



LANCER

FOOTBALL MONTHLY

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2021 Football Schedule

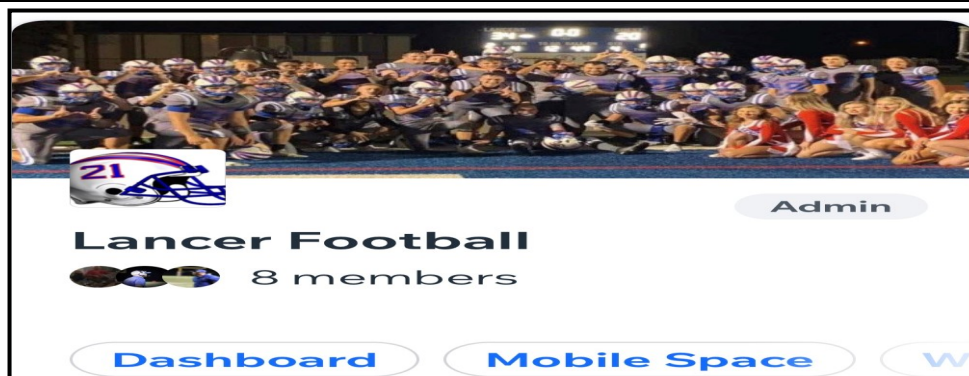
Scrimmages

8/07	A	Newark	10:00 a.m.
8/13	H	TBA	

Varsity Regular Season

8/20	A	West Muskingum
8/27	H	Liberty Union
9/03	A	Fairfield Union
9/10	A	Bexley
9/17	H	Ontario (Homecoming)
9/24	H	Heath
10/01	A	Northridge
10/08	H	Newark Catholic
10/15	H	Johnstown
10/22	A	Utica

LANCER FOOTBALL WEB-SITE NOW AVAILABLE



The Lancers now have their very own web page and space on the Lakewood Local School District web-site! To access the webpage, go to <https://www.lakewoodlocal.k12.oh.us/>. Once there, go to athletics and then to Lancer Football.

The Lancer Football webpage has numerous tabs you can navigate to learn more about the program. The Home tab, has information on Lancer Stadium, ELITE, School songs, Youth Camp, Leadership Council, Lancer Strength, & our ELITE Combine. The Team link info includes, Roster/Coaches info, Senior page and Team Results page. There is also a History tab and Lancer Traditions tab.

You can also find our 2021 Team calendar, all the Lancer Monthly Newsletters dating back to 2017 and our 2021 schedule. Our 2021 photo gallery section and our Lancer Football store is also available.

The web-page is still being developed by Coach Lee, check in frequently to see all the new updates about your Football Lancers!

FORD COMMITS TO WITTENBERG UNIV.



Senior **Trace Ford** is the 2nd Senior from the class of 2021 to commit to play football at the next level! Ford a 6'4" 270 lb. Center and Defensive Lineman plans to continue his education and football career at **Wittenberg University**. Ford was a four year letter-winner and three year letter year starter for the Lancers. During his Senior year he was selected 1st Team All-LCL, 1st Team All-Advocate Team, 1st Team All - Region 11 and Honorable Mention All Central District. He also will represent Lakewood this year in the annual Licking vs. Muskingum County All-Star clash to be held in June.

Effort

Leadership

Integrity

Toughness

Enthusiasm



Lancer Beanies \$25.00

You can still pick up a Lancer Beanie! See any player or Coach Lee!

Lakewood Alma Mater

*As voices ring out 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.

LAKEWOOD HOSTING ELITE SHOWCASE



The Recruit Nation Showcase Series provides players with the ability to be evaluated by college coaches while at the same time being professionally filmed. These are extensive skills and drills showcases. We will have you execute all of the individual skills that are featured at college prospect days.

Additionally, scouts from the Dream Scouting Network will be on hand to evaluate each player. They will also send your recruiting information to each college program in your region. The colleges will receive the player's "Athlete Spotlight" (demographics, academic profile, stats, and film). These events are for student-athletes in grades 8th – 12th.

