

PRESTON

FOOTBALL



2018



PRESTON

FOOTBALL

The goal of Preston Football is to provide each player an opportunity to earn success and character development through a quality, positive, and rewarding experience!

A photograph of a football game. In the foreground, a player in a white jersey with blue accents and a white helmet with blue stripes is running with the ball. The word "PRESTON" is visible on his jersey. In the background, another player in a white jersey is visible, and a crowd of spectators is blurred. The text "PRESTON" is overlaid in a large, stylized, yellow-outlined font at the top of the image.

PRESTON

FOOTBALL

We expect ALL our players to be professionals some day. Not professional athletes, but professionals in their career, and we treat them as future professionals!

Football is Brotherhood!

BASKETBALL



WRESTLING



TRACK



VARSITY FC

BASEBALL



Football is Family!

Meet your Biggest Fans!



Football is Fans!



Football is Community!



Football is a Man's Sport!



A true man does what he should do, when he should do it, for the sake of others around him.




Summer Conditioning

Player and Parent Meeting

May 14, 2018 6:00PM

PHS MAIN GYM



***“ It’s not the will to win
that matters – everyone
has that. It’s the will to
prepare to win that
matters.”***

– Paul “Bear” Bryant



Character Development

Summer Conditioning prepares players:

Physically

Mentally


Spiritually

A background image of a gym with various exercise machines and weights. The word "Physical" is written in a yellow, cursive font at the top.

Physical

Physical training is
Diet and Exercise

Diet

- Eat whole grains, lean meats, and lots of vegetables.
- My Fitness Pal 
- Eat as many grams of protein as you want to weigh.



97 JORDAN NIELSEN



Class:
Senior
Hometown:
Lewiston,
Utah
High School:
Sky View

**Height /
Weight:**
6-5 / 275
Position:
DE
Experience:
3L

Exercise

- **Conditioning Times:**
(Lifting on Monday, Tuesday, & Thursday)
 - For now Everyone 6:30-7:30amIf weight room is crowded:
 - Varsity 6:30-7:30am
 - Developmental 7:30-8:30am
- **Players are expected to attend 75% of summer workouts.**

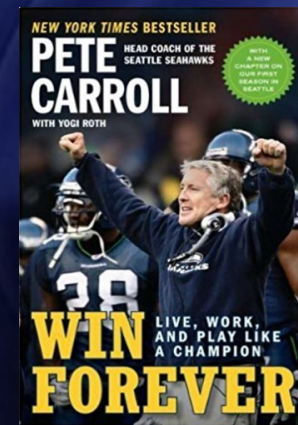
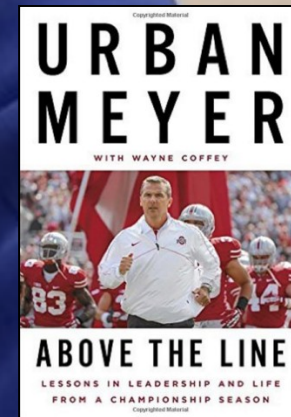
Race Rx_{sm}



Matt Rhea, PhD

Mental

- **“The ability to learn faster than your competitor, is the only true competitive advantage” – Arie de Geus**
- **We believe excellence in the classroom transfers to excellence on the field.**
- **Program Install: Wednesdays at 6:00am**



2016 PHS FOOTBALL IQ EXAM

NAME: _____

1-4 Matching: Draw lines to connect the formations.

1. Right In-Back: O O O O O

2. Left 3-Down: O O O O O

3. Right 3-Down 2-Tight: O O O O O

4. Spread Right In-Back: O O O O O

5-8 Call the play.

9. _____

7-10 Reactions and Reads: draw routes for the following plays.

1. Quarter	2. Quarter	3. Quarter	4. Quarter
5. Quarter	6. Quarter	7. Quarter	8. Quarter

7-10 Linemen: Choose the blocking technique for the listed situations.

