

PRESTON

FOOTBALL



2018

A photograph of a football game. In the foreground, a player in a blue jersey with "INDIANS" and the number "22" is visible. To his left, a player in a white jersey with the number "7" is running with the ball. Another player in a blue jersey is on the right. The background shows a green field and other players.

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!



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!

*A few more
summer items....*

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 ____ (V'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 ____ (V'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 ____ (V'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

Youth Camp Football Games

July 25th 7:00-9:00pm



Rodeo Days Parade

July 26th – July 28th



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[RODEO EVENTS](#)

[ALL EVENTS](#)

[TICKETS](#)

[ABOUT US](#)

[HISTORY](#)

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That Famous Preston Night Rodeo

July 26th, 27th & 28th, 2018 - Over 83 Years of Tradition

MOM'S NIGHT Football Clinic



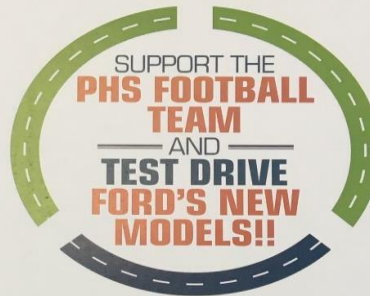
Friday August 10th 7-9pm

FORD – Drive for Your School

August 11th, 9:00am-4pm

FORD
DRIVE
4 UR SCHOOL

FORD
DRIVE
4 UR COMMUNITY



EACH TEST DRIVE EARNS
THE FOOTBALL TEAM **\$20**
TO GO TOWARD PURCHASING
NEW EQUIPMENT UP TO
\$6,000!

WE WILL BE
HAVING BURGERS,
HOT DOGS AND
DRINKS!

WHEN

Saturday, Aug. 11, 2018, from 9am-4pm.

WHERE

WEST MOTOR FORD
801 NORTH STATE ST.

- ◆ Absolutely no pressure to purchase after test drive.
- ◆ Just come learn about the new models and features, and help out our PHS athletes!
- ◆ Must be 18 years old to drive with valid driver's license.
- ◆ Limit one donation per household, but you will be welcome to drive more than one model!

WEST MOTOR
WESTMOTORCOMPANY.COM

801 NORTH MAIN
PRESTON, IDAHO 83263
208-852-3853

Preston High School
Indians Cards!
(Week Before School Begins)

Double Check the SUMMER CONDITIONING TO DO LIST:

- **Make sure you are Academically Eligible**
- **Sign up for texts through remind.com.**
- **Complete Medical Physical if needed.**
- **Pay the \$125 Summer Fee**
- **Sign up with Register My Athlete**
- **Pay \$80 Pay to Play Fee**

Information and Calendar

go to:

