



Dear Bear Parents,

March 2nd, 2009

It was an honor to be selected as the 4th Head Football Coach at Winter Springs High School. We are very excited about the upcoming season. Our goal this year is to be the 1st Football District Champions in Winter Spring's history.

The mission of the Winter Springs Football Program is to develop student-athletes that strive to be champions on and off the field. We will teach the soundest fundamentals, schemes and techniques found in football today. We will strive to join together as one unit, through the wins and the tough times.

We will achieve these goals through a number of incentive programs, team building activities, and good old fashion work. Below are some of the incentive programs we have begun:

Grizzly Program – football players will earn their name on the back of the jersey. Players need to complete 80% of the offseason workouts, participate in practice the first day in the fall, and move up at least one Power Club over the summer.

Bear Power Clubs – each month players will strive to move up a weight class in bench press, squats, and power cleans. Athletes who lift minimums of all on the three will be placed in clubs and have their names written on the Bear Power Club board in the weight room.

Kodiak Testing – comprehensive fitness tests (agility, speed, power and strength) in the spring and fall to gauge the overall development of our players. Top Players will have their picture posted in the weight room. The highest scorer will be named **King Kodiak**.

We want to communicate with you regularly and wish to start a newsletter, please send your email address to jeffrey_wenstrom@scps.k12.fl.us. A spring calendar will be available within the week. Also, the Football schedules for the fall are available on the school website.

The vision of the Winter Springs Football Staff is to build a program that is a source of pride for the school and community. We look forward to working with you and your family.

Sincerely,

Jeff Wenstrom
Head Football Coach
Winter Springs High School
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