

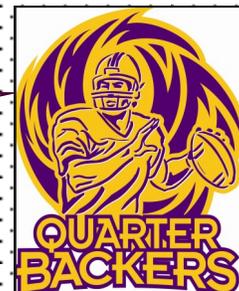
TOMAHAWK TALK

EDITION

NINETEEN



POST SEASON FOOTBALL AWARDS



MMC ALL-CONFERENCE

PLAYERS

FIRST TEAM

Miles Drummond

Running Back & Defensive Back

Jesse Fudge

Offensive Line

Alex Burk

Punter

SECOND TEAM

Kaleb Harmon

Line Backer

Jesse Fudge

Defensive Line

Josh Grove

Defensive Line

CENTRAL MISSOURI

ALL-DISTRICT

PLAYERS

FIRST TEAM

Miles Drummond

Running Back

Alex Burks

Punter

SECOND TEAM

Jesse Fudge

Defensive Line

Kaleb Harmon

Linebacker

Josh Grove

Defensive Line

CURRAHEE! WE STAND ALONE TOGETHER!!!!!!

TOMAHAWK TALK

PAGE TWO EDITION NINETEEN

OFF SEASON WEIGHT LIFTING AND CONDITIONING PROGRAM

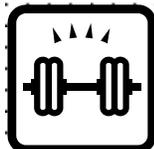
Weight lifting and conditioning the past year or so has been taught as a group activity; designed to instill the spirit of working as a football team. This has been a terrific experience for the players and it is evident that hard work in the weight room pays off.

January 4th, the eighth grade football players who are now involved in the basketball program will join the high school lifting program. As they will be freshmen next year, this will allow them to start building friendships and working with the upper-classmen.

Also after January 4, 2012 the sixth and seventh graders will join the weight program. This was instigated again this year, as our program finally has enough help to teach the younger players to lift properly. Correct work in the weight room as well as nutrition for athletes must be learned at this juncture.

Weight lifting and conditioning students will work in their weight lifting class and those who do not have a weight lifting and conditioning class will work before or after school, as their schedule permits.

Our thanks go to the many coaches who come in early and stay late to help our players from all sports get stronger and more focused on their physical health.



COACH MORRIS OFF-SEASON FOOTBALL PLANNING

Coach Morris has been very busy planning for next year's football team. Most recently he is interviewing each player in his office to discuss their goals, their perspectives on the team and plans for next year.

With the graduating seniors going to College next year, Coach feels it is critical that the upcoming team find its strengths and abilities and start now building goals of their own.



QUARTERBACKERS MEET YEAR ROUND

WE NEED YOU IF YOU LOVE FOOTBALL AND LIKE
PEOPLE AND WANT TO HELP US HAVE FUN!!!

