



# Newman Football 2003

“Team Pride” *commitment-responsibility-accountability*

6/5/2003

Dear athlete and parents,

The school year has ended and we are looking forward to the summer months ahead with baseball and softball. This fall's schedule will prove to be another challenge for the Knights. I have some important information to share with you. There will not be another mailing prior to football starting.

**Pride Sheet** - I have enclosed the Newman Football Pride Sheet. Some very important items concerning football, captains, and lettering are included so please look it over closely. Even though it is very similar to other years, please read it again.

**Move Library Books** - The juniors and seniors are asked to help move the elementary library on July 19<sup>th</sup>, starting at 9:00 AM at the St. Joes building. All the books will already be boxed. Our task is to load at St. Joes and unload at the new elementary building. Please mark that date on your calendar. Let me know if you cannot help.

**Fall Camp** - Fall camp information is enclosed. The camp is off campus this year; please see the enclosed information and if planning on attending fill in the form (backside of this letter) and return ASAP.

**Summer Weights/Basketball** - The weight room facility and open gym will be available mornings this summer, 7:00 AM till 10:00 AM, Monday through Thursday. Both facilities will be open during this time period. This schedule will start the first week in June and will run through the first full week of August.

**9<sup>th</sup> grade Weight Lifting Clinic** - There will be a weight lifting clinic and goal setting session for next years 9<sup>th</sup> graders, parents, and anyone interested at 7 PM, June 12<sup>th</sup>, in the weight room. Please plan to attend.

**Fall schedules** - The schedules for the fall are posted on the web site. The schedule varies somewhat from the past so please make note of it. Enclosed are important times and dates.

**Passing Tourney** - The ISU passing tourney is Sunday, June 15<sup>th</sup> (cost \$25). Call me if you plan on attending by this Sunday noon. They offer a varsity and junior varsity tourney. Attending depends if we have enough players and needed drivers and vans. My home phone is 424-5360.

**Personal Growth** - Alcohol, tobacco & chew, and drug use can become a problem for young people. This will be one area of personal growth that will be addressed during our preseason camp this year. We will also address health promotion. There will be a player's and parent's meeting on August 8<sup>th</sup>, 7 PM in the Newman High School Chapel to prepare for the camp, survey the athletes, and review the expectations of everyone for the upcoming season. All players attending camp and participating in football must attend this meeting.

**Academics and Eligibility** - Academics are very important and some students have to work harder than others to do well. We need to keep encouraging them to do their best in the classroom. Rules exist concerning academic eligibility to participate in sports. If you have any concerns please contact the school office or myself.

**Athletic Physical Dates** - Athletes must have a physical to participate in camp and football. No physicals will be done unless the physical form (enclosed) is signed by parent/guardian. All physicals will be done at the Mason City Clinic. Physicals will begin at 6:00 PM and the last check in time is 7:40 PM. Cost is \$25.00 per student. Date are:

Wednesday, July 16: Grades 7, 8, & 9 boys and girls

Thursday, July 17: Grades 10, 11, & 12 and if you missed the previous night

Wednesday, July 23: Grades 10, 11, & 12 and if you missed the previous night

(All monies will be donated to the Newman Booster Club)

I am available this summer if you have any concerns. Athletics provide many benefits for young people but participation requires responsibility of the individual to the team. For more information concerning football go to

<http://www.newmanfootball.com>

No mailing this fall. Please make note of the schedule enclosed. Enjoy the summer.

Sincerely,

Mike Dirksen, Football Coach

dirksmik@niacc.edu or jmdirksen@mchsi.com

home: 424-5360 NIACC office: 422-4245 Cell 430-1230

**Football Release** - If you are going to participate in football this fall please fill in the following form and mail to either the school or to Mike Dirksen, see addresses below.

**Release form for football**

We realize that football is a contact sport and that insurance is our (parent and athlete's) responsibility. Newman and the state of Iowa have eligibility codes that are covered at the beginning of the season or school year. We realize that these exist. We have read the Newman Football 2003 Pride sheet and agree with its contents. We are also aware that a physical must be taken every year and a form filed with the school. This must be done to participate in Football Camp also.

\_\_\_\_\_ Date \_\_\_\_\_  
Student Parent/guardian

**Camp Release** -If you plan on attending camp, please see enclosed information. This form must be filled in and signed to attend the football camp at the Methodist Camp in Okoboji. Include payment of the \$40.

**Release and Medical Authorization for Football Camp**

I hereby assume all risks of camp activity (including property loss or damage, personal injury and death) that may result from any sports camp activity (including residence hall activity and transportation). As parent/guardian, I agree to indemnify, defend and hold harmless Newman Catholic Schools, Newman Football Camp and their coaches, employees, agents, instructors, and all participants in the camp program from and against all liability, including claims and suits at law or inequity, for injury, fatal or otherwise, and property loss and damage which may result from any negligence and/or the student taking part in the camp activities.

