



UPCOMING EVENTS:

12th Man Club Meeting

- The next meeting will be Sunday March 5th at 7:00 PM.

Upcoming/Ongoing Fundraisers

- The conclusion of our half of beef drawing will be coming up soon.
- We continue to sell a variety of Tri-Valley gear at home basketball games and other occasions.
- Our Mulch sale is just around the corner in March.

Deserve victory!

Schedule and News

As a coaching staff we had our annual state coaches clinic this past weekend. In addition to listening to a variety of speakers, our coach's organization voted on a major change that may take place this coming year. Our organization believes that the Athletic Directors around the state will pass this measure also, and therefore it will be implemented this year. This change will have a big impact on our summer schedule so I would like to pass along the changes.

The new plan is to extend our two-a-days by three additional days in August. We were scheduled to begin practice on Monday, August 7th. The change will mean that two-a-days will begin the previous Thursday, August 3rd. If you recall, in the past we have had two scrimmages during the second week of two-a-days. One of those fell on Tuesday, and the final scrimmage was on Friday. The coaches felt that these two scrimmages were too close together and

therefore posed an increased risk of injury to our players. The three additional days will allow us to have our first scrimmage on Saturday, August 12th, and our second scrimmage a week later on Friday, August 18th.

Because of the days added in August, the state will be taking away three of our camp days in July. In the past we have been allotted ten days in July to have practice. Those days will now be limited to seven. I am working out our new schedule now, and will have an updated summer calendar in the near future. Regardless of the changes, our Defensive Camp will still begin on Monday, July 10th, and Offensive Camp will begin two weeks later on Monday, July 24th.

12th Man Club News (Meeting March 5th)

Because of some time conflicts our February meeting was cancelled. Our next meeting will follow the original schedule, which falls on the first Sunday in March.

Several of our fundraisers are already underway for this year. Members of our organization have been selling a variety of goods at our home basketball games. Those goods include camouflage shirts, Tri-Valley cell phone covers, lanyards, and seat cushions. We also are close to the conclusion of our half of beef drawing sponsored by

Shirer Brother Meats.

At our March meeting we will be distributing the information for our Spring Mulch sale. This was a great fundraiser for us last year, and we believe with hard work by all of us it will be great again. I will remind everyone in next month's newsletter of all the volunteers we will need for this fundraiser. It will include everything from distributing flyers, to providing trailers for delivery in April.

"See You in March!"

SCOTTIE FOOTBALL

QUOTE OF THE MONTH

“Adversity equals opportunity. Turn your past failures into future successes.”

- Unknown

“Attitude is the most important aspect of every team. Right attitudes lift the team up, while wrong attitudes tear a team down. Keeping the proper attitude takes work, but it is ultimately your CHOICE!”

- Unknown

Contact Information

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Lifters of the month

Lifters of the month for January are **Wade Warner** (sophomore) and **Anthony Maley** (sophomore). Both of these players have worked extremely hard in these early stages of the off-season and their improvement was shown in our first testing of the off-season.

Anthony had a tremendous first testing by improving his three-lift (Bench, Squat, Clean) total by eighty pounds. We tested a total of nine different strength categories this January. Out of these nine categories, Anthony set astounding five team records. Anthony set team records in squat

(395), clean (270), incline bench (250), push jerks (265), and three lift total (930).

Wade also had an outstanding start to the off-season. Wade improved his three-lift total by one hundred pounds. Wade bettered his previous squat total by fifteen pounds, his bench press by forty pounds, and his clean by forty-five pounds.

Many of our players had successful first testing totals. What is important now is where we will go from here. Football is a team sport, and our player's effort in lifting shows their individual commitment to a team effort.

Captain Speak (Curt Cameron)

The off-season is the most important time of the year for a football team. Coach Buttermore and the other coaches have preached that to all of us players since they arrived and we've really bought into it. Those who are not in winter sports are lifting after school, and those who are playing a winter sport are lifting in their weight training class. We've started the last two

seasons off in the right way but haven't been able to keep winning throughout the entire season. That is what we're working for this off-season. We want to not just win early, but win often!

- Curt Cameron

* Curt will pick our guest writer for next month.

Sideline news

I think it is important to note that while many of our players are a big part of the success of our winter sports programs, they are continuing to improve themselves for next football season. Most of our winter

sports athletes are lifting in our weight-training course during the school day, as Curt mentioned. This commitment has allowed them to make gains while leading Tri-Valley to victory in other sports.

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