

CREWS LAKE



COWBOYS



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Week
02

August 15, 2009

COACHES CORNER

Your network to the Crews Lake Cowboys

LAST WEEK We would like to give thanks to the Lutz Chiefs for hosting the start of our 2009 Youth Football and Cheer-leading season. Everyone seemed to be very excited about this week's jamboree, and despite a day in the exhausting heat this event was still able to bring together the kids, coaches and families in the spirit of competition and camaraderie. Not to mention an opportunity to check out the competition. Although we had a slow start to the games, when the football action got rolling our teams looked very strong and ready for all they faced. With our Cheerleaders heading up the fans on the side-lines, they were able to bring the spirit of the journey to all of us. The boys along with a couple of hard hitting girls (you know who you are) fought with plenty of enthusiasm, and at the end of the day the crowd gave a rousing round of applause.

COWBOYS VS MUSTANGS

We open the season at home against the Trinity Mustangs. The 'Disappearing Cowboy' is a huge cliché. Cowboys are considered relics of days gone by, but the cowboy mystique lingers on right here. Our boys are saddling up this weekend for a hard day's work, their job? To rattle up a herd of Wild Mustangs. These feral horses might be hard to tame, but all our cowboys know, is survival and success.

"Let's Go Get-em Team"

Game Times: Kick Off

Jr Fly	-	9:00 AM
Flyweights	-	11:00 AM
Mighty Mites	-	1:00 PM
Jr Varsity	-	3:00 PM
Varsity	-	5:00 PM

Results from Last Year	2008	W/L
SHR Vs	Wins	Loses
Jr Fly	10	2
Fly	1	9
MM	0	10
JV	4	7
V	0	8

Getting Ready For the Game

First and foremost, don't forget HYDRATION! Hydration starts days before a game. NOT the day of game.

Make sure you also bring sunscreen for the family. If you need a hat or visor. We've got those taken care of for you. We are selling Cowboy merchandise Hats \$20 & Visors \$15. We've also got Cowboy T-shirts for \$ 12.00.

Tents, Chairs and Camera's are suggested.

Bring plenty of money for our delicious food in our concession stand. You know the kids are going to get hungry!

Please make sure you arrive 1 hour before your scheduled game time. Remember if you arrive late for your Roster Sign- In, you will not be eligible to play that days game.

Last but not least come to have fun and enjoy being with friends and family. Make a day of it, stay and support all of our boys and girls. Just because your game is over doesn't me you have to leave.

BURN OUT IN CHILD AND ADOLESCENT ATHLETES

A medical study published this month concludes that physical inactive in adolescents causes more emotional and behavioral problems than those who are physically active. Boys who reported less than one hour of moderate to vigorous physical activity a week had more symptoms identified by researchers as anxious/depressed and withdrawn/depressed. Girls had similar issues, and also complained of sleep problems.

This is the opposite end of the spectrum from the concern raised among children struggling with over use injuries, which is as equally troublesome. Overuse injuries are one of the most common factors that leads to injuries in the pediatric and adolescent athlete. As more children are becoming involved in organized and recreational ath-

letics, the incidence of overuse injuries is increasing. Children that participate in sports year-round and sometimes on multiple teams simultaneously are overtraining which can lead to burnout and serious injury. This can have a detrimental effect on the child participating in sports as a lifelong healthy activity. While having healthy habits and sports increases an awareness of one's body and how it responds to different stimuli and circumstances, You should also be aware of the risks of overuse and it's effects in the pediatric/adolescent athletes. Identifying youths at risk of overuse injuries is the first step to prevention. Guidelines for parents, coaches, and athletes need to be developed to provide opportunities for education, injury reduction, and early recognition of overuse injuries.



Our First Home GAME

Calling All Volunteers

Yes my friends it's that time again. Now I know what you're thinking, but I'm here to tell you, that volunteering is one of the best ways to have a good time, and give back to our organization. It is unfortunate that so many of us feel that we don't have the time. We sometimes feel that we need a special skill or talent, which is not the situation. Volunteers are the heart and soul of any organization, and many of the jobs that we need help with, will only take a little of your time, and you don't have to know how to sing or dance. So see, it's really that simple. Our Volunteer Coordinator Theresa Broad will be coming around to each team and each division to set something up with you. Think about it your child has to be at the field 1 hour before each game, so why not take that opportunity to help us out and complete your 5 required volunteer hours. If for some reason Theresa misses you and you know of a day and time that would work best for you, please call her at 813-996-7738

Or email her at tbroad72@aol.com



Quote of the Week

Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.

