

SOUTH LYON



HUNT EVERY DAY

SL19: THE HUNT BEGINS!



- 2018 in the Past.
 - Target on our back!
 - **Feed the Pride!**
1. **Attitude** (Team First!)
 2. **Effort** (Better than the past)
 3. **Enthusiasm** (You only do this once in your life)

2019 FOOTBALL CALENDAR

- Weights Start Monday Feb. 4th!
- Monday and Wednesday from 6pm to 7:30pm, Friday from 4pm to 5pm.
- No Excuses!
- Saturdays at 11am to 12pm. Starts on Feb. 9th.
- Sundays: Film Sessions 5:30pm to 7pm. (Starts on Feb 10th. Twice a Month)
- Leadership Class: Before school in March
- Accountability Teams- Seniors Pick Teams in March (All Levels)
- Pride Club: 100 pts

Pride Club

“Success occurs when your **DREAMS** get **BIGGER** than your Excuses.”

South Lyon Football Pride Club

100 points is the MINIMUM Varsity Expectation. A player can earn points in the following ways:

ACADEMICS

(X) 3 X GPA on Final report card. Up to 12 points.

PROGRAM

(5pts) Letter Campaign

(10pts) Virtue Camp

(2pts) Each Leadership Building Class with Coach D attended

ATHLETICS

(20pts) Playing a Spring Sport

(2pt) Each 7 on 7, Lineman as well (5 total)

(25pts) All Spring Workouts (1 per workout)

(2pts) Each Technique Camp Day (5 total)

(15pts) All Summer Workouts (1 per workout)

(2pts) Each Team Camp Day (5 total)

(10pts) MINIMUM Squat Expectation (5 Reps required)

(10pts) Jamboree (July 14th)

LINE – 315 x 5 (+5 for next level)

(2pt) Each day at another Football Camp

LB/DB – 275 x 5

(2pt) Team Activities

FOOTBALL REMIND SIGNUP

Sign up for important updates from Coach Henson.

Get information for South Lyon High School right on your phone—not on handouts.

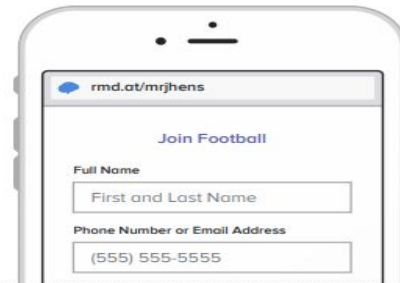
Pick a way to receive messages for Football:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/mrjhens

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

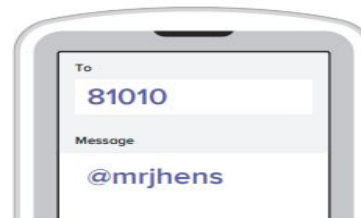


B If you don't have a smartphone, get text notifications.

Text the message @mrjhens to the number 81010.

If you're having trouble with 81010, try texting @mrjhens to (313) 749-9169.

* Standard text message rates apply.



FEED THE PRIDE!

