



LANCER

FOOTBALL MONTHLY

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2018 Football Schedule

8/24	A	Amanda-Clearcreek
8/31	H	TBA
9/7	A	Bloom Carrol
9/14	H	Northridge
9/21	A	Heath
9/28	H	Licking Valley
10/5	A	Licking Heights
10/12	H	Granville
10/19	A	Watkins Memorial
10/26	H	Utica

Elite
Mental
Toughness

LANCERS RECOGNIZED AT FALL AWARDS BANQUET



Several Lancers were recognized for their efforts on the gridiron at the recent High School Fall

Banquet.

Three-year letter winners include Seniors **Christian Fahy (WR-OLB)**, **Austin Givens (OL-DL)**, **David Moody (FB-LB)**, **Baily Orr (OL-DL)**, **James Waters (OL-DL)**, **Josh Yost (WR-OLB)**, **Zach Luden & Junior Dane Black (OL-DL)**.

Second year letter winners include Seniors **Tyler Keyes (OL-DL)**, and **Tristan Warthman (WR-DB)**. Juniors **Mason Albanese (OL-DL)**, **Jacob Maynard** and **Sophomore Connor Vierstra (QB-FS)**.

Receiving their first Lancer letter were **David**

Hunt (Sr.), **Jimmy Wright (Sr.)**, **Ryan Gay (Jr.)**, **Levi Hissong (Jr.)**, **Aiden Taylor (Jr.)** and **Freshmen Zeb Mansker**.

Players were also recognized with six coaches awards:

Offensive MVP

Tristan Warthman (Sr.)

Defensive MVP

David Moody (Sr.)

Most Improved

Jacob Maynard (Jr.)

Leadership Award

Connor Vierstra

Sr. Academic Award

Zach Luden (Sr.)

Lancer Award

Zaven Boland (Jr.)

Passing Leaders

C.Vierstra	132-222	1,694
T.Warthman	3-5	44

Rushing Leaders

T. Warthman	54-242
C. Vierstra	78-154 1 TD
D. Moody	56-146 1TD

Receiving Leaders

T. Warthman	41-637	2 TD
Z. Boland	38-490	6 TD
J. Yost	24-172	2 TD
D. Moody	11-130	1 TD
Z. Luden	10-116	

Defensive Tackle Leaders

D. Moody	68
J. Yost	55
C. Vierstra	49
T. Warthman	33
L. Hissong	31

EMT FOOTBALL MOTTO



EMT stands for **Elite Mental Toughness**. At Lakewood our goal is to build a better football athlete both physically and mentally.

Mental toughness describes the mental state of athletes who persevere through difficult sport circumstances to succeed.

As part of our program, EMT will be a priority during both the in-season and off season. Specific

workouts and situations will be designed to promote and improve this gritty skill. Part of our success will be determined by improving our teams mental toughness.

EMT logos and sayings will be a part of the Lancer culture though out the program.

LANCER ELITE ACHIEVEMENT CUP COMPETITION



Starting this academic year the Lancers football program will begin a new tradition

built around the importance of academics.

The ELITE Achievement Cup is a yearly competition between the football grade levels to promote the commitment to academics, community and the process of building a winning football program.

The competition is made up of five categories that include:

GPA Average

School Attendance

School Discipline

Community Service

Lancer Commitment

At the end of each grading period each category will be calculated by grade level and ranked accordingly. First place will receive 5 points, Second place will earn 3 points and third place will collect 1 point.

Grade levels will then be ranked each grading period. At the end of the school year, the grade level with the highest points will have their graduation year engraved on the cup and other incentives.

The cup will be displayed in the football locker room as a reminder of our commitment to the ELITE qualities of becoming a successful student athlete both on and off the field. Standings to be posted soon!

Lakewood Alma Mater

As voices ring bright with cheer

We hear our Lakewood loud and clear

We feel the peoples' unity

Their shouts express their loyalty

As time rolls on in golden haze

We'll remember high school days

We will try to do our best

For our dear old L. H. S.

ALL-CENTRAL DISTRICT SELECTIONS



Lakewood was represented this year at the district level with five players making the list.

Senior WR **Tristan Warthman** was named to first

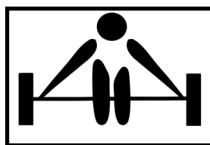
team. Warthman had 41 receptions for 637 yards & 2 touchdowns. He also rushed for 242 yards, threw for one touchdown and had 33 tackles defensively.

David Moody was a 2nd team selection and led the lancers in total tackles with 68 while also rushing

for 168 yards & hauling in 11 receptions for 130 yards.

Quarterback, **Connor Vierstra**, Junior Wide Receiver, Zaven Boland & Junior Offensive Lineman Dane Black were selected as Honorable Mention All-Central selections.

WINTER LIFTING & CONDITIONING BEGINS DECEMBER 4TH



Football specific lifting and conditioning

will begin **Monday December 4th**. All current and new players interested in playing for the Lancers next fall need to attend the sessions.

Sessions will be held on **Monday, Wednesday Thursday & Saturday**. Players can select from a morning session that runs from **5:30 a.m. -7:00 a.m.** or afternoon sessions from **2:45 p.m.-4:15p.m.** **Saturdays session will be from 10:00-12:00.**

Athletes only need to select one session daily during the off-season. Monday, Wednesday & Thursday will be a structured football specific lifting & conditioning routine.

Saturday lifting will be an open format and is optional for the athletes.

LANCERS ALL-CONFERENCE SELECTIONS ANNOUNCED



Five Lakewood Lancers were named to the LCL-All-Buckeye team.

Senior WR **Tristan Warthman** was named to first team. Warthman had 41 receptions for 637 yards and 2 touchdowns. He also rushed for 242 yards and threw for one touchdown. He also had 33 tackles defensively.

