



**January 2015**

**Auburn Mountainview Football**

**Volume 2, Issue 1**

## Upcoming Events:

- **January 25: Passing Academy**
- **February 8: Passing Academy**
- **March 1: Passing Academy**
- **March 2: Passing Academy**
- **March 2: Start of Spring Sports Season**
- **March 27: Booster Club Auction @ Meridian Valley Country Club**

## 2014 Team Summer Camp

*June 26th - June 29th*

*Gridiron of Champions*

*Evergreen State College*

*Cost: \$285*

**Please start saving money in advance for the cost of team camp. We hope to take every player in the program to camp. This camp provides valuable "game-speed" experience for next season.**

**We appreciate your help in sending your son to camp, it truly makes a big difference in the season!**

## AUBURN MOUNTAINVIEW FOOTBALL POST-SEASON AWARDS

This past season was a historic one for Auburn Mountainview football as we reached the state playoffs in our 10-year history, many of our players received post-season awards for their play. Gavin Robertson led the way and became the second ever Auburn Mountainview player to be named 1st Team All-State! In addition to this he was named to the 1st Team All-Area by the Tacoma News Tribune and Seattle Times, Gresch Jensen was also 2nd Team All-Area in these papers. We had multiple players named to the All-SPSL Team—on the first team we had Gresch Jensen (QB), Gavin Robertson (WR and DB), Jason Sele (LB) and Devon Tandberg (K). On the second team we had Ki'jan Weisinger (WR), Trevor Jensen (OL and DL), and Gresch Jensen (DB). Receiving Honorable Mention Recognition were: Bitner Wilson (RB), Ryan Lacey (WR), Vaughn Daggs (WR and DB), Kaleb Bailey (OL), Caleb Arciaga (DL), and Aeron Watson (LB). Nate Hardin was the Special Teams players of the Year for AMHS. The Auburn Mountainview coaching staff was also recognized by the SPSL—Coach Gervais was SPSL Coach of the Year and the assistant coaches were named Coaching Staff of the year. This was a great year for AMHS football!

## WEIGHT TRAINING AND SPEED SCHOOL

*Weight Training: Monday, Wednesday,  
and Friday 2:45pm to 3:45pm*

*Speed School: Tuesday and Thursday  
2:46pm to 3:30pm*

The Weight Room and Speed School are an integral part of "off season" preparation and training. It doesn't matter what sports you play, you can always get bigger, stronger, quicker, more agile and bond with teammates while working hard to improve your overall athletic ability. The myths of weight training making athletes bulky and inflexible are just that, they are myths. Think of the weight room and speed school as pre-hab work. Do the work now and it will help prevent injuries in the future.

## STEVE GERVAIS FOOTBALL ACADEMY

*Sunday Afternoons*

*2:30pm to 4:00pm*

*Auburn Mountainview Gym*

Steve Gervais Football Academy provides players a chance to improve the technique by providing some the best coaching in the area! The cost for Auburn Mountainview athletes is \$20 (half-off the normal price) and is significantly cheaper than other programs in the area. It is important that our QB and WR are there working together to improve their game!

<http://stevegervaisfootball.com/>

## Auburn Mountainview Football

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## It's Not About Me



AMHS Lions  
Football



@AMVFOOTBALL

## BOOSTER CLUB AUCTION

**March 27, 2015 Meridian Valley Country Club**

**We Need Your Help at the 2015 Booster Club Auction**

- Donate Auction Items for Live or Silent Auctions
  - Ideas for Auction Items: Family Movie Night, 5 Days at a Cabin or Condo, Gift Cards, Charter Fishing or Hunting Trip, Golf Green Fees, Auto Detail Basket, Baking or Cooking Class, Gardening Services, Sports Tickets or Memorabilia
- Volunteer to help set-up and take-down the auction items
- Volunteer to help organize, price and keep record of Auction items

If you would like to simply attend this event it is \$35 per ticket and this price includes an amazing dinner!

**CURRENTLY WE ARE LOOKING FOR AN AUCTION CHAIRPERSON—IF YOU ARE INTERESTED PLEASE CONTACT COACH GERVAIS, AS SOON AS POSSIBLE!**

at

[jgervais@auburn.wednet.edu](mailto:jgervais@auburn.wednet.edu)

<http://www.auburn.wednet.edu/Page/1231>

## Spring Sports

***Start: Monday, March 2nd***

*If you are not participating in Soccer or Baseball...you **NEED** to run track!*

Spring Sports begin Monday March 2nd and all athletes should be out for a spring sport. Track is a great complimentary sport for all other sports. If you want to run faster, turn out for track as a sprinter. If you want to jump higher turn out for track and long, triple, or high jump. If you want to be stronger and more explosive, turn out for track and throw the shot, discus and javelin. There is no better sport available to prepare you for football than a great spring of track!

## Coaches Corner

Sport specialization is a **MYTH** that needs to be changed. There is no evidence that proves that by specializing in one sport you are guaranteed success in that sport. Most NFL, NBA and MLB athletes were multi-sport athletes in high school. On the Oregon Ducks Football roster—87% of the players were at least two sport athletes in high school.

Russell Wilson, Collin Kaepernick, and Tom Brady were all drafted by Major League Baseball. LeBron James was an All-State Tight End.

Do not let anyone tell you that specializing in one sport increases your opportunity to get a scholarship. It is a myth.

## Spring Football

***Spring Football will start the week following the State Track Meet and the State Baseball Championship (which we plan on being in)! The first official day of Spring Football is June 1st!***