7. Start with double team, then one player goes to linebacker if possible.
Straight Side Box

8. Double team back.
Straight Side Box

9. Player crosses opposing lineman and blocks the linebacker.
Straight Side Box

10. Player blocks one on one on the opposing lineman.
Straight Side Box

11-12 Multiple choice: Circle the correct answer.

11. Which formation does the offense return to after each play?
a. Right b. Right In-Back c. Same formation as previous play d. Huddle up

12. What is the signal for the same play?
a. Pulling on Pant leg b. Thumbs up c. Making a check sign d. Pulling pants

14. Which is the signal for no play (in an effort to draw the defense offside)?
a. Pulling pants b. Thumbs up c. Making a check sign d. Thumbs up

15. This word is used by any coach to demand immediate attention of players.
a. Huddle b. Eyes c. Whistles d. Quiet

16. The line signal call to any defensive player tells that player to do what?
a. Catch the player in front of them b. Play no meaning
c. Back in their gap of responsibility d. Switch gap assignments

17. In Base Defense, how many yards from the line of scrimmage are the D, U, A, C, O, B, P?
a. 5, 7, 4, 12 b. 5, 7, 5, 6, 12 c. 5, 7, 7, 12, 3 d. 5, 5, 4, 7, 12

18-19 In the Back

18. What are the three parts to every offensive play call?

19. What is the meaning of the symbol containing the E with football threads above it?

20-23 In the Area

20. Draw in gap responsibility for each player.

O O O O O	O O O O O
E B T J	E B T J
S M W	S M W

21. Draw in run strategies for the QB.

O O O O O	O O O O O
E B T J	E B T J
S M W	S M W

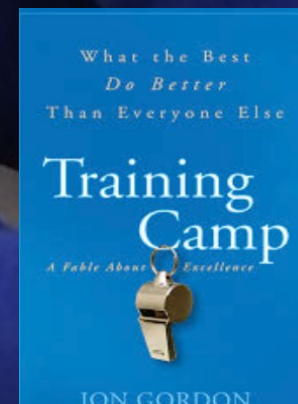
22. Draw in the Defense Box Players and their alignment below, label gaps above.

O O O O O

23. In Man Under Cover 2 defense, circle in the player who is guarding P as he swings.

24. Draw in personnel and coverage area (No Cover 5).

25. Draw in personnel and coverage area (No Cover 3).



Spiritually

- **Developing belief in yourself, coaches, teammates, and the program.**
- **Synergy: 1+1= 3 or more!**
- **Service**
- **Win Forever**



-Pete Carroll
"Win Forever"

Summer Schedule

JUNE

Sun 27	Mon 28	Tue 29	Wed 30	Thu 31	Fri Jun 1	Sat 2
3	4 ● 6:30am Commitment Run	5 ● 6:30am Football - Summer Cor	6 ● 6am Football Fundamentals D: ● 4pm Westside Passing League	7 ● 6:30am Football - Summer Cor	8	9
10	11 ● 6:30am Football - Summer Cor	12 ● 6:30am Football - Summer Cor	13 ● 6am Football Fundamentals D:	14 ● 6:30am Football - Summer Cor	15	16
17	18 ● 6:30am Football - Summer Cor	19 ● 6:30am Football - Summer Cor	20 ● 6am Football Fundamentals D:	21 ● 6:30am Football - Summer Cor	22	23
24	25	26 5am Football - High School Summer Camp	27	28	29	30

