



# LANCER

## FOOTBALL MONTHLY

**Inside May 2020**  
**Volume 3 Issue 20**

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### 2020 Football Schedule

8/11	H	Scrim-	West Musk.
8/15	A	Scrim-	Liberty Union
8/21	H	Scrim-	Crooksville
8/28	A		Mt. Gilead
9/4	H		Columbus West
9/11	A		Fairfield Union
9/18	H		Ellet (Akron)
9/25	H		Licking Valley
10/02	A		Heath
10/09	H		Northridge
10/16	A		Newark Catholic
10/23	A		Johnstown
10/30	H		Utica

**#continuethclimb**

### LANCERS SAFEFACED MASKS



**Sublimated Decoration**  
Won't Disrupt Breathing

**SafeFaced**  
Authentic Protection

The Spring Football Fundraiser has not only been a big hit with community, it has also has provided our family's with a way to stay safe and at the same time share their Lancer pride!

The fundraiser kicked off on April 20th, since then over 400 masks have been purchased. The SafeFaced masked sells for **\$10.00** each and is made of a washable, breathable and reusable Comfort Cloth. The reusable mask provides a performance Polyester & spandex blend material for long-term comfort and quick rinse and quick dry ability. The Antimicrobial Application kills bacteria and prevents odor as well!

Proceeds from the sell of the SafeFaced masks not only supports the football program, but also supports the community. 10% of sales from the masks will go to a local Church pantry to assist our family's in the district during the COVI 19 pandemic. If interested in purchasing a mask contact Coach Lee [@jlee@laca.org](mailto:ajlee@laca.org)

### PROGRAM UPDATE DURING COVID 19



As we learn how to navigate our "New World" we also have to navigate how we continue to be active in our football program.

During this time, coaches have been very busy updating our playbook & conducting meetings. Since the beginning of our break

we have conducted two coaches zoom meetings, three zoom team meetings, three zoom leadership council meetings, and a virtual field-trip to the Football Hall of Fame for those who qualified academically based on 3rd grading period.

Coaches started in May to meet with players by position groups.

These position group meetings are led by the position coach & cover assignments and installs that align with each position. Offense and defense meetings alternate weekly.

Players & staff use the Zoom video platform for to share presentations, the playbook or video clips

## COVID-19 FOOTBALL RECOMMENDATIONS



The Ohio High School Athletic Association will continue to work in collaboration with Governor DeWine, Lieutenant Governor Husted and the Ohio Department of Health to adhere to any and all state orders and/or recommendations

Each OHSA member school's athletic department will operate with the approval of their school leadership in moving forward through any and all "Return to Play" guidance throughout the summer.

The governmental leadership in the state of Ohio, or that of the school district, may halt or regress the phases described below if deemed necessary. The OHSA believes it is essential to the physical and mental well-being of student-athletes in grades 7-12 to return to physical activity and build team relationships with their peers and coaches.

OHSA's goal for this summer is to allow students to participate in scholastic athletics and activities in any and all situations where it can be done safely.

Decreasing potential exposure to respiratory droplets is the guiding principle behind social distancing and the use of face coverings. It is also the basis of stratification of risk by sport presented in this document. Cloth face coverings should be considered acceptable in all phases of this document.

Every school/program should start at **Phase One** of this program and remain there for at least 14 calendar days. If there is a downward/flat trajectory of documented cases within a 14-day period, a school may progress to **Phase Two**, where a new 14-day period of tracking of cases should begin. If there is another 14-day downward/flat trajectory of cases, schools may progress to **Phase Three**.

Skills training may begin. Social distancing should be followed. Coaches should designate space for each player to maintain six foot spacing. Parents/guardians remaining at the training facility should maintain six-foot social distancing practices. No additional spectators are permitted.

Coaches, players, parents/guardians must do a self-symptom check before going to the training session or practice. Anyone experiencing symptoms must stay home.

No-touch rule is in effect. All individuals must avoid physical contact with others including high fives, huddles, or other close contact occurring before, during, and after skills sessions unless the contact is for the purpose of safety. Scrimmages and games are not permitted. No congregation should occur before or after the training or practice session.