In event of injury or illness, I give my consent for medical treatment, and permission to camp personnel to supervise or perform on-site first-aid for minor injuries and to a licensed physician to hospitalize and secure proper treatment (including injections, anesthesia, surgery, or other reasonable and necessary procedures) for the student. I agree to assume all cost related to any such treatment. I authorize my insurance company to pay benefits for the cost of such treatments. I also authorize the disclosure of medical information to my insurance company for the purpose of any claim. I understand that each student must provide his own medical insurance. I also understand that I am responsible for any medical or other charges related to the student's attendance at the Newman Football Camp.

I certify that the student is physically capable of participating in the camp activities. I have disclosed any physical limitations or medical problems that might limit the student's capability to perform under the normal conditions of the camp activities. Newman Football Camp reserves the right to deny anyone the opportunity to participate where question exist regarding a student's physical capability to safely participate in camp activities.

I understand the camp rules and will abide by them. We give the Newman Coaching staff permission to enforce the rules.

PLEASE PRINT

Student's name \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Grade: \_\_\_\_\_

Father's name \_\_\_\_\_ Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Mother's name \_\_\_\_\_ Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Insurance Co. \_\_\_\_\_ Policy #: \_\_\_\_\_

Date of last tetanus immunization: \_\_\_\_\_

Any serious medical conditions (i.e. diabetes, asthma, epilepsy, etc.):

Medications currently taken and for what condition:

Allergies: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

(the above information will be available for update at the Friday meeting prior to the camp)

Please mail form and \$40 fee (if attending camp) to either address below:

Mike Dirksen  
609 N. Madison  
Mason City, IA 50401

Newman Catholic Schools c/o Mike Dirksen  
2445 19<sup>th</sup> St. SW  
Mason City, IA 50401

### Important Dates:

**June 2<sup>nd</sup> – August 7<sup>th</sup>**, Monday-Thursday, 7 AM – 10 AM, Open Gym/Weight room

**June 12<sup>th</sup>**, 7 PM, Weight Lifting Clinic and goal setting session for this falls freshman, parents are encouraged to attend.

**June 15<sup>th</sup>**, passing tourney at ISU

**July 16<sup>th</sup>**, 6:00 PM – 7:40 PM, physicals at Mason City Clinic

**July 17<sup>th</sup>**, 6:00 PM – 7:40 PM, physicals at Mason City Clinic

**July 19<sup>th</sup>**, Move library, start at 9 AM at St. Joes (juniors and seniors)

**July 23<sup>rd</sup>**, 6:00 PM – 7:40 PM, physicals at Mason City Clinic

**August 8<sup>th</sup>**, 7 PM, Newman Chapel, Preseason/Camp players and parents meeting

**August 9<sup>th</sup>–11<sup>th</sup>** Football Camp at Lake Okoboji United Methodist t Camp & Retreat Center, 21413 154<sup>th</sup> Street Place,  
Spirit Lake, IA 51360, 1-866-856-9863, New Hope Retreat Center lodge

**August 12<sup>th</sup>**, Equipment checkout: 7 AM-Seniors, 8 AM-juniors, 9 AM-sophomores and 10 AM-freshman

### **Tentative Preseason Football Practice Schedule**

Different groups may be on the field practicing at different times, on Mondays the updated schedules will be posted. Be sure to set aside the times listed below for football.

8/9/03 Saturday	Camp all day Lake Okoboji United Methodist & Retreat Center - afternoon checkin	
8/10/03 Sunday	Camp all day Lake	
8/11/03 Monday	Camp, Lake Okoboji United Methodist & Retreat Center - morning check-out	
8/12/03 Tuesday	7:00-12:00 equipment & special teams/passing	
8/13/03 Wednesday	7:00-12:00 am practice (helmets/shorts)	
8/14/03 Thursday	7:00-12:00 am practice (helmets/shorts)	
8/15/03 Friday	6:30 Mass St.Joe 7:15-11:00 am practice	6:30-:8:00 pm practice / ST & passing scrimmage / family get together
8/16/03 Saturday		
8/17/03 Sunday		
8/18/03 Monday	7:00-11:30 am Practice (full gear)	6:00 - 8:30 pm Camp grades 6-8
8/19/03 Tuesday	7:00-11:30 am Practice (full gear)	6:00 - 8:30 pm Camp grades 6-8
8/20/03 Wednesday	7:00-11:30 am Practice (full gear)	6:00 - 8:30 pm Camp grades 6-8
8/21/03 Thursday	7:00-11:30 am Practice (full gear)	
8/22/03 Friday	7:00-11:30 am Practice (full gear)	
8/23/03 Saturday		
8/24/03 Sunday		
8/25/03 Monday	6:00 lifting 11 & 12	3:30-6:00 pm Practice (full gear)
8/26/03 Tuesday	6:00 lifting 9 & 10	3:30-6:00 pm Practice (full gear)
8/27/03 Wednesday	6:00 lifting 11 & 12	3:30-6:00 pm Practice (full gear)
8/28/03 Thursday	6:00 lifting 9 & 10	3:30-6:00 pm Practice (full gear)
8/29/03 Friday		3:30-6:00 pm Practice (full gear) scrimmage
8/30/03 Saturday		
8/31/03 Sunday		
9/1/03 Monday		7:00-9:15 pm 10th, 11th & 12th Practice
9/2/03 Tuesday		3:30-5:45 pm Practice (full gear)
9/3/03 Wednesday		3:30-5:45 pm Practice (full gear)
9/4/03 Thursday		3:30-4:45 pm Practice (pads/shorts) / mass [9 @ Garner 6:15] - bus 5:15
9/5/03 Friday		<b>@ Lake Mills bus 4:45</b>