This showcase includes:

- Combine Testing
- Position Work / 1 on 1
- 7 on 7 / Lineman Competition
- Livestream (watch live or later)
- Recruiting Q&A Session
- O & D Play Cards / Showcase Script

Each participant will receive the following:



CAMP SHIRT



EVENT SCHEDULE

(TIMES CAN BE CHANGED TO FIT YOUR SCHEDULE)

8:00 – 8:45	REGISTRATION <ul style="list-style-type: none"> • Participant Registers and Receives Recruit Nation Shirt • Profile Picture • Height & Weight
8:45 – 9:00	ORIENTATION <ul style="list-style-type: none"> • Introduction and Event Details
9:00 – 9:15	STATIC / RUN STRETCH
9:15 – 10:30	COMBINE TESTING (each athlete gets <u>TWO</u> runs / attempts) <ul style="list-style-type: none"> • Pro Agility (5-10-5), "L" Drill, 40 Yard Dash, Broad Jump, Vertical Jump
10:30 – 11:30	POSITION WORK <ul style="list-style-type: none"> • Fundamentals / 1 on 1's / Group
11:30 – 12:15	SHOWCASE COMPETITION <ul style="list-style-type: none"> • Skill (7 on 7) • Lineman (Bullet Drill or Staff Choice)
12:15 – 12:30	RECRUITING Q/A SESSION (voluntary for any athlete or parent wanting to attend)

TOP 3 "RISE UP" COMMITMENT LEADERBOARD



1st - #33 Josh Hicks
430 pts.

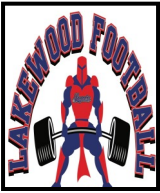


2nd - #53 Mark Waters
320 pts.



3rd- #54 Stewart Poulcott
246 pts.

MARCH TESTING SHOWS LANCERS GROWTH



The football Lancers hard work showed signs of paying off recently as players were tested for the first time since December.

Bench press numbers increased an average of **14.6 lbs.** as **80%** of those tested twice improved their max!

Squat max numbers also

improved as **71%** of those players who tested twice improved an average of **29 lbs.**

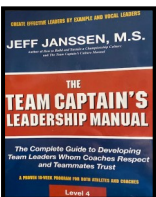
Dead Lifts also improved as **81% of players** who tested twice improved an average of **40.8 lbs.**

An increase of **14.5 lbs.** was made in Hang Cleans as **67% of players** who tested twice improved their max!

Largest growth cam from RB/DB **Isaiah Mitchell!** The Freshmen Improved his Bench Press from **155 lbs. to 200 lbs.** His Deadlift from **315 lbs. to 370 lbs.**

He also made a big jump on Squats from **255 lbs. to 315 lbs.** and Hang Cleans from **135 lbs. to 155 lbs.!** An average of **45 lbs. per lift!**

Lancer Leadership Council Meeting Update



The Football Leadership Council met for the 1st team this year. Members include: **Keegan Jacks, Adam Crawford, Stewart Poulcott, Josh Taylor, Josh, Hicks Mark Waters & Brandon Allen .**

A working lunch was provided by Pappy's Grill. The agenda included a short clip about Leadership

from the movie, **Remember the Titans**, followed by a discussion.

Players then reviewed the expectations and their role as a member of the Leadership Council, this included signing the council contract.

Council members also reviewed the roster and made nominations for those they believed needed to be considered for the council.

Three players were nominated and voted on, with **Freshmen Isaiah Mitchell** being selected.

To finish up the agenda, players reviewed & had discussion on their book study assignments, selected their mentees and wrote ELITE cards to who they selected.

Cards written to the mentees are then sent to their home address.

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!

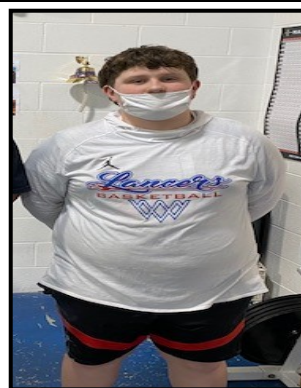
ELITE LANCERS OF THE MONTH



Veteran Returner
Fr.- **Isaiah Mitchell**



Newcomer
So.- **Scott Watts**



8th Grade
Ty Ward

Lakewood High
School Football

9331 Lancer Road SE
Hebron, Ohio 43025

Phone: 740-928-4526
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FOOTBALL

April 2021

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



March Lancer Birthdays



Josh Taylor	March 2nd
Matt Smith	March 3rd
Cody Allen	March 6th
Keegan Jacks	March 22nd
Jake Cassidy	March 24th



Winter
Reminder!

If there is a
Two Hour
Delay or School is can-
celled, All Football
Workouts are Cancelled

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Workout 10:00-11:30 Spring Break	2 Off Spring Break	3 Workout 10:00-11:30
4 Off	5 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	6 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	7 Off	8 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	9 Off	10 Workout 10:00-11:30
11 Off	12 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	13 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	14 Off	15 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	16 Off	17 Workout 10:00-11:30
18 Leadership Council Mtg. 1:00-2:30 HS	19 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	20 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	21 Off	22 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	23 Off	24 Workout 10:00-11:30
25 Off	26 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	27 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	28 Off	29 Workouts 5:45-7:00 a.m. 2:45-4:00 p.m.	30 Off	