Facilities/clubs/teams must ensure that practice facilities have adequate space for social distancing on and off the field of play. Time should be allotted between sessions to allow teams to exit fields/facilities prior to new teams arriving.

Equipment and items related to the activity must be sanitized before, during and after every event. If equipment cannot be sanitized during the activity, only participants of a single team must use equipment and items related to the activity and opposing participants avoid touching that equipment.

Immediately isolate and seek medical care for any individual who develops symptoms. Contact the local health district about suspected cases or exposure

**All Phases will be sent home with our players for review with parents and posted in facility's. We will begin in Phase 1 and continue until we meet the requirements to transition to Phase 2. Change in Phases will be communicated to players and parents.**

### 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.*

## "HARD HAT" PLAYERS RECOGNIZED



Each month in the off-season we are recognizing three Lancer Hard Hat Players of the Month! Returning players, New Comer & 8th grade players are announced.

The Hard Hat Culture represents a player who demonstrates a blue collar mentality of embracing hard work, having no excuses, and understanding the value of investing in something bigger than themselves!

A white hard-hat with the script lancer logo and stripe is displayed in the weight-room. Players recognized for the month of **April** include:

8th Grade:	Keegan Jacks	8th Grade	OL/DL
Newcomer:	Koda Warren	8th Grade	OL/DL
Returning Player:	Jacob Ellinger	9th Grade	OL/DL

## Lancer Return to Workouts June 1st– Phase 1



The return to summer workouts this year looks different then previous summers.

Starting June 1st, Lakewood will return to workouts in Phase 1 and remain there for 14 days.

Strict protocols will be followed during this time!

If there is a downward / flat trajectory of documented cases during that time the Lancers then can go to Phase 2.

To assist with the numbers that are allowed in space and coaches to supervise, workouts have been moved from 5–7 p.m. instead of the traditional morning routine.

Team will report in two groups on separate days. "Big Skill" will report on Monday, Wednesday & Friday. "Skill" will report Tuesday, Thursday 5-7 p.m. & Saturday 9-11 a.m.

Players will work-out in Pods of less than 10 & remain for 2 weeks in the same POD with the same coach.

### 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!*

## "IRON LANCER" SUMMER TEAM DRAFT



Ten rounds, 5 teams & 47 players were selected in the "Iron Lancer" 2020 Summer Draft! Captains for each team include: **COVID Killas**– Kevin Haines, **Dire Wolves**– Mark Waters, **The Mercenaries**–Ryan Ogilbee, **Prestige-Worldwide**–Trace Ford, & **Quickknots**– Colt Vierstra. Each team consists of 9 to 11 players that compete daily at workouts for points tracked live by Live School.

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School Football

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# FOOTBALL

June 2020

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



## May Lancer Birthdays



6th Mason Anderson

14th Stewart Poulcott

16th Trace Ford

19th Kalleb Fellure

24th Xander Angle

### Remember:

No team activities that are noted on calendar will occur until school re-opens. Team activities, meetings, etc. will be done through technology or other platforms.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>		<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
OFF	Big Skill Workouts 5:00-7:00 P.M. (Phase 1)	Skill Workouts 5:00-7:00 P.M. (Phase 1)	Big Skill Workouts 5:00-7:00 P.M. (Phase 1)	Skill Workouts 5:00-7:00 P.M. (Phase 1)	Big Skill Workouts 5:00-7:00 P.M. (Phase 1)	Skill Workouts 9:00-11:00 A.M. (Phase 1)
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
OFF	Big Skill Workouts 5:00-7:00 P.M. (Phase 1)	Skill Workouts 5:00-7:00 P.M. (Phase 1)	Big Skill Workouts 5:00-7:00 P.M. (Phase 1)	Skill Workouts 5:00-7:00 P.M. (Phase 1)	Big Skill Workouts 5:00-7:00 P.M. (Phase 1)	Skill Workouts 9:00-11:00 A.M. (Phase 1)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Leadership Council Mtg. #5 1:00-2:30.	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Father's Day OFF	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)	TBA (Phase 2)
<b>28</b>	<b>29</b>	<b>30</b>				
OFF	TBA	TBA				