



panther FOOTBALL



CONGRATS SENIORS

Thanks for your effort and leadership, we are proud of the work you have all done and the TEAM you became. As you finish your HS career and move onto bigger things we know that you will represent *panther* FOOTBALL in a way that reflects the values that are the backbone of the program, good luck in your other sports and future endeavors.

HOLIDAY CLASSIC

November ended with the Holiday Classic, many of you participated and competed. Some highlights were;

Cade McMahon 320 Bench, Sam Britz & Braden Johnson making the 230 club, Pedro Pliego 223 Jump Rope, Adam Clausen 9'2: Long Jump, Jacob Ward 250 clean, Teshaun Pate 255 Clean, Sam Fritz 4.76 40, Gavin Spencer 205 Clean, Jesse Sills 27'2" Triple, Jake McLellan 170 Clean, John LaBelle 250 Bench, Sean Le 4.7 40, Zack Dunbar 4.67 40. It was great to see these guys do well as well as so many others getting new max's. Final Results are posted by the weight room.

TRIMESTER 2

Tri 2 is running full steam ahead, be sure to get off to a good start in the classroom. Being successful in the classroom is similar to being successful on the field, it takes effort and work to get the results you want. Getting a good start means doing your work and preparing for assessments from day 1.

The start of T2 also mean we are getting After-School Wt Room going. If you are not playing a school sport we have After-School Wt Room everyday starting at 3:10. Sign up online through the athletic office.

WINTER SPORTS

panther FOOTBALL has a tradition of multi-sport athletes, we think it is great to get out and compete in other sports. The following players are out for a winter sport this year;

Basketball – Elijah Elkerton, Max Horn, Cyrinus George, Darius Robinson, Zack Dunbar, Joey Sorenson, Kaleb Skelly, Aaron Payne, Tyler Fitzgerald, Evan Fedoravicius, Tossy Johnson-Kelly, Nolan Tuomi, Casey Nill, Mason Johnson, Emma Potratz

Wrestling – Dakota Anderson, Ashton Singer, Nik Strasser, Carter Juetten, James Trutwin, Eric Bratsch, Chris Curtis, Keegan Kaminski, Jacob Ward, John Labelle, Marvin Lamin, Jacob McLellan, Jadon Schwender

Nordic – Cedric L

Swimming – Andrew Ullman, Riley Larson

Hockey – Cade McMahon, JackMcKusick, Alex Klepsa, Erik Schwartz, Blake Holm, Derric Bergman, Sam Fritz, Niko Reimann

If anyone was missed please let Coach Stewart know so you can get added to the list.

Morning Wt Room – if your team is not lifting we have morning wt room on Tues and Fri @ 6:50am

REGISTRATION

Hard to believe but you will soon be registering for classes next year, we encourage you find room for a weight training class on your schedule. If you have questions about which class to take please talk to Coach Schlieff or Coach Stewart.

FINAL THOUGHTS

You've heard the saying "garbage in, garbage out" That can be applied to so many things in life; your music, movies, friends, nutrition, etc. Be mindful of what you are putting in. CHAMPION'S change GIGO to "GOLD IN, GOLD OUT." The quality of your work in practice (input) determines your performance in competition (output). Remember it's about the quality of what you put *into* your practice time.