



## Davenport West Falcons Football

# Falcon Gridiron Notes

Official Newsletter of Falcon Football

A proud program dedicated to Unity, Fundamentals, and Sportsmanship

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### Falcon Football is Online

A website was recently created for the Falcon Football program. Now you can get up-to-date information about what is happening, what next season's schedule looks like, who holds what records in the program, and much, much more. Go to <http://dwfootball.wikispaces.com>

Become a member, make a post and earn 15 Falcon Challenge points.

### Falcon Challenge off and running

The squads have been drafted and points are being accumulated! Yes the first annual Falcon Challenge is officially off the ground.

Points will be tallied from now until August 15th. So get out there and earn some points. And encourage your squad mates to do the same!!! Standings will be released soon.

### Falcons Recognized for Sportsmanship

Earlier this month, the Falcon football program was awarded a sportsmanship award from Rotary International. This honor is in recognition of the sportsmanship displayed by players, coaches and fans during the 2011 season. It is a great award and tangible validation given that one of the pillars of this program is sportsmanship. This is the level of behavior people will come to expect with West High Football!

A banner will go on the wall underneath the score-

board on the west wall of the gym. Way to go players, coaches and fans!



### Road Clean-up a Success

On April 6th a number of Falcon football players took part in the Great American Clean-up High School Challenge. This group of 17 players cleaned up at Nobis Drive in Davenport. A location that has unfortunately become an illegal dumping ground for garbage and waste. Among the items pulled from the roadside: a TV or two, plenty of tires, countless baseballs, basketballs and other toys, and a couch!

This was a great project. The players did excellent work and the residents certainly appreciate it!

### Save Some Pennies - Important Purchase To Make

This season we are going to ask everyone to purchase some practice gear. This gear will help us look like a unified team on days we do not wear full pads. So, you will need to save some of your allowance or some of that hefty paycheck you are earning to make this happen.

How much do you need? 20 Bucks. 20

smackers. 20 simoleons.

That \$20 will get you 1 pair of Red shorts and 3, yes 3 t-shirts. One grey, one white and one red; each with some fancy West Football screen-printing.

More information will come about making orders and paying. Check the website.

### SHOES AND GLOVES

Falcon football players will have a chance to buy football cleats and gloves for a discounted price. These items are from Under Armour.

The date of this event and pricing will be available soon.





## May Team Meeting

As the school year draws to a close it is important to take care of all of the little things you must do. Study, study, study first and foremost. It is also a time to begin planning for the summer. A team meeting will be held on **Tuesday May 17th at 2:45** in the **Cafeteria** to get you squared away for the summer as far as football is concerned. Listen to the announcements later this month for a reminder.



Superior Legdrive simulates so many aspects in the game of football. It will make you better.



## Weight Room Happenings

Downstairs, in the depths of Davenport West High School, along with an air conditioning system being installed, something exciting is happening. Players are coming together. A team is getting better!

If you haven't made it there yet, you aren't too late, but you need to hurry! The Falcons need you to be

there making yourself a better athlete.

Over spring break a new "toy" was delivered to the weight room. The Superior Leg Drive is a machine that is designed to make solid football players. If you haven't had a chance to see it or use it, get down there and check it out. It is pictured in the left margin.

Milestones are being reached each week in the weight room. Falcon football players are getting stronger. In fact, Laken Fluegel became the first Falcon EVER to become a member of the 1,400 pound club! An awesome achievement. Kyle Beale joined the 1,200 pound club on the same day! Great stuff!!!

## Goin' Campin'?

The summer offers an excellent opportunity to go learn football from a variety of places. Just about every college offers some type of football camp.

Over the last few months many of these schools have sent brochures with details about their camp. There is a list on the right of all the different camps being offered. See Coach Mosier if you need additional information about any of them. Remember that attending a camp is 50 Falcon Challenge Points.

There is a camp coming to Bettendorf,

being put on by a number of former Iowa Hawkeyes. The "Legends of Iowa Camp" will be held on June 6th-7th from 9:00 - 5:30. The cost is \$150. [www.legendsofiowa.com](http://www.legendsofiowa.com) has more details.

### Other Camps:

- 6/4 - Northwest Missouri St.
- 6/5 - Iowa State
- 6/7-11 - Nebraska
- 6/10 - Augustana College
- 6/12 - Loras College
- 6/12,13,14 - Iowa

- 6/16-18 - Iowa State
- 6/17 - Winona St.
- 6/18 - Wisc.- Platteville
- 6/20-25 - Illinois St.
- 6/22 - William Penn
- 6/19-23 - Michigan
- 6/26 - Western Illinois
- 6/26-28 - Wisc.-LaCrosse
- 6/26-27 - Jeff Trickey QB
- 6/27-29 - Illinois St. 1 day
- 7/5-9 - Illinois St. 1 day
- 7/8 - Illinois St. O-Line
- 7/13-20 - Winona St.
- 7/22 - Iowa State
- 7/21-22 - Northwestern
- 7/24 - Loras - Lineman

## Tuesday/Thursday a.m. Workouts

Each week QBs, WRs and RBs have been working out in the gym or on the whiteboard. These workouts are going to prove to be very benefi-

cial. As a result we need more people there. 30 FC points for each session attended! Tuesdays 6:30, Thursday 6:15 - see you there!