Summer Schedule

JULY

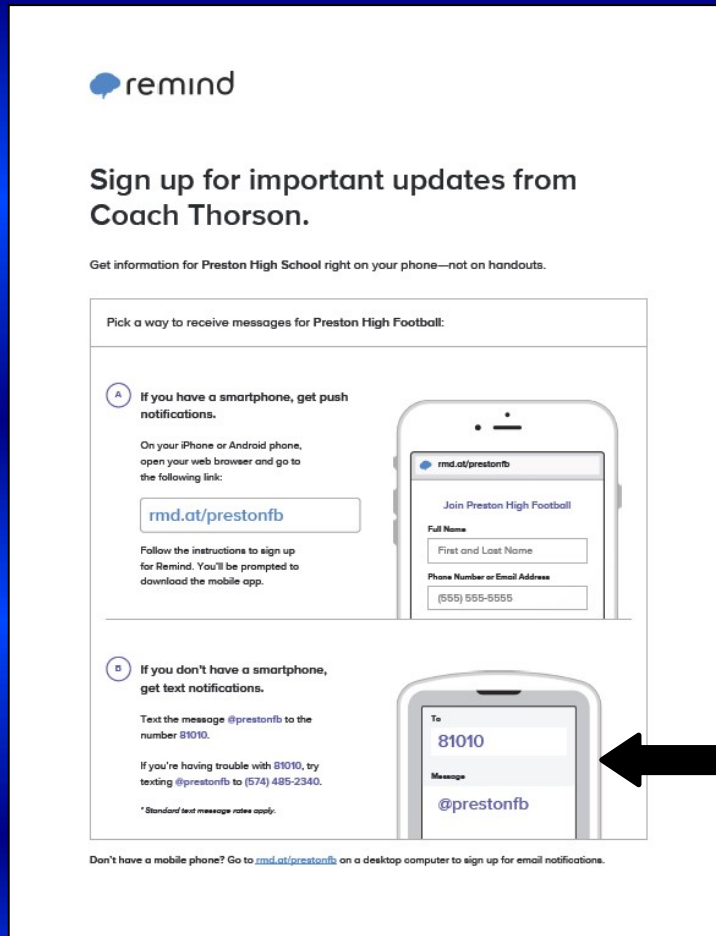
Sun Jul 1	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
8	9 ● 6:30am Football - Summer Cor	10 ● 6:30am Football - Summer Cor	11 ● 6am Football Fundamentals D	12 ● 6:30am Football - Summer Cor	13	14
15	16 ● 6:30am Football - Summer Cor ● 8:30am Football - Youth Camp	17 ● 6:30am Football - Summer Cor ● 8:30am Football - Youth Camp	18 ● 6am Football Fundamentals D ● 8:30am Football - Youth Camp	19 ● 6:30am Football - Summer Cor	20	21
22	23 ● 6:30am Football - Summer Cor ● 8:30am Football - Youth Camp	24 ● 6:30am Football - Summer Cor ● 8:30am Football - Youth Camp	25 ● 6am Football Fundamentals D ● 8:30am Football - Youth Camp ● 5pm Youth Camp Games	26 ● 6:30am Football - Summer Cor	27	28
29	30	31	Aug 1	2	3	4

Contact Information

Sign up to receive texts :

Coach Thorson's Phone Number:

435-881-7167



remind

Sign up for important updates from Coach Thorson.

Get information for Preston High School right on your phone—not on handouts.

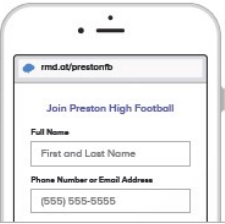
Pick a way to receive messages for Preston High Football:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/prestonfb

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @prestonfb to the number 81010.

If you're having trouble with 81010, try texting @prestonfb to (574) 485-2340.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/prestonfb on a desktop computer to sign up for email notifications.

Text to: 81010

Message: @prestonfb

COST:

Summer Fee: \$125 - Pay by June 4th.

Includes spirit pack, summer camp, Westside passing league, varsity dinners, practice jersey & freshmen equipment bag, etc.

Camp Fee: \$75 - Pay by June 25th.

Camp is in Richfield, UT on June 26th to June 29th.

Pay to Play: \$80 - Pay week of Aug 6th.

Important Information

Register My Athlete

Complete everything but pay to play.