-Albert Einstein

Registration Raffle Info

Our Registration was scheduled to end on Saturday August 8 with the drawing for our Registration Raffle on August 15 during our first home game. There was a change made just recently by Main PPAL to change the last date to register for a PPAL Team from August 8, 2009 to August 29, 2009. This change was made to allow girls and boys who may be tying out for their school teams, an opportunity to still register with us in the case they don't make the school teams. We will be pushing the Registration Raffle drawing to October 3, 2009. We have decided to give all new registering families the same opportunity to help pay for their registration.

Divisions

Jr FlyWeights Boys and girls ages 5-6 participate in this division with no weight limit.

- 3 - Trevor Apostol
- 7 - Peter Larkey
- 8 - Adam Pedersen
- 12 - Gage Pedersen
- 24 - Alexander Ehrke
- 25 - Shane Hagen
- 28 - Shane Beatty
- 35 - Nathaniel Nichols

Head Coach- Shane Hagen
 Asst. Coach- John Konkle
 Asst. Coach- Jon Ehrke
 Asst. Coach- Kyle Murphy
 Team Mom- Cindy Cambell

Coaches Comments by Coach Shane -

Our boys joined the West Hernando Cougars to play against the Wesley Chapel Bulls. What a game! We have some real potential on our team this year. Keep up the good work boys.

FlyWeights Boys and girls ages 7 - 8 participate in this division, football has a weight limit of 100 pounds.

- 1 - Kyle Kolodziej
- 2 - Alex Nichol
- 5 - Anthony Jay
- 6 - Tony Zatarain
- 8 - James Spencer II
- 9 - Michael Harrold
- 10- Travis Sharp
- 12- Xander Boudreaux
- 17- Tanner Plensdorf
- 18- Devin Wayand
- 22- Dylan Lambert
- 23- C J Green
- 25- Garrett Braod
- 26- Dalton Joyner
- 30- Jael Feliz
- 32- Michael Dono IV
- 40- Joshua Smith
- 41- Benjamin Smith
- 43- Peter Eilth
- 45- Colt Exum
- 47- Christian Beatty
- 51- Nolan Volce
- 55- Rick Kelly
- 60- Christain Towne-Dunn
- 81- Chris Wright
- 87- Angel Reyes
- 99- Nathan Johnson

Head Coach - Bobby Smith
 Asst Coach - Brian Broad
 Asst Coach - Donald Plensdorf
 Asst Coach - Robert Hall
 Asst Coach - Jacob Gouveia
 Team Mom - Shannon Exum

Coaches Comments by Coach -

This is a new season, with a new look and a new attitude. Let's go out there this week and have some fun, work hard as a team, give 100% effort all of the time. Push ourselves to be better with each play. Win the battle at the line of scrimmage! Remember it only takes one play - to win or lose - do your best each time. Let your teammates know when they have done something great and work together as team to overcome every challenge.

Now let's go rope us a Mustang!
GO COWBOYS!

Football

Cheerleading

- Jada Allen
- Autum Anderson
- Nicole Blevins
- Bobbi Davis
- Alexa Dona
- Allyson Leblanc
- Hailey Nichols
- Brianna Mcallister
- Amber Pedersen
- Madison Stiles
- Adria Thompson
- Hailey Vaughn

Head Coach-Vickibohmer
 Asst. Coach-Raelyn Southard
 Asst. Coach Brittney Smith
 Asst. Coach Deanna Sowers
 Team Mom- Elana Ehrke
 Team Mom Kristen Thompson

Coaches Comments by Coach -

You all have been working so hard and it shows. Every day you're getting better & better
 Keep up the good work.

- Brooklin Harrah
 - Emerald Harrold
 - Destany Kennedy
- Head Coach: Cindy Cambell
 Asst. Coach:
 Team Mom: Angel Harrold

Mighty Might's

Boys and girls ages 9 & 10 participate in this division. Football has a weight limit of 120 lbs.

