a fan to cool off with at night. Make sure you have your jock, socks, cleats, shorts, and t-shirts to practice in. Some may also want to bring sunscreen. **At 5:30 p.m. there will be a cookout supper to which everyone is invited. We will meet in the chapel at 6:00 p.m. Parents are invited to stay for this opening meeting that will last about a half hour.** At 6:30 we will begin to distribute equipment until 7:45 p.m. At 8:00 p.m. there will be a team meeting to discuss the schedule for the rest of the week. 10:30 p.m. will be the bedtime for every night of the camp. While it is okay for campers to have cell phones, we ask that you not use them after bedtime. If a parent needs to get a message to a player during camp, call the school office: (989) 793-1041 and they will leave the message for the player; or in an emergency call my cell phone: (989) 274-7742.

## **Other Important Stuff**

Before you come to camp, make sure that you have sent in the following: an updated Student Medical Information sheet, a copy of both sides of your insurance card, 2009 pre-season athletic camp enrollment, transportation waiver, and HIPPA form. Please address these materials to the Athletic Director's office at MLS. If you did not get a **physical** after April 1, 2009, you need to get one and we must have a copy of it before you can even practice (if you had your physical taken at MLS last spring, we have a copy of it). Please try to send these things by **July 31**. This will speed up registration. Returning students, bring your laundry bag. You will need to purchase a new one if you don't have yours from last year. Each player will receive a mouth guard as the equipment is distributed. If you are getting a mouth guard fitted by your dentist, please make sure that it is a solid color other than white or clear, because that is what the MHSAA requires. Our teams use red mouth guards.

## **Conclusion**

While there will obviously be a transition period as everyone gets used to me as the new head football coach, the coaching staff will do our best to make the transition as smooth as possible. We are certainly thankful for the faithful work that Coach Seafert did in the past six years as head coach, and look forward to building on that same foundation of Seminary football tradition. This will be my tenth year coaching football at MLS, so I am excited to have the privilege of leading you young men of our football program and helping you to have a successful season. But it all begins with each of you, working hard and using your God-given gifts to the fullest. I know that with our gracious God leading us all, we will have a successful season.

Have a great rest of the summer!

Coach Schmugge