Physical if needed

- May 21st 3:30-6:30 Willow Valley Medical Clinic
- Needed if going into 9th, 11th, or are new to the school

Other Forms

UHSAA Physical Form, Commitment Form, etc.

Summer Conditioning Begins June 4th

with the

Commitment Run

Meet at Johnson Reservoir @6:30 am



Commitment Letter



Preston Football Player Commitment

Player Name _____

As a **PRESTON** HIGH SCHOOL FOOTBALL PLAYER, I am a SON OF RICHFIELD and I will:

- 1) Honor and Respect all of the SONS OF RICHFIELD that have come before me,
- 2) Honor and Respect my TEAMMATES,
- 3) Honor and Respect my COACHES,
- 4) Honor and Respect my TEACHERS and ADMINISTRATORS,
- 5) Honor and Respect my FELLOW STUDENTS,
- 6) Honor and Respect my COMMUNITY,
- 7) Honor and Respect my PARENTS and FAMILY, and
- 8) Honor and Respect WOMEN.

I will achieve this by:

- 1) Treating each and every person with whom I come into contact, with COURTESY, DIGNITY and RESPECT,
- 2) Keeping myself ACADEMICALLY ELIGIBLE to participate,
- 3) Abstaining from the use of ALCOHOL, TOBACCO and ILLEGAL DRUGS,
- 4) OBEYING THE LAW, and
- 5) Preparing myself to DO MY JOB!!! Which means I will:
 - Attend all practices and meetings unless excused PRIOR TO,
 - Practice with Purpose,
 - Study Film,
 - Study Scouting Reports, and
 - Do whatever else is asked by my Coaches, Captains, and Teammates.

I _____, understand and agree that by signing below, if I fail to follow the above CODE, as determined by my Coaches in consultation with my Captains, I am subject to DISCIPLINE or DISMISSAL from the TEAM. I further understand and agree that the decision regarding my DISCIPLINE or DISMISSAL shall be made at the sole discretion of my Coaches and Administrators in consultation with my Captains.

Player Signature/Date _____

Witness Signature/Date _____ Witness Printed Name _____



SUMMER CAMP

in Richfield, UT on JUNE 26-29

2018 FISH LAKE MOUNTAIN
TEAM

FOOTBALL CAMP



JUNE
26-29



RICHFIELD, UTAH

\$15 per player

- An ideal cool summer camp location.
- A variety of lodging options (talk to Coach Thorson).
- Meal options available (talk to Coach Thorson).
- Your own team practice field.
- Gatorade and water stations at each practice location.
- Use of great facilities at a new High School.
- Open weight room.
- Swim provided at the city pool.
- Movie provided at the local Huish Reel Theater.
- Nightly Scrimmages with goal line competition on the last morning.

Call, text, or email Coach Thorson for more information.

(435)-881-7167

eric.thorson@seviersd.org

Youth Camp July 16-18th and 23-25th




Dave Anderson
Richfield Reaper

MOM'S NIGHT Football Clinic




Friday August 10th 7-9pm

Hammer Club 2018



HAMMER CLUB



Name: _____


Requirement	Calculation	Pts.	Coach
40yd Sprint	8 - _____ (seconds) =		
One Step Vertical	.1x _____ (inches) =		
Power Cleans in 2min.	.1x _____ (85lbs. reps) =		
Full Squat Press in 2min.	.1x _____ (185lbs. reps) =		
Burpees in 2 minutes	.1x _____ (each) =		
Sit-ups in 2 minutes	.05x _____ (each) =		
Pull-ups in 2 minutes	.05x _____ (each) =		
Academic	1x ___ (A's) + .5x ___ (B's) - 1x ___ (D's) =		
Citizenship	1x ___ (H's) - 1x ___ (N's) =		
Service	1x _____ (up to 3 hours) =		
Football IQ Review (20/25 required)	.1x _____ (#correct) =		

Complete the Player Biography and interview with Head Coach.


Total _____

30pts or higher is required for Hammer Club membership.