### **Varsity and Non Varsity game schedule as of 6/4/03**

<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>Date</u>	<u>Day</u>	<u>Event</u>
9/5/2003	Friday	@ Lake Mills bus 4:45	9/4/2003	Thursday	[9 @ Garner 6:15] - bus 5:15
9/13/2003	Saturday	Dike-New Hartford	9/8/2003	Monday	[9/10 @ North Iowa 6:30] - bus 4:15
9/19/2003	Friday	Wapsie Valley - Parents Night	9/15/2003	Monday	[9/10 Nora Springs 4:30]
9/26/2003	Friday	@ NU/Janesville - UNI Dome bus 4:15	9/22/2003	Monday	[9/10 Manly 4:30]
10/4/2003	Saturday	Turkey Valley - Mini-cheersleaders	9/29/2003	Monday	[JV Algona Garrigan 4:30]
10/10/2003	Friday	@ Central, Elkader - bus 3:15	10/6/2003	Monday	[9/10 @ Lake Mills 6:30] - bus 4:45
10/18/2003	Saturday	St Ansgar 6:00 PM start Homecoming	10/13/2003	Monday	[9/10 @ Belmont 6:30] - bus 4:45
10/24/2003	Friday	@ RRMR - bus 5:15	10/16/2003	Thursday	[9 Lake Mills 4:30]
10/31/2003	Friday	Denver	10/20/2003	Monday	[9/10 West Hancock 4:30]
			10/27/2003	Monday	9/10 @ Osage 6:30] - bus 4:45
			10/30/2003	Thursday	[9 @ Charles City 6:00] - bus 4:30

**Items of importance concerning the Football Camp at Lake Okoboji.**

- You will need to provide your own bedding, towels, and personal hygiene items. A sleeping bag may also be good to have. Single bunk beds will be provided.
- Bring swimming clothes and enough workout and casual clothes for the three days.
- You will need to arrange rides to bring you to the camp on Saturday, arrive at 1:00 PM dressed to workout. Our first workout will be at 1:30 PM. We check into the lodge at 3:00 PM. We have a bus arranged to bring the students back to Newman on Monday. The athletes can not have a vehicle at camp and we will return as a team. We checkout at 11:00 AM and will stop once on the return trip to eat. Arrive at Newman between 2:00 and 2:30. Directions appear to the right. We will verify exact locations and transportation issues at the Friday meeting mentioned below.
- The athlete will need spending money for vending machines and to eat on the return trip home on Monday.
- Do not bring cell phones to camp, any calls made out of camp will have to be made through Coach Dirksen.
- We will not leave the Methodist campground during the three days at the camp. If a student gets into trouble we will NOT send him home, we will handle all discipline within the camp. The only reason an athlete will leave the camp is in case of extreme illness, severe injury or they get arrested.
- Athletes are encouraged to bring some snacks and drinks of their own. Meals are provided. (If you would like to donate something for the two nights we cook out, contact coach Dirksen.)

Any other specifics will be cover during the Friday meeting prior to the camp, August 8<sup>th</sup>, 7:00 PM in the High School Chapel. If you have a concern now, contact Coach Dirksen.

[dirksmik@niacc.edu](mailto:dirksmik@niacc.edu)  
[jmdirksen@mchsi](mailto:jmdirksen@mchsi)  
 424-5360 - Home  
 430-1230 - Cell  
 422-4145 - NIACC

### Directions & Map

At the Junction of Highway 9 and 71 (Wal Mart) in Spirit Lake, go West on 9 for 1/2 mile. Turn left (south) on 155<sup>th</sup> Street-Travel 2 miles then turn right on 215<sup>th</sup> – North Campus sign is on your left

At the Junction of Highway 9 and 86 (Vic's Corner) – go East on 9 for 2 miles. Turn right (south) on 155<sup>th</sup> Street-Travel 2 miles then turn right on 215<sup>th</sup> – North Campus sign is on your left

Follow the signs to the Welcome Center (Baskerville Dining hall) where you will need to check in unless other arrangements have been made.

**WELCOME TO OKOBOJII**

**Lake Okoboji United Methodist  
Camp & Retreat Center  
21413 154th Street Place  
Spirit Lake, IA 51360  
(712) 336-2936**



**Commitment** – Our athletes need to make a commitment to themselves and each other to being a team. Football is a very physical sport and taking care of your self and becoming stronger, better athlete is what each player needs to do.

***Imagine how good we could be if ...***

*Health (taking care of ourselves, getting stronger, being a good person, ...)*

*Attitude (responsibility, commitment, accountable, ...)*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

...