

Falcon Gridiron Notes

Volume 1 Issue 4

February 2011

Dates to Know

- Mondays, Tuesdays, and Thursdays - Weight Room!!!
- March 3 - Weight Room Testing
- March 5th, 12th, 19th, 25th - BULGARIAN WORKOUTS
- March 19th - Dr. Greg Dale @ WHS
- Spring Break:
March 28 - April 1

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*Ant Mentality...
April 6th Event...*

Check out the Football Bulletin Board next to the locker room. It will hold important information for players all year.

Official Newsletter of Davenport West Falcon Football
A proud program dedicated to Unity, Fundamentals, and Sportsmanship

The Bulgarians (among other things) are Near!!!

The month of March holds a lot of activity for the Falcon Football program and EVERYONE needs to be a part of it!

Lets start by thinking about making ourselves a better athlete - physically! Each Saturday morning in March Falcons of all ages and from all different athletic teams will gather in the weight room to take part in Bulgarian Workouts. These workouts are not very long, but pack a valuable punch to help you become better.

The goal is to have the football program represented in LARGE num-

bers! Can we get 100% attendance?

If you haven't been in the weight room much, perhaps this is your chance to start something new. Use the First Bulgarian on **March 5th** like the kickoff to your own personal quest to be bigger, faster and stronger!

March is also the month when Falcon athletes will have a chance to listen to Dr. Greg Dale, sports psychologist from Duke University. On Saturday **March 19th** Dr. Dale will be at WHS to talk to athletes about how to focus on success, let go of mistakes, make the most

of practice, handle criticism, and thrive under pressure. Sounds AWE-SOME! Make sure you clear your schedule and plan to attend!

March is when your football coaches will travel to Chicago and attend the Glazier football clinic to expand their abilities as football coaches. It will be great weekend.

Two meetings will take place this month. One for just 2011 Senior players and the other for everyone! Pay attention for dates, times and location.



Readers Wanted!

The Falcon Football Program is involved in a number of reading activities that are not only fun, but represent the football program in a positive way out in the community.

We are reading to students at Wilson each

Wednesday. 5 players go over about 9:00 and return around 10:00. If you haven't gone and would like to, let Coach Mosier know.

We are also going to be getting involved in an after-school program

down at Monroe Elementary. Athletes will be asked to read to Kindergartners from 3:30 - 4:30. More details about this will be released soon.

ADOPT THE ANT MENTALITY



Business Philosopher and success coach Jim Rohn has an excellent philosophy that he teaches and all of us can benefit from its message.

We can learn a lot from Ants.

Ants never quit: When they are on the trail for food, they don't let any obstacle stand in their way. They don't stand there with their hands on their hips and look at each other in disbelief. They don't shrug their shoulders and give up on their goal. They don't start to feel sorry for themselves and decide that success isn't for them.

They confront their obstacles and walk around it, over it, through it or under it until they achieve their desired outcome.

Think Winter all Summer: In life there are going to be

good times when things seem easier, goals are being achieved and the sun always seems to be shining. These times don't last and ants instinctively understand this, gathering and storing food for the times when Winter comes and food is scarce.

When things are going well for us, we shouldn't just give ourselves high fives and sit back and relax. We should be planning for the times when things will go wrong and we are feeling stressed. We can do this through continued learning and development, preparing ourselves with the skills that we may need in the future.

Think Summer all Winter: When Winter descends on a colony of ants they go underground waiting eagerly for the sun to shine and when it does, they are immediately back out and

about. They seem to have an inbuilt optimism and know that the lean times won't last forever. As a communal insect, you can almost imagine them encouraging one another as they anticipate the end of Winter.

Do all that you can: "How much does an ant gather during Summer to prepare for Winter?"

Answer: All that he possibly can!

Life rewards action, so think like an Ant and go for it!

The Ant Mentality

Never Give Up!

Always be prepared.

Stay Positive.

Do All You Can!

Volunteers Needed

On Wednesday, April 6th The Great American Cleanup High School Challenge will take place. The football program needs to come up with at least 12 volunteers to help with a dump site. This is an excellent program designed to clean up our surroundings!

Volunteers will work from 1:30 - 5:30 that Wednesday with Pizza and T-Shirts for those who help. Yes, I said PIZZA and T-SHIRTS!!!

Talk to Coach Mosier about getting your name on the list of players who will help out!



College Football?

- Are you a Junior?
- Are you interested in playing football after High School?

You need to let Coach Mosier Know. Colleges are requesting details about Juniors interested in and capable of playing at the next level.