2016



DIAMOND HAMMER CLUB



Name: _____


Requirement	Calculation	Pts.	Coach
40yd Sprint	8 - _____ (seconds) =		
One Step Vertical	.1x _____ (inches) =		
Power Cleans in 2min.	.1x _____ (85lbs. reps) =		
Full Squat Press in 2min.	.1x _____ (185lbs. reps) =		
Burpees for 2 minutes	.1x _____ (each) =		
Sit-ups for 2 minutes	.05x _____ (each) =		
Pull-ups for 2 minutes	.05x _____ (each) =		
Academic 7/10	1x ___ (A's) + .5x ___ (B's) - 1x ___ (D's) =		
Citizenship	1x ___ (H's) - 1x ___ (N's) =		
Service	1x _____ (up to 6 hours) =		
Football IQ Review* (100% Correct)	.1x _____ (#correct) =		

- Complete the Player Biography and interview with Head Coach.
- Serve as a Youth Camp Mentor.
- Summer Conditioning: 75% Minimum Attendance.
- Read the book "Win Forever" written by Pete Carroll.
- Complete WILDMAN Makers at Summer Camp.
- Be a 2015 Hammer Club, or Diamond Hammer Club Member.
- Attend Summer Camp June 27th - July 30th in Nephi, Utah.


Total _____

40pts required for Diamond Hammer Club membership.

2017



Champions HAMMER CLUB



Name: _____

Requirement	Calculation	Pts.	Coach
40yd Sprint	8 - _____ (seconds) =		
One Step Vertical	.1x _____ (inches) =		
Power Cleans in 2min.	.1x _____ (85lbs. reps) =		
Full Squat Press in 2min.	.1x _____ (185lbs. reps) =		
Burpees for 2 minutes	.1x _____ (each) =		
Sit-ups for 2 minutes	.05x _____ (each) =		
Pull-ups for 2 minutes	.05x _____ (each) =		
Academic	1x ___ (A's) + .5x ___ (B's) - 1x ___ (D's) =		
Citizenship	1x ___ (H's) - 1x ___ (N's) =		
Service	1x _____ (up to 6 hours) =		
Football IQ Review* (100% Correct)	.1x _____ (#correct) =		

- Complete all required Diamond Hammer Club Activities
- Participate in at least two RHS Athletic Sports
- Successfully Complete Sally Pushup Challenge
- Present a CATS Standard Presentation to the entire team at summer camp.
- Write 6 qualifying questions for Football IQ Review.
- Deliver an appreciation letter to each spring 2016 teacher, and to parents.
- Be a 2015 Diamond Hammer Club Member.

Total _____

50pts required for Hall of Fame Hammer Club membership.

2017

...some other things to know about the 2018 season.

- **Certain responsibilities and expectations come with being a part of Preston High Football.**
- **Academic Eligibility: No F's, no U's, and a min 2.0 GPA**
- **Intolerant of Alcohol or Illegal Drug Use**

WILDCAT FOOTBALL SUMMER CONDITIONING TO DO LIST:

- **Make sure you are Academically Eligible (Min. 2.0, No F's or U's)**
- **Sign up for texts through remind.com.**
- **Complete Medical Physical if needed. May 21st Willow Valley**
- **Pay the \$125 Summer Conditioning Fee by June 4th.**
- **Pay the \$75 Summer Camp Fee by June 25th.**
- **Attend Commitment Run on June 4th 6:30 am.**
- **Attend 75% of Summer Workouts.**
- **Sign up on Register My Athlete by June 26th. (link on website)**
- **Attend Summer Camp on June 26th – June 29th.**
- **Attend Season Player and Parent Meeting on July 25th.**
- **Attend Mom's Football Clinic Night Friday August 10th.**
- **Pay \$80 Pay to Play Fee by August 6th.**

2018 Season

Player and Parent Meeting

Wednesday July 25, 2018

7:30PM

RHS AUDITORIUM