Quarterback, **Connor Vierstra** was selected to the second team. The Sophomore

threw for nearly 1,700 yards while completing 132 of 222 passes 11 touchdowns and 12 interceptions.

Senior David Moody, Juniors Zaven Boland & Dane Black were Honorable Mention selections.

David Moody led the lancers in total tackles with 68 while also rushing for 168 yards and hauling in 11 receptions for 130 yards.

Junior **Zaven Boland** was second on the team with 38 receptions for 490

yards and a team leading 6 touchdowns.

Junior **Dane Black** was a 10 game starter on the offensive line and recorded 28 tackles defensively from his defensive line position. Additionally, he was selected nine times as a team captain and was a constant on the Gold accountability chart.

Warthman will be honored at the LCL Banquet on **Sunday November 19th** for his first team selection.

LANCER FIGHT SONG

On ye Lancers, On ye Lancers

On to victory

Show your spirit, show your courage

Show your loyalty

On ye Lancers, On ye Lancers

Fight with all your might

We're behind you all the way

So fight, fight, fight!

FOOTBALL HISTORY INFO NEEDED



Coach Lee is currently looking for any information pertaining to Lakewood Football History. This includes statistics, pictures, paper clippings, news articles, award recognition, coaching records,

traditions, former captains or general stories about the program. Information received will be used to provide an awareness & connection for present players to past successes. This will include locker room and football facility displays, newsletters and social

media inserts. Currently, Coach Lee has gathered significant information up to 1989. Information from 1990 to the present has not been collected.

Please forward any information to Lakewood High School in c/o Coach Lee or email him at jlee@laca.org.

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END OF YEAR GOLD ACCOUNTABILITY



Football accountability groups are designed to monitor our athletes investment, trust and positive impact of our program. Entitlement based on grade level status is not part of our process.

During the season players are evaluated bi-

monthly by the coaching staff and put into different color groups.

Gold is the highest level you can obtain, followed by Blue+, Blue, Blue-, White+, White, White- and the lowest level which is red.

Players are allotted certain privileges, including how they are put in order for certain football rituals.

At our recent awards banquet five players were recognized for end of the year Gold Accountability status. Those players include: **Sr. David Hunt, Sr. Tristan Warthman, Jr. Zaven Boland, Jr. Dane Black & Sophomore Connor Vierstra.**

Accountability board will be added to the locker room for the 2018 season.

Lakewood High School Football

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Check us out on Twitter.....
@CoachLeeLW



EMT

Touchdown Club Lottery Raffle is a year around fundraiser for the Touchdown Club.

For \$20.00, you receive a 3 digit number that corresponds with the daily three evening drawing sponsored by the Ohio Lottery. If you number is a winner you will be contacted by a member of the club.

Daily winners will win **\$20.00**. On the second Saturday of each month the winning number drawn will receive **\$100.00**.

Holiday drawing winners will receive the following:

Halloween-	\$125.00
Thanksgiving-	\$500.00
Christmas Eve-	\$1,000.00
New Years Eve-	\$500.00
Valentines Day-	\$125.00
Easter -	\$200.00
Memorial Day-	\$100.00
July 4th-	\$250.00
Labor Day-	\$200.00

Tickets are still available!



Lancer Football Touchdown Club

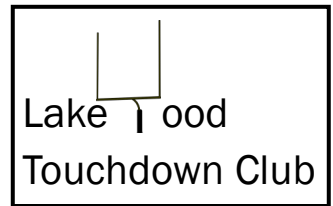


The Lancer Touchdown Club will begin it's first year of existence under the direction of President Tim Luden. The mission of the Touchdown Club will be to support Lakewood's present & future football programs by providing community involvement and program enhancement from the youth league up to the high school level.

Along with providing support for academic incentive trips equipment and uniform resources and annual team camps, the group will also provide an annual scholarship for any Lancer football player who wishes to continue their education at the college level . Additionally, our goal is to support and be actively involved in meetings and activities with the Lakewood Athletics Boosters.

Currently the club is looking for community members, parents, alumni or Lakewood staff that would like to be part of this group. Please contact

TimLuden@thayerpc.com if interested in more information or to become a member. **The first Touchdown Club meeting will take place December 5th at 5:00 in the High School Library prior to the booster meeting.**



TOUCHDOWN CLUB LOTTERY WINNERS

839	\$	20.00	9/29/2017	Brad Dominy
335	\$	20.00	9/30/2017	N/A
432	\$	20.00	10/2/2017	Shelia Heist
614	\$	20.00	10/3/2017	Jeff Wilson
413	\$	20.00	10/4/2017	N/A
394	\$	20.00	10/5/2017	Dave Warfel
297	\$	20.00	10/6/2017	N/A
994	\$	20.00	10/7/2017	Judi Fields
948	\$	20.00	10/9/2017	N/A
228	\$	20.00	10/10/2017	N/A
107	\$	20.00	10/11/2017	N/A
757	\$	20.00	10/12/2017	N/A
3	\$	20.00	10/13/2017	Thayer
745	\$	100.00	10/14/2017	N/A
205	\$	20.00	10/16/2017	Jeanette Carpenter
850	\$	20.00	10/17/2017	N/A
606	\$	20.00	10/18/2017	Tabitha Gibson
308	\$	20.00	10/19/2017	N/A
798	\$	20.00	10/20/2017	N/A
59	\$	20.00	10/21/2017	Leroy
658	\$	20.00	10/23/2017	N/A
589	\$	20.00	10/24/2017	N/A
688	\$	20.00	10/25/2017	N/A
374	\$	20.00	10/26/2017	N/A
223	\$	20.00	10/27/2017	Roy Noland
233	\$	20.00	10/28/2017	Ashley Gatewood