



March 2015

Auburn Mountainview Football

Volume 2, Issue 3

Upcoming Events:

- **March 22: Passing Academy**
- **March 27: Booster Club Auction @ Meridian Valley County Club**
- **March 29: Passing Academy**
- **April 14: Football Kick-off Meeting in TAM**
- **April 19: Passing Academy**
- **May 20: AMHS Football Open House**
- **May 29 - 31: Spring Sports State Championships**

2015 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!

SPRING FOOTBALL

First Practice: Monday, June 1, 2014

AMHS vs Tahoma Scrimmage: June 13

Second Scrimmage: TBD

Spring Football is rapidly approaching and the coaches have already started preparing for practices. This year Spring Football will only be two weeks long, but because of this shorter amount of time we are planning on practicing each day after school for those two weeks. Per WIAA rule, we are allowed only 20 football practices during the Spring and Summer; therefore it is critical that we have your son at each practice. We will also be participating in two scrimmages, the first scrimmage will be at AMHS vs Tahoma and we are still working on finalizing a second scrimmage. Players are not allowed to participate in these scrimmages unless they have attended 7 spring football practices - so to participate in scrimmages - practice is mandatory.

Successful football seasons start in the Spring!

SPRING FOOTBALL PARENT MEETING

Tuesday, April 14, 2015

7:00pm - TAM

Freshmen Info - 6:30pm

We are going to have our annual Spring/Summer Football Meeting on April 14th. In this meeting we will cover the schedule for Spring and Summer Football and explain the expectations for Auburn Mountainview Football players during these very important next few months. *Attendance for both players and parents is strongly encouraged.*

COACHES CORNER

WEIGHT TRAINING CLASS

Starting last year at AMHS students began to create their own schedules through an on-line scheduling program. This has allowed students to have much greater control over the classes that they take. *Because of this the football coaches ask that each Football Player enrolls into a weight training class next year.* We have seen a tremendous increase in team strength during the last two seasons and increased enrollment in weight training is the reason. Everyday, no matter what your son is doing after school (practice, meeting with teachers) he at least got a workout in during weight training class.

Auburn Mountainview Football

28900 124th Avenue Southeast
Auburn, Washington 98092

Phone: 253-804-4539

Fax: 253-876-2507

E-mail: jgervais@auburn.wednet.edu

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 \$40 per ticket and this price includes an amazing dinner!

If you want additional information please contact:
Auction Chairperson - Mary Wilson (marywilson83@aol.com)

or

Coach Gervais (jgervais@auburn.wednet.edu)

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

NCAA REQUIREMENTS

2.3 GPA or TAKE A KNEE

Informational Meeting - May 13th

The NCAA has established new requirements for athletes to be **ELIGIBLE** to receive an athletic scholarship directly out of high school. Due to these changes the football staff is going to host a "Junior/Senior Night" meeting for players that are interested in playing football at the next level. We will cover registering for the NCAA Clearinghouse, NAIA Athletics, academic requirements, summer camps and creating HUDL highlight videos. We will also be available to answer any questions about the recruiting process.

Remember - you and your son need to have realistic expectations when starting this process.

Auburn Mountainview Sports Medicine

Safe School - 1st Team Honors

The Auburn Mountainview Sports Medicine program *became the first school in the State of Washington to receive this honor*. Players need to consult with our trainers in the event of an injury, sometimes a little preventive taping can make the difference between a minor injury and a serious one!

STEVE GERVAIS FOOTBALL ACADEMY

Sunday Afternoons - 2:30pm to 4:00pm

Auburn Mountainview Gym

We have had numerous Auburn Mountainview Football Players in attendance at these training sessions, but we could always use more! Remember, they are every other Sunday leading up to the start of Spring Football. Great players and teams are made during the offseason!

<http://stevegervaisfootball.com/>