

CALVERT FOOTBALL



SENECA NEWSLETTER

December, 2010

HAPPY HOLIDAYS

Happy Holidays from the Calvert Football Family!

We wish everyone a safe and happy Holiday Season with your families and close friends.



OFF-SEASON TRAINING

The off-season is where champions are made, and it is not a hidden secret. In December, we will be focusing on lifting and lifting techniques. In January, we will incorporate speed training for everyone.

Anyone grades 7-12 interested in making themselves a better athlete are invited in the weight room. The weight room is open 6:30am and after school on Monday, Wednesday, and Friday.

WE WILL SEE YOU THERE!!!!

Thank you!

I would personally like to thank all the Calvert Family for the support in the 2010 season. I can not express my appreciation and happiness to be part of the Calvert Family.

Coach Fox

**You Always Protect Your Family
GOD FAMILY FOOTBALL**

- Say the right thing
- Do the right thing
- Make good choices and decisions

BECAUSE YOU REPRESENT YOUR TEAMMATES AND CALVERT CATHOLIC SCHOOLS !



2010 FOOTBALL AWARDS CEREMONY

The Awards Ceremony was held on December 5th at the beautiful Camden Falls banquet room.

2010 Special Award Winners:

Brodman Award: Derek Lutz

Wishy Kramer Award: Derek Lutz

Practice Player of Year: Ryan Somers

Leadership Award: Nate Mathias

CO-MVP

Derek Fry

Brandon Ritzler

GOOD LUCK ALL WINTER ATHLETES!

In January NEWSLETTER:

2011 Youth Summer Camp Information

2011 Football Schedule

Coach Fox 567-224-0708 or tfox@calvertcatholic.org

www.calvertsenecas.org

"Brotherhood of Strength"