



FALCON FOOTBALL

Torrey Pines High School

FAST FALCON FACTS

I know that teenage boys are not always the most talkative people when you ask them about their day, so this is just a small portion of what has been transpiring in and out of football PE.

- **Speed and Agility:** We are very fortunate to have former NFL LB Robert Thomas working with our athletes during a portion of 6h period. We coached Robert in an All-Star game years ago, and have maintained a great relationship with him, and are very excited with the work he is doing.
- **Lifting:** We test and track three core lifts: Bench, Squat, and Clean. Thus far, in our **three lift total**, we have 8 players over 800 pounds, 1 player over 900 pounds and 4 players with a total over 1000 pounds. We are very happy with the hard work and impressive strength gains made this spring and are looking forward to a final max test in the late spring. Coach Doerrer and I would like to thank all the parents for helping athletes plan and prepare great lunches and school time snacks each day. We can see the results in the weight room.
- **Lifting Part 2:** We have players who have earned T-shirts (and quite a few who are close):
 - 300 lb Bench: Murray, Wilburn, Barnes
 - 400 lb Squat: Kim, Barnes, Wornham, Harwood, Lee, Wilson
 - 500 lb Squat: Murray, Wilburn
 - 285 lb Clean: Murray
 - 1000 lb Club: Murray, Wilburn, Kim, Barnes



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- A Leadership meeting was held. A packet for them to refer back to was distributed. We also spoke about our football program's core beliefs.

GET IT DONE

1. POSSESS INTEGRITY

2. FAMILY

3. STEP UP

4. HARD WORK

5. ATTITUDE

6. POSITIVE IMPACT

- Lunch time position specific meetings. Our Quarterback's have been meeting weekly since February, and the other positions are getting under way.
- It is my pleasure to introduce a few new coaches to the Falcon Football Family:

DL: Ron Gladnick: Ron coached in our Freshman Program last year and also helped on Friday nights from the press box. Ron has 5 years coaching at the college level and 4 years at the HS level. He is in Hillsdale College's hall of fame.

DB: Ryland Wickman: Ryland has coached HS football for 4 years. He is a teacher on campus and we are very fortunate to have him. Ryland played 4 years at Sacramento State and 6 years in the CFL.

TE: JJ Hair: JJ is a fixture on campus as a Substitute Teacher. JJ played HS football in the orange county area and played TE at UCLA. This is JJ's 3rd year coaching HS football.

QB: Chris Chandler: Chris is a 17 year NFL veteran, and all-pro quarterback. We are very excited to have him in our program. This is the first year coaching for Chris.

OL: Josh Mihalinec our Assistant Head Coach is going back to the OL that he coached for 4 years.

UPCOMING EVENTS IN FALCON LAND

- Coach Doerrler led talk regarding the dangers of drugs and the negative effects on young athletes
- Varsity one-on-one interviews with me will be taking place towards the end of the year/summer. Each prospective football player must meet with me for an “interview”. We feel that this is very real world applicable. Not only do we discuss football, and goals, but we also go over tips for interviews and I critique their interview with them at the conclusion.
- Spring football. We will have 15 practices that will run from 3-6. These practices are without pads, and they culminate in a flag football spring game. It is a great time for the younger players to learn the offense and defense, and for the older players to work on skills that need to be improved.
 - We will also be having a Parent meeting and barbecue between the J.V. and Varsity Games.
- Summer Passing League: We have weekday games and the Varsity also participates in three tournaments. They are 7 vs. 7 non-tackle contests. There are no linemen, and it is a great chance for the defense to work on pass defense and for the offense to work on its passing game.
- We will continue to use the internet based video highway for athletes to watch their opponents and game film on any computer via a secure internet site. It will also allow those who wish to “star” any play to use at a later date for a recruiting DVD (or to send to family members who did not have the opportunity to see them play 😊.)

We are working hard and are looking forward to spring football.
Hope this helps the dinner time conversation 😊

Scott Ashby
Head Football Coach
Torrey Pines High School