



SIoux FALLS LINCOLN PATRIOTS



FOOTBALL

Summer Schedule

In an effort to account for busy summer schedules full of work, playing other sports and family time, we have changed our workout times to earlier in the morning. This way players who need to be to work at 8:00 am can be there. Also by getting our needed workout completed in the early morning, everybody has the rest of the day to enjoy the summer.

Our summer strength and conditioning program is directed by Brady Bonte. Hopefully your son has already mentioned him to you. Brady has been a welcome addition to our Lincoln staff and has the respect and admiration of the players. Brady graduated from DWU with a Bachelors Degree in Sports, Exercise, and Wellness in May of 2016, while

also gaining All American recognition for the Tiger football team in both 2014 and 2016. Brady is currently a level 1 Sports Performance coach with the USAW and is working towards becoming a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA).



Workout Times

Monday

6:00-8:00 AM (10th-12th);
10:45-11:45 AM (9th)

Tuesday

6:00-8:00 AM (10th-12th)
10:45-11:45 AM (9th)

Wednesday

6:00-8:00 AM at the Sanford Fieldhouse. Carpool rides will leave LHS at 5:30 AM.

Thursday

6:00-8:00 AM (10th-12th)
10:45-11:45 AM (9th)

Friday

8:00-10:00 AM (10th-12th)
10:00-11:00 AM (9th)

Contact Coach Fredenburg at Jared.Fredenburg@k12.sd.us with any questions regarding the Patriots Football Program.

Summer Camps

Lincoln Football Camp

Location: Lincoln HS

Date: June 17-19

Time: 6:00-8:30

During our Lincoln HS camp we will be concentrating on learning the offense and defense. Our basic plays, schemes, and drills will be taught to all levels from 9th-12th. Our coaches will be conducting this camp.

Sanford /Augie Team Camp

Location: SD Jr Football Complex

Date: June 24, 25, 26

Date: June 24, 25, 26

This camp will be in two phases. The first part of the day our players will be coached in the camp setting by the Augustana coaching staff. In the afternoons, the LHS coaches will have a team prep time and a scrimmage time against other teams. This time is very critical for coaches to see how our team and individuals will compete with other teams in the area.

Lincoln Youth Football Camp

Location: Lincoln HS

Date: July 22-24

Time: 10:00 AM - 12:00 PM

4th Grade—8th Grade

LHS High School Camp #2

Location: Lincoln HS

Date: July 22-24

Time: 6:00—8:30 PM

Rise Above the Region 7-7

Date: July 24th

More Info to come

Great players win games. Great **TEAMS** win **CHAMPIONSHIPS**.

Work Ethic vs Want Ethic - Brian Kight

Work Ethic vs Want Ethic

Have you ever heard the phrase “*It came down to who wanted it more*” or “*You just have to want it bad enough*”?

It sounds powerful. It sounds insightful. But it's not. It's barely helpful and usually straight up not true. Next time you see a football game and one player makes a great catch over another player, listen for the announcer to say, “*He just wanted it more.*” No, he planned better, jumped higher, used better technique, saw the ball more clearly, and built better skill. He did it way before then and when that moment arrived, he performed. You think the other player didn't want to catch it? The difference was in their level of want? No way. It wasn't want. It was work. Getting in shape requires consistent workouts, not frequent

wantouts. You earn in alignment with the quality of your work, not the quality of your want. You can build a life on a work ethic. You can't build anything on a want ethic.

Working hard is studying, prepping, reps, reflection, feedback, and responsibility for results. It's late nights, early mornings, uncommon effort, and choosing to push harder when you could relax.

Wanting hard is what everyone else does.

Embrace the chase. Do the work.



Brian Kight
CEO
w: www.focus3.com
e: brian@focus3.com

Mom's

I've been told this is very important information.

I will have list of all of our players at Scheel's Sporting Goods no later than May 1. Scheel's has agreed to give us 20% off on all football cleats purchased at the store.

We want the shoes to be white with **school colors** or **school colors** with white accents. No colors other than that. I want everyone to look like they are on the same team. No neon colors or shoe laces. Thank you.

MaxONE: New Reminder and Message App



This is what the APP looks like

Players and Parents,

We will be using a new communication app called MaxOne. This system will be replacing the Remind app used previously. If you want to receive texts and emails from Coach Fredenburg about news and notes pertaining to the program, have your son download the MaxOne app, enter the passcode “patplayer” and complete the parent section. This will allow you the ability to get updates and access to the football calendar.

Download the MaxOne app onto your phones and then use one of the following methods to enroll in our program. Type “patplayer” or players

can scan the following QR code:

Very Important!

Make sure players fill our and complete the parents portion of the registration. We can also use this app as a calendar on your phone for instant access of all the Lincoln Football events. I welcome your feedback. I am in a introductory “try it” phase. In June we will have to decide to purchase it for a year or continue using the remind service.

