

TO: Football Family of Waterloo West
FROM: Football Coaching Staff
DATE: January 15, 2010
SUBJECT: OFF-SEASON PROGRAM



Well, the off-season strength and conditioning program is off and running and we have been getting a fantastic turn-out in the weight room. **If we are going to be competitive in the MVC we need to have a great off-season, and we must get stronger and faster.** Strength and conditioning is one of the cornerstones of our football program. Our goal of being the strongest and best-conditioned team in the conference will be a direct factor in achieving a **Mississippi Valley Conference Championship.**

The weight room is open **M/W/F from 5:45 A.M. – 7:15 A.M. and M/TU/TH/F after school**, and there will always be at least one if not two-three football coaches in there to help your son with the workout. Right now we are doing a **three-day-a-week program** that entails working on building some strength and learning the proper technique for all the lifts. We just did our introductions on some of the lifts so each athlete will get a workout booklet that has been put together for them and it will change on a weekly basis. We will also be starting our off-season speed and agility program two days a week in the spring.

A quick reminder that during the off-season our athletes' dedication will be tested. Athletes will be required to earn at least **150 DEDICATED POINTS!** A DEDICATION BOARD will be posted to track results. Athletes earning 150 points by the start of football season will be honored with a helmet decal, picture on football poster, and a dedication point football T-Shirt, which displays his commitment to EXCELLENCE, IMPROVEMENT, and SUCCESS. Attendance is taken every day and for football player **will earn their 150 dedications points** from the off-season workout, he must be in the weight room from **January 10th to August 1st**. The **dedication points** are taken from the dedication point sheet (three days a week are required). This is our second year with the award system, and I'm very excited **to get the 1st stage of our season going.**

I feel honored to lead this program and to represent Waterloo West High School. There are many people and groups that are helping to build the solid foundation of West Football. Our administration is very supportive and they are great people to work with and for. Our athletic director and activities office do a number of things for our student-athletes that are greatly appreciated. Our football parent support group spends countless volunteer hours helping with our team and bus meals, our football banquet, and our Lift-A-Thon and Discount Card fundraiser. I also want to thank our Booster Club for their continued support. It would be difficult to do some things in our program without the support of the Booster Club. All dedication and commitment to our program from the football family is greatly appreciated.

Then there is our coaching staff. I feel quite honored to lead an outstanding coaching staff. They spend numerous of hours with our young men and they are to be commended for their efforts. They are continually working to help our players understand the "Wahawk Way". The coaching staff at West High is looking forward to the 2010 football season and the future of Wahawk football.

As a head coach, I not only see those accomplishments, but I also see all the young men who were dedicated to our program. Whether they were a varsity, junior varsity, sophomore or freshman player, their efforts are all appreciated.

As the head coach of the Waterloo West football program, it is truly an honor to represent West High School.

**Coach Lonnie Moore
& Football Coaching Staff
Waterloo West High School**

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