



Lincoln Football Newsletter March 26, 2020

First of all, I hope this finds you in good health and relatively good spirits. COVID-19 has changed our routines, the way we think, and our gathering with friends and family. On-line learning, social distancing, and quarantine are just a couple phrases that were not a part of our everyday life. Our daily routine has been drastically changed, but there will be a light at the end of the tunnel. We will get through this. We are all in this together. We will get through this as a team, learn and grow from it, and be better because of it.

Please remember, this semester is very important for you as a student athlete. The assignments you are doing online will be graded and do count toward your GPA and eligibility for next fall. This may be an opportunity for you to BOOST your GPA. Let me say that again...the grades you earn this spring will be used to determine your eligibility to

participate in extra-curricular activities next fall.

We talk all the time about $E+R=O$. The event we cannot control. The only thing we have control over is our response. This has never been more true than right now. You have to respond with discipline, dedication and accountability. These should sound familiar. They are our program core values. The decisions we make right now are definitely going to effect our outcome in the fall. Please do your best to be a good student, good teammate and good son to your parents. That is where the coachability comes in. This is not easy for your mom and dad either.

As many of you know, all Sanford Sports activities have been cancelled or postponed. This includes our team training on Wednesday nights, the Elite training some of you have signed up for and the football

combine. I will get you more information as it becomes available. Brady built a workout and I will be sending that out also. Stay active, stay dedicated to your body, and prepare it for the upcoming season. Everyone in the state is in the same situation. If next fall is important to you, you will find a way instead of an excuse. Coaches will be adding "installs" to HUDL. Make sure you are signed up and ready to access the information.

As always, if you have any questions at all, either parent or player, please give me a call, text or email. I have had several parents call with questions about camps, recruiting, hudl etc... give me a call. You can reach me at
Jared.Fredenburg@k12.sd.us
Cell: 605-201-6172
Twitter: @JaredFredenburg
Team Twitter: @PatsRevolution

Summer Camps

Two Lincoln Football Camps
Location: Lincoln HS
Date: June 15, 16, 17
Date: ~~July 20, 21, 22~~ (will be moved)
Time: 6:00-8:30

As of today we are unable to predict if we will be able to have this camp on these dates. The SDHSAA is meeting this Friday and CDC is putting out new guidelines the week of March 30th. WE all need to be flexible and know that our summer plans will be different than previously thought.

*******DATE CHANGE*******

Sanford /Augie Team Camp
Location: SD Jr Football
Date: ~~June 22, 23, 24~~
New Date is July 20, 21, 22

From Sanford Sports:
"Our priority is, and will be, the safety and health of your student-athletes, coaches and staffs, thus we have done our due diligence in exploring potential options for rescheduling the Legends Football Camp. Well, we have "Officially" made that call. We ARE moving the Legends Football Camp to July 20-21-22, 2020."

Lincoln Youth Football Camp

Location: Lincoln HS
Date: July 20, 21, 22
Time: 10:00-12:00
4th Grade—8th Grade

Lincoln Football Core Values: Discipline, Accountability, Dependability, Coachability

Simple lesson to create positive change - excerpt from *The Coffee Bean* by Jon Gordon

"It's hard living up to the expectations everyone has when you are playing well, and it's even harder to hear all the negative comments when you're playing badly," he added.

Mr. Jackson nodded, told Abe he knew exactly how he felt, and went to the whiteboard and erased the scientific formula. Then he drew a picture of a carrot inside a pot of water.

"What happens when you put a carrot in really hot water?" Mr. Jackson asked.

"It gets hot," answered Abe.

"Well, it does more than just get hot," answered Mr. Jackson. "I want you to go home tonight and try it and see what happens."

Abe said he would do it, although he wondered how putting carrots in hot water was going to help him with his problems.

"Oh, and if you've never cooked before, ask for help. I don't want you to burn yourself," Mr. Jackson said with a big smile, as Abe walked out of the classroom.

The next day after class, Abe told Mr. Jackson that the carrot he put into hot water softened after about ten minutes.

"Yes, the carrot was softened and weakened by its environment. It was impacted by the conditions it was in," said Mr. Jackson.

"Sort of like me," Abe said.

"Actually, just like you," Mr.

Jackson responded, before going to the board and drawing a picture of an egg inside a pot of water.

"Now, tell me what happens when you put an egg inside a pot of boiling water." "Oh, this is an easy one," Abe said. "You get hard-boiled eggs. Even I know that."

"Great," Mr. Jackson responded.

"The hot water causes the egg to harden. The egg is hardened by its environment and the conditions it's in."

"Unfortunately, it happens to a lot of people as well. They become mean, angry, negative, and sometimes numb because of the difficult environments they are in. They grow to hate life and hate people. Their heart hardens and they lose the desire to