prestonindians.org



SEASON

PLAYER AND PARENT MEETING

JULY 23RD, 2018 6:00PM

PHS CAFETERIA

P.R.E.S.T.O.N. *STANDARD*

Prepare, Represent, Excellence

Success, Team, Opportunity, Nobility

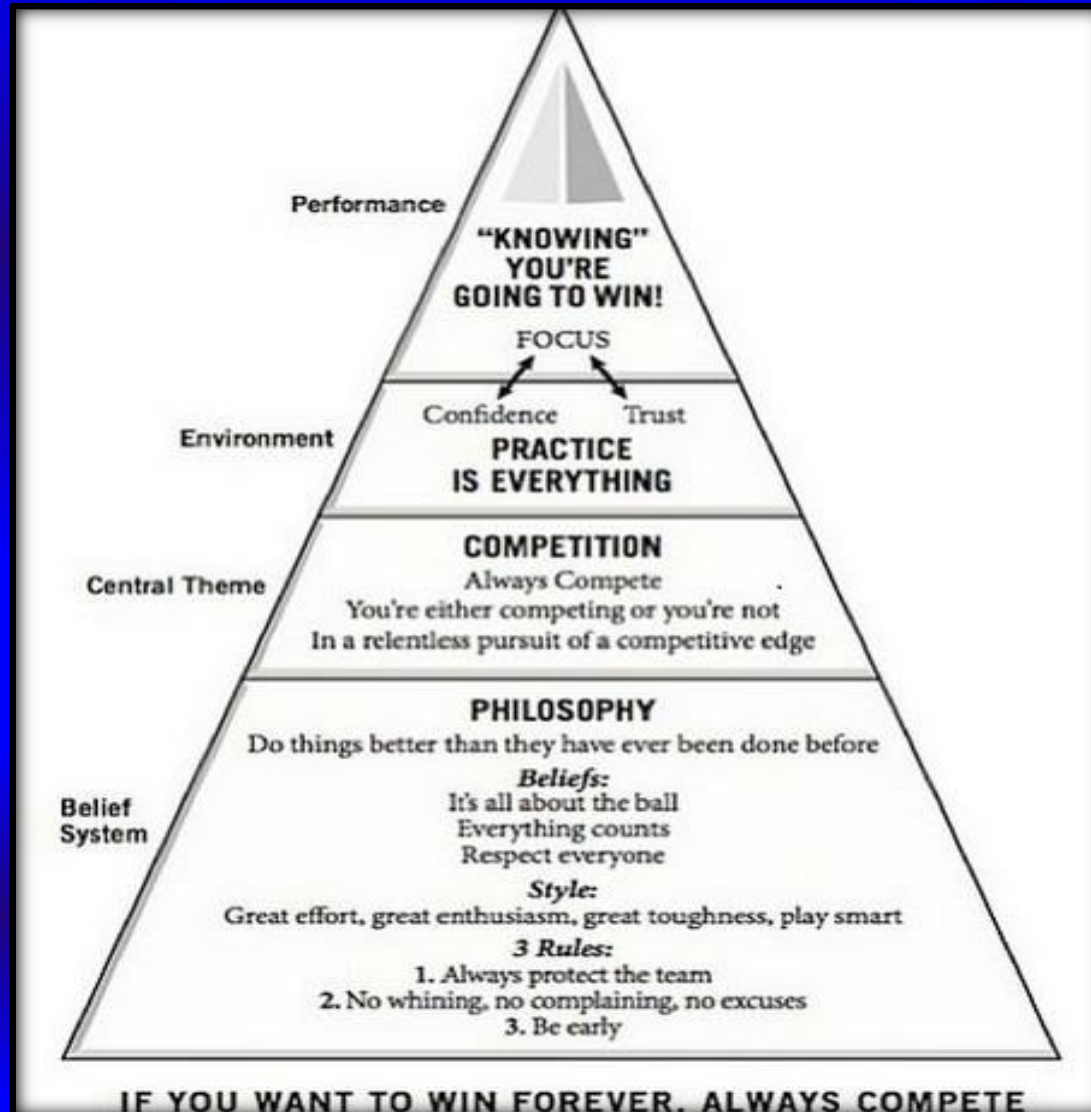
PREPARE

- ***Have a desire to prepare, and expect to do well!***
- ***Hope is not a strategy, believe in miracles not magic!***
- ***“WIN” – What’s Important Now!***

REPRESENT

- ***Respect Everyone!***
- ***Be accountable for your actions!***
- ***Be confident, optimistic, and full of faith!***

EXCELLENCE



SUCCESS

- *Only you know if you did your best!*
- *Play to the best of your ability, not just to be better than your opponent!*
- *Persevere*

TEAM

- ***Brotherhood!***
- ***Your support or lack of support for teammates will determine YOUR success!***
- ***Know what “Football is a Man’s Sport” means!***
- ***Create Synergy and Encourage teammates to do well!***

OPPORTUNITY

- *Appreciate those who support you!*
- *Understand that playing football is a privilege earned through exceptional choices!*

NOBILITY

- ***Inspire other to make good choices!***
- ***Do what you should do when you should do it!***
- ***Have Purpose. Live life intentional!***

Preston Standard: General Rules

1. **Positively represent the community, school, yourself.**
 - a. **Live the Preston Standard**
 - b. **No one is indispensable. Team rights supersede individual.**

2. **Be on time for all meetings, meals, practices, classes, etc.**
 - a. **The official time is on Coach Thorson's phone.**

3. **No drugs or alcohol of any kind.**

4. **In season curfew.**
 - a. **Sunday – Thursday: Home by 9:30 to bed by 10:30. (unless traveling)**
 - b. **Friday – Saturday: Home by midnight.**

5. **Spirit pack shirts and shorts must be worn at all non-padded practices.**

Preston Standard: General Rules

6. Appearance

- a. No jewelry during practice, games, interviews
- b. Thursday dress is collar shirt and tie. (Look your best)
- c. Facial hair neatly trimmed and cut.
- d. Hair should not fall into eyes, or have excessive length below shoulders.



Preston Standard: General Rules

7. Attendance is required at all practices and games.

- a. Mandatory practice begins August 6th.**
- b. Excused absence for emergency must be cleared by your tribe leader or Coach Gilbert (Freshmen).**

8. Obey the laws of our society.

- a. Don't do anything to embarrass yourself, your family, or your teammates.**

Preston Standard: Parental Support

- **Parents and family are encouraged to attend games, and are required to adhere to sportsmanship rules of conduct.**
- **Remember Coaches, Players, and Officials are people and are not perfect.**
- **Preston Athletics reserves the right to un-invite any fan for inappropriate behavior.**
(Help your player focus on things he can control, not distracted by things he can't control)
- **Be wise in your use of social media. Negative social media toward the Preston Indian Program may result in Player suspension or removal from team.**

Preston Standard: Parental Support

- You are the greatest influence on your player. Work to create outstanding individuals to be part of an outstanding organization.
- Encourage your Player to meet challenges.
- Coach Thorson's Office Hours:
 - a. To talk about concerns regarding your son. Any time
(Home life, relationships, grades, etc.)
 - b. To talk about your son's playing time. Tue 7:00pm-9:00pm
(Your son will be present during the conversation)

Website

prestonindians.org

- ***Schedule***
- ***Calendar***
- ***Contact Information***
- ***Important Information***

REMINDER!

To Do

- **Sign player up on:
registermyathlete.com**
- **Pay the pay-to-play fee (\$80)**
- **Complete a Physical Exam if
needed**

BELIEVE!!!