

THE EXTRA POINT

**1999, 2002 & 2009 State Champions * 2001 & 2005 State Runner-up **
Badger Conference Champions – 1998* 1999 * 2000 * 2001 * 2003 * 2004 * 2005 * 2006 *
2007 * 2008 * 2009

2010 Warrior Football Schedule of Events

- ⇒ **Sun. May 16th 5:30 p.m.** - Incoming Freshman Football Players and Parents Meeting (current 8th grade players and their parents). Please report to the HS Commons at 5:30 to pickup materials and Annual Fundraiser information. Immediately following at **6:00 p.m.** meeting with Coach Rice will be held in the PAC.
- ⇒ **Sun. May 16th 6:15 p.m.** - HS Football Players and Parents Meeting.(current players grades 9 - 11) . Report to the Commons to pickup Fundraiser and schedule details. Starting at 7:00 p.m. there will be a mandatory meeting held in the PAC for the current players and their parents.
- ⇒ **Sun May 16th 5:30 p.m.** – 2010 Senior Player Parents Meeting. Meeting for all Senior player parents to discuss the special events and issues for the senior players. Meeting will be held in Coach Rice's classroom before the other meetings in that evening.
- ⇒ **Sun. June 6th** - Senior Player Meeting. At H.S., 7:00 p.m.
- ⇒ **Fri. June 11th** - 2nd Annual TDC Golf Outing at The Meadows in Waunakee.
- ⇒ **Mon. June 14th** - Summer weight room program starts! Sessions start at **8 a.m. (M-F), 1 p.m. (M-F), and 4 p.m. (M-Th)** at the H.S. weight room and gym. **All 2010 players (current 8th through 11th) are expected to participate in this program.**
- ⇒ **Thurs. July 8th** – Varsity Contact Day, 8-11p.m.
- ⇒ **Sun. July 11, 18, Aug. 1. - High School Passing League.** All H.S. QB / RB / WR / TE / LB / DB can attend. Time is 7-8 p.m. behind the Intermediate School — Separate groups for Freshmen, Sophomores, and Juniors / Seniors
- ⇒ **Mon. July 5, 12, 19,** – O line Mini camps - All HS OL+TE's can attend 7-8p.m. @ H.S.
- ⇒ **Tues. July 6, 13, 20-** Specialist mini camps-All HS Kickers,Punters, Holders, Long snappers and Return men. 7-8p.m. @ H.S.
- ⇒ **Sat. July 17th** - Shrine Bowl in Oshkosh - Titan Stadium - 7:00 p.m.
Featuring: Jake Irwin, Mitch Severson and Darren Anderson.
- ⇒ **Mon. July 19th - Thurs. July 22th** - Warrior Pride Youth Football Camp at Waunakee High School -1:00 - 4:00 p.m. each day. Players entering grades 5-8
- ⇒ **Mon. July 26th - Thurs. July 29th** - **Gridiron Football Camp** at Sun Prairie High School. 9:00 a.m.— Noon. For Grades 9 - 12. Carpool leaves from the H.S. at 8:15 a.m. each day ! Bus provided for Freshmen / Sophomores without transportation.
- ⇒ **Week of Aug 2nd** - Max Testing during weight room hours. (Bench, Squat, Cleans, and 40's)
- ⇒ **Mon. Aug. 9th** - Varsity / JV / Freshmen equipment issued. Details and times to follow in summer announcements and website (www.waunakeefootball.com).
- ⇒ **Tues. Aug. 10th** - Varsity / JV Football practice starts. Details regarding preseason practice schedule in the summer letter.
- ⇒ **Mon. Aug. 16th** - Freshman Football practice starts at **3:30 p.m.** Details to follow in the summer letter.
- ⇒ **Thurs. Aug. 19th - ANNUAL KICKOFF POTLUCK.** All parents and players in grades 9 - 12 are invited.
Mandatory Parent Meeting Starts at 5:45pm in the H.S. Commons



WAUNAKEE WARRIOR FOOTBALL WEB SITE : WWW.WAUNAKEEFOOTBALL.COM
A GREAT PLACE TO BOOKMARK FOR CURRENT WARRIOR FOOTBALL INFORMATION AT ALL LEVELS !!

