

MOHAWK FOOTBALL NEWSLETTER

VOLUME 1, ISSUE 1

www.mcmohawkfootball.com

March 2010 EDITION

INTRODUCING M.F.N

The Mohawk Football Program is proud to present its first issue of the Mohawk Football Newsletter. This newsletter is geared towards helping our student athletes and their parents to understand the goals of the program. We will have information regarding our players, workout programs, and community involvement that will make the Mohawk Football Program so successful.

Because of the rising cost of paper and the effect it has on our ecosystem, we would like to utilize this newsletter in electronic form. We understand there are families who do not have the benefit of internet access on a daily basis. We would like to accommodate those members with a hard copy through the mail. If you do have continual internet access, we would like to provide you an E-Copy of M.F.N through our e-mail system for your family to enjoy when new issues are released. An E-Copy of the newsletter can also be found on the Mohawk Football Website at <http://www.mcmohawkfootball.com> under the M.F.N heading. Please provide us with the following information so that you don't miss a beat with upcoming information regarding the Mohawk Football Program.

Information to provide:

Student Athlete's name, Parent's name, E-Mail Address, Home Address, and Phone Number.

This information can be e-mailed to:

mohawkfootballnews@gmail.com

OFF-SEASON WORKOUT PROGRAMS

WEIGHTROOM FACILITIES

The Mohawk Weight room is currently open 5 days a week after school. Success of any sports program is measured by a student athletes' dedication in the weight room. We need to stress the importance of utilizing this facility, especially in the off-season if a player is not involved with a current school sport. The weight room hours are:

MONDAY: 3:30 P.M. to 5:00 P.M.

TUESDAY: 3:30 P.M. to 5:00 P.M.

WEDNESDAY: 3:30 P.M. to 5:00 P.M.

THURSDAY: 3:30 P.M. to 5:00 P.M.

FRIDAY: 3:30 P.M. to 5:00 P.M.

SATURDAY: 11:00 A.M. to 12:30 P.M.

SPEED & AGILITY PROGRAM

We are currently holding a morning off-season Speed & Agility Program. The success of your student athlete in football can be made or broken by their commitment to a Speed & Agility Program. The programs' hours are as follows:

TUESDAY: 6:20 A.M. to 7:20 A.M.

WEDNESDAY: 6:20 A.M. to 7:20 A.M.

FRIDAY: 6:20 A.M. to 7:20 A.M.

SATURDAY: 10:00 A.M. to 11:00 A.M.

We ask for your help to make sure that your son is making the total commitment to attend these workouts.

SPOTLIGHT STUDENT ATHLETES



Name: Will Slaven (Freshman)

SPORTS: Football, Wrestling, Track & Field

SPOTLIGHTS: Will has been a stand out in speed and agility for the Mohawk Program. He has shown continuous effort to improve on a daily basis.



Name: James Kay (Senior)

SPORTS: Football, Basketball, Track & Field

SPOTLIGHTS: James has shown tireless efforts in the weight room, along with speed and agility. He has role modeled great effort for the youth of the Mohawk Program.

COLLEGE PREPARATION

Our Seniors are currently finalizing their collegiate choices. M.F.N will have a highlight issue regarding these Seniors who have helped build the Mohawk Football Program and show their college choices.

While our Seniors are preparing for the next step of life, our Junior's and Sophomore's should be preparing for the college stage. Here are the upcoming dates for the ACT & SAT tests required for college entrance.

TEST	Test Date	Registration Deadline	Late Fee Registration
ACT	April 10, 2010	March 5, 2010	March 6-19, 2010
ACT	June 12, 2010	May 7, 2010	May 8-21, 2010
SAT	May 1, 2010	March 31, 2010	April 15, 2010

You may also visit these web sites to receive more information regarding college entrance testing:

ACT Info - <http://www.actstudent.org/>

SAT Info - <http://www.collegeboard.com/>

SCHOLARSHIP NEWS

Senior All-CIML Offensive Lineman Nick Pappas has signed a National Letter of Intent to play at Augustana College in Sioux Falls, SD. He intends to play Offensive Line for the Vikings. Nick plans to Major in Nursing.

Senior 2nd Team All-Conference Offensive Lineman James Kay has earned the Old Gold Scholarship for \$3,000 a year for 4 years. He has maintained a 3.94 GPA while at MCHS. James will attend the University of Iowa to further his education. He plans to Major in Pharmaceuticals.