- 1 - Von Parker
- 4 - Jacob Bartenope
- 9 - Chris Kennedy
- 17- Jacob Kennedy
- 18- Tyler Sharp
- 19- Christopher Hubbard
- 21- Billy Werner
- 22- Damion Hall
- 24- Adam Cooper
- 30- Patrick Beatty
- 32- Michael Elston
- 33- Jacob Higgs
- 41- Austin Thompson-Page
- 55- Jason Rodriguez
- 68- Corey French
- 71- Dallas Towne-Dunn
- 81- David Adams
- 85- Lucas Carter
- 87- Angre Watts

Coaches Comments by Coach Brad Surrency -

The coaches are very proud of you. You all gave 100% and played really tough. Keep up the hard work and effort and continue to work as a team. We would also like to say Thank you to our parents who having given us such positive support. Lets go out this week, working hard and put forth great team effort. Let's tame those Mustangs

Head Coach- Brad Surrency
 Asst. Coach- Drew Bartenope
 Asst. Coach- Wayne Higgs
 Asst. Coach Scott Mathieson
 Asst. Coach Lugene Chisolm
 Team Mom- Kelly Higgs

Coaches Comments by Coach -

You have been working very hard this season, and we are very impressed with how much effort you have put into your practices. You are improving everyday and it can only get better. Let's go out this weekend and show everyone just how hard you've been practicing.

Great Job Girls

- Mariah Alvarado
- Kristin Apolstol
- Brittany Croman
- Brittany Carlton
- Lillian Dean
- Shianne Ehrke
- Alyssa Gilleo
- Katie Leblanc
- Kaylee Merrill
- Ashley Messick
- Brianna Mumma
- Alexandra Vaughn

Head Coach- Vicki Lamitina
 Asst. Coach- Deronna Gabbard
 Asst. Coach- Kassie Hink
 Asst. Coach Mylissa Dornseif
 Team Mom- Susie Lablanc

Jr Varsity

Boys and girls ages 11 & 12 participate in this division. Football has a weight limit of 150 lbs.

- 1 - Jairo Triana
- 7 - Corey Parker
- 9 - William Beatty
- 10- Justin Griffin
- 12- Patrick Mathieson
- 13- Andrew Dunn
- 18 - Andres Sanchez
- 22- Dajhon Packer
- 23- Michael Tippet
- 30 - William Hubbard
- 32 - Ryan Carlton
- 33 - Timothy Larkey
- 34 - Austin Smoak
- 47 - Byron Dean
- 50 - Zachery Walton
- 58 - Chase Lambert
- 80 - Dylan Payne

Head Coach- Joe Sotille
 Asst. Coach- David Beatty
 Asst. Coach – David Smoak
 Asst Coach – Shawn Lenney
 Team Mom – Brandie Parker

Coaches Comments by Coach Sotille -

Football

Cheerleading

- Brittany Allen
- Jessica Beniquez
- Cortney Carter
- Julie Croman
- Kennedy Crowder
- Gabriella Eith
- Chelsey Harrah
- Mikaya Harrah
- Hailey Harrold
- Ashley Powers
- Maygen Smith
- Brianna Tippet

Head Coach- Julieanne Stamper
 Asst. Coach- Meghan Chapel
 Asst Coach - Matt Fox
 Asst Coach – Melissa Gruver
 Team Mom- - Angie Sowers
 Team Mom - Brenda Dunn

Divisions

Varsity

Boys and girls ages 13, 14 and 15 participate in this division. Football has a weight limit of 175 lbs.

- 2 - Bruce Hauser
- 3 - Ray Walton
- 8 - Connor French
- 13 - Kenneth Larkey
- 17 - Matthew Larkey
- 21 - Bradley Jonas
- 25 - Juan Sanchez
- 28 - Todd Carlton
- 40 - Zach Walton
- 41 - Richard Smith
- 43 - Kyler Harris
- 45 - Jesse Harris
- 55 - Joes Reyes
- 80 - Anthony Hause
- 89 - Joshua Harris

Head Coach- Vense Davis
 Asst. Coach-Colin Lawley
 Jr. Asst -Mike Powers
 Jr. Asst. - R.J. Marshall
 Jr. Asst. - Zach Wynn
 Team Mom-Angie Smith

Cheerleading

- Audrey Achor
- Meygan Boyer
- Shannon Carter
- Nikkilynn Dees
- Maggie Gordon
- Mary Hudson
- Valerie Larkey
- Nicole Lenney
- Emily McKay
- Felicia Messick
- Valarie Micklo
- Merissa Pedersen
- Ashley Railey
- Jacky Reyes
- Erica Ross
- Ashley Skinner
- Sierra Teegarden

Head Coach- Debra Chapel
 Asst. Coach- Jordan Cash
 Asst. Coach - Stepheny Chapel
 Asst. Coach - Tiffany Simpson
 Team Mom - Marty Railey





Our Sponsors are # 1

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