Meeting Dates for Warrior Football Players

The meeting date for all upcoming players and their parents will be Sunday May 16th. The calendar on Page 1 details the various meeting times. In the past there were separate meetings with players and parents. To ensure effective communication between the Football staff and its players and parents, joint meetings will be held. Please be sure to attend these meetings to learn about the expectations of the players and necessary fund raising information to continue the development of the program as well as important schedule issues for the summer and fall.

WARRIOR WEIGHT ROOM INFO

The weight room is open to all athletes before school 7:00 - 8:00 a.m.; during study halls; and after school 1:45 - 6:00 p.m. Monday through Friday. Some players also have the privilege of signing out of their study halls after the first 30 minutes to use the weight room, and others lift during their Advanced Fitness course. Our expectations are that players in a co-curricular lift a minimum of twice a week, and players not involved in a co-curricular lift four times a week. This will not only help improve your chances of being a successful football player, but will also help with any other sport you are competing in!!

PARENTS— The coaching staff provides weight programs, instruction, support, and supervision. At least one football coach is available at each lifting session, donating their time so your son has the opportunity to properly prepare for the fall season as well as his other sports.

Encourage your son to begin lifting if he is not, and to keep at it once he begins. Like most things in life, for positive results your son will need to be patient and consistent in his attendance. This winter saw many athletes—especially this year’s 10th and 11th graders—get off to a tremendous start in the weight room. Their dedication and hard work will be very evident during Max Testing. We would encourage the 9th graders and those who have had less consistent attendance to make frequent weight room visits a priority for the rest of the off-season. There is a direct correlation between the strength, speed and agility acquired in the weight room and our success — both individually and as a team.

Coach Rice

All players should register for Summer Weight-Lifting through summer school enrollment — at the H.S. Office this spring!

A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done.

- Vince Lombardi

SUMMER WEIGHT ROOM SCHEDULE

Hours	Group	Days/Week
8:00-10:00 am	High School	Monday-Friday
11:30am - 1:00pm	Middle School	Monday-Friday
1:00-3:00pm	High School	Monday-Friday
4:00-6:00pm	High School	Monday-Thurs.
6:30– 8:30 pm	Alumni	Monday-Thurs



Waunakee High School
Football Schedule—2010

Varsity 2010 Schedule

Date	Opponent	Site	Time
Friday 8/20	Scrimmage @ Verona w/Oconomowoc	Away	7:00 P.M.
Friday 8/27	Fort Atkinson High School (Parents Night)	Home	7:00 P.M.
Friday 9/3	Milton High School	Away	7:00 P.M.
Friday 9/10	Baraboo High School	Away	7:00 P.M.
Friday 9/17	Mount Horeb High School (Youth Night)	Home	7:00 P.M.
Friday 9/24	DeForest High School	Away	7:00 P.M.
Friday 10/1	Reedsburg Area High School	Home	7:00 P.M.
Friday 10/8	Stoughton H.S.(Homecoming)	Home	7:00 P.M.
Friday 10/15	Portage High School	Away	7:00 P.M.
Wednesday 10/20	Sauk Prairie (Senior/Cancer Awareness)	Home	7:00 P.M.
Tuesday 10/26	WIAA Level 1 Playoff	TBA	TBA
Saturday 10/30	WIAA Level 2 Playoff	TBA	TBA
Saturday 11-6	WIAA Level 3 Playoff	TBA	TBA
Saturday 11-13	WIAA Level 4 Playoff	Neutral Site	TBA
Friday 11/19	WIAA State Finals	Camp Randall	1:00p.m.

Varsity Reserve 2010 Schedule (Subject to Change.)