These athletes have shown what dedication and hard work can accomplish in the Mohawk Football Community. We would like to thank them for their leadership.

(If you have a senior athlete who has earned a scholarship please e-mail M.F.N the information so we can post their accomplishment.)

CALENDAR OF EVENTS

VARSITY TRACK MEETS:

Place: Iowa State Invitational

Date: Tuesday, March 16th, 2010 – 4:00 P.M.

Place: University of Northern Iowa Indoor Meet

Date: Monday, March 22nd, 2010 – 4:00 P.M.

JV TRACK MEETS:

Place: Newton Invitational

Date: Monday, March 29th, 2010 – 4:00 P.M.

10th GRADE TRACK MEETS:

Place: Wartburg Co-Ed Invitational

Date: March 15th, 2010 -- 4:00 P.M.

9th GRADE TRACK MEETS:

Place: Wartburg Co-Ed Invitational

Date: March 15th, 2010 -- 4:00 P.M.

SPRING BREAK:

Date: March 15th – 19th, 2010

(All sports will be highlighted. They will be included in the newsletters that are sent out during their date of contest.)

IMPORTANT EVENTS

North Iowa Combine

NIACC with the assistance of Mason City and Newman Catholic High Schools will be hosting the North Iowa Athletic Combine. This is a free clinic/testing opportunity for athletes in the North Iowa area and will be held at the NIACC Recreation Center.

Come test yourself against the best North Iowa has to offer.

A flier for the event has been provided with this issue of M.F.N. There is also a link to the registration page on the Mohawk Football Web Site.

MOHAWK HISTORY

TOP 5 ALL-TIME PASSING TD's (SEASON)

1. Brady Foster	30 TD	2002
2. Brady Foster	21 TD	2001
3. Lee Gealow	13 TD	2009
4. Robert Clough	12 TD	2003
5. Ryan Goetzinger	11 TD	2008

TOP 5 ALL-TIME RUSHING TD's (SEASON)

1. Greg Lewis	17 TD	1978
2. Dave Killpack	15 TD	1978
3. Ben Duitscher	12 TD	2003
4. Ryan Goetzinger	10 TD	2008
5. Jess Hugi	7 TD	1999

NUTRITION AVENUE

Setting a Plan for Good Nutrition!

1. Get real and be specific!

Set 3-4 goals that you can stick to! Set up a direct and simple game plan to accomplish these goals in a timely manner.

2. Get prepared!

Throw away your junk and processed foods. Replace them with healthy whole foods, veggies, and water.

3. Get support!

Get a family member or friend to provide strength and support. Have them join in your efforts when possible.

4. Make daily notes!

Keep track of your daily exercise and food intake with a program/notebook. If you fail to plan, you plan to fail!

5. Eliminate Fast Foods!

Fast foods are full of sugars and high calorie content. Try to avoid eating more than 1-2 fast food meals a month.

6. Don't skip breakfast!

Breakfast ignites your metabolism to start the day right. Keep a healthy balance of protein, carbs, & low fat.

7. Eliminate the late-night eating!

If you eat excess calories after 8 pm you wear it in the morning. Have a healthy portioned dinner pre-planned

8. Eliminate caffeine/sugars!

These contents dehydrate the body and are stripped of their nutrients. Use water & low fat milk to complete your meals.

9. Have a healthy mid-afternoon snack!

This helps retain energy for later school periods and after school workouts. Portion out 4-5 smaller meals a day instead of the traditional 3 meals to avoid binging.

Thank you to Reader's Digest: <http://www.rd.com/living-healthy/top-10-nutrition-and-fitness-tips/article14532.html>

COACHES CORNER

Becoming a Coach with the Mohawk Program

Many people have had that dream. Pacing up and down the sidelines for 48 minutes. Making that critical choice that could swing the momentum in one direction or another.

Along with the exciting X's and O's, coaches get to experience the greatest benefit. We get to build the character and values that will mold our student athletes into the great leaders of our communities.

Not everyone gets to experience this emotion. It is not common knowledge how to become a coach in any realm. Some believe you had to be a great athlete in a specific event to be a good coach. A false myth at best. Others believe one must be a teacher to become a coach. Yes, you must be able to be a great teacher. No, you do not need to be a teacher in a school setting.

To become a coach one needs: dedication, passion, an unrelenting work ethic, and at the Mason City Community School District, a Coaching Authorization.

North Iowa Area Community College offers a program to help anyone who wants to become authorized to coach sports on all levels Youth – Varsity. A program that provides benefits well beyond athletics.

Training for the Coaching Authorization includes: ethics, theory, technique, prevention of injury, and understanding of the human anatomy.

Classes can be taken at home over the internet or on-campus at NIACC. To get a full outlook of the program you can visit the links below. We are always looking for leaders to help develop our youth. If you would like any extra information or advice regarding this program please E-mail us at: mohawkfootballnews@gmail.com

Please visit the link below to find out how to register for NIACC's Coaching Authorization Program:

<http://www.niacc.edu/athletics/admin/coachingauth.html>

MOHAWK STATISTICS

2009 TOTAL SCORING LEADERS (non-passing)

1. Lincoln Vorba	WR	48 pts.
2. Chavyea Wilder	FB	42 pts.
3. Lee Gealow	QB	36 pts.
4. Aaron Kacer	K	32 pts.
5. Blake Lybbert	WB	30 pts.

2009 Total Tackle Leaders

1. Travis Mallo	LB	71 tackles
2. Landon Schultz	DE	56 tackles
3. Jacob Peter	CB	55 tackles
4. Tyler Kober	LB	54 tackles
5. Ryan Voves	FS	48 tackles

MOHAWK ELITE CLUB

Attendance monitoring begins March 22nd, 2010!

The Mohawk Elite Club highlights Mohawk Football participants who achieve 100% attendance in the weight room along with speed and agility workouts.

To earn a spot with the Mohawk Elite Club a student athlete must attend 3 weight room workouts and 3 speed and agility workouts each week. Coaches will take attendance to verify those who qualify for the MOHAWK ELITE CLUB.

Any level of participant, 7th grade – Senior can earn a spot with the Mohawk Elite Club. Earning a spot with this club shows a student athletes’ dedication to the Mohawk Football Program and its success. We want to encourage a positive team environment while fostering interpersonal relationships between our players and their coaches.

We do understand that some athletes have a Spring sport they participate in. We will use the weight room attendance of that sport to count towards the Mohawk Elite Club and M.I.A Club. We will work with the coaches of each individual sport to make sure that your son is credited for their hard work during Spring athletics.

PHOTO OF THE WEEK



[Participants of the morning speed and agility program perform a sprint drill.]

M.I.A (Missing In Action) CLUB

Attendance monitoring begins March 22nd, 2010!

The M.I.A Club highlights Mohawk Football participants who achieve less than 50% attendance in the weight room, along with speed and agility workouts. Study shows that program participation ignites team growth and improves individual performance in athletics, academics, and community involvement.

To avoid making the M.I.A Club, a student athlete must attend at least 2 weight room sessions and 2 speed and agility workouts each week. Coaches will take attendance and monitor workout quality to verify those who qualify for the M.I.A Club. A participant may not use a weight room session attendance to make up for speed and agility absence or vice versa without prior permission from the coaching staff.

Sophomores, Juniors, and Seniors will only be able to qualify for the M.I.A Club because of driving limitations to those who do not have a license.

We want our athletes to be working together while building relationships with each other. This will also show who is dedicated to program and the overall success of the team.

CONGRATULATIONS!

Mohawk Football News would like to congratulate all Winter sports participants for their hard work and dedication to the Mohawk Athletics Program! We understand that athletics is an option to each athlete and their dedication is a choice, not a requirement.

M.F.N would like to thank the young men and women of the Mohawk Sports Program who have given their all to make this community a successful environment for each of our inhabitants to enjoy!

MOHAWK HISTORY

Most Wins vs. an Opponent

1. Charles City	NEIC	54 Wins
2. Fort Dodge	CIML	40 Wins
3. East Waterloo	MSVC	25 Wins
4. Des Moines North	CIML	24 Wins
5. West Waterloo	MSVC	21 Wins

Most Wins in a Season

1. Barry Alvarez	1978	11 Wins (SC)
2. Bob Bye	1981	10 Wins
3. Chick Sutherland	1937	9 Wins
4. John Lee	2002	9 Wins
5. 4 Tied		8 Wins