DATE	OPPONENT	SITE	TIME
Saturday 8/28	Oconomowoc	Home	10:00 A.M.
Saturday 9/4	Middleton	Away	9:00 A.M.
Saturday 9/11	TBA	TBA	9:00 or 10:00 A.M.
Saturday 9/18	Sun Prairie	Home	9:00 A.M.
Saturday 9/25	Monona Grove	Home	9:00 A.M.
Saturday 10/2	Verona	Away	9:00 A.M.
Saturday 10/16	Sun Prairie	Away	9:00 A.M.

Junior Varsity 2010 Schedule

DATE	OPPONENT	SITE	TIME
Friday 8/20	Scrimmage @ Verona w/Oconomowoc	Away	5:00 P.M.
Thursday 8/26	Fort Atkinson High School	Away	6:45 P.M.
Thursday 9/2	Milton High School	Home	6:45 P.M.
Thursday 9/9	Baraboo High School	Home	6:45 P.M.
Thursday 9/16	Mount Horeb High School	Away	6:45 P.M.
Thursday 9/23	DeForest High School	Home	6:45 P.M.
Thursday 9/30	Reedsburg Area High School	Away	6:45 P.M.
Thursday 10/7	Stoughton High School	Away	6:45 P.M.
Thursday 10/14	Portage High School	Home	6:45 P.M.
Tuesday 10/19	Sauk Prairie High School	Away	6:45 P.M.

Freshman 2010 Schedule

DATE	OPPONENT	SITE	TIME
Thursday 8/26	Scrimmage @ Fort Atkinson	Away	5:00p.m.
Thursday 9/2	Milton High School	Home	5:00 P.M.
Thursday 9/9	Baraboo High School	Home	5:00 P.M.
Thursday 9/16	Mount Horeb High School	Away	5:00 P.M.
Thursday 9/23	DeForest High School	Home	5:00 P.M.
Thursday 9/30	Reedsburg Area High School	Away	5:00 P.M.
Thursday 10/7	Stoughton High School	Away	5:00 P.M.
Thursday 10/14	Portage High School	Home	5:00 P.M.
Tuesday 10/19	Sauk Prairie High School	Away	5,00P.M.

Freshmen Reserve Schedule to be announced at a later date.

Warrior Football Fund Raiser

For the 2010 football season the Touchdown Club will again be offering a raffle as our main fund raiser. We will again be offering a wide range of prizes. In the past we have had items such as Brett Favre and Packers' autographed items, golf passes, Packer and Badger tickets, high tech items and numerous prizes from Waunakee businesses - along with football merchandise from the Badger Conference Champion Waunakee Warriors. There are lots of great prizes this year!

The raffle tickets will again sell for \$10 each, and each football player's family will be encouraged to sell a minimum of 20 tickets. The deadline for selling tickets and returning money to your Raffle Team class representative is **Sunday, July 25th**. More tickets are always available to those great salesmen and we strongly encourage you to sell more than the minimum. More details along with the raffle materials will be distributed to you at the meeting this spring – be sure to attend and start selling early.

Each grade level has class representatives (parents) who will be collecting the money and the completed raffle ticket stubs. If additional tickets are needed, or if there are any questions, contact your class representative. They will be keeping in touch throughout the summer. **Please keep in mind that all the proceeds from the sale of the raffle tickets goes directly to benefit your football program throughout the year. Your help and cooperation will be greatly appreciated!**

Gridiron Camp Dates & Times

REMINDER — the 2010 Gridiron Camp will be held from July 26th — 29th (Monday—Thursday) from 9:00 a.m. to Noon at Sun Prairie High School. Carpool will leave HS at 8:15 am daily. Mark your calendar and plan to attend.

The EXTRA POINT

Waunakee Touchdown Club
c/o Coach Rice
612 Worthington Way
Waunakee, WI 53597

Waunakee Warriors

**1999 , 2002 & 2009 STATE CHAMPIONS
2001 & 2005 STATE RUNNER-UP
BADGER CONFERENCE CHAMPIONS
1998-1999-2000-2001-2003-2004-2005-2006-
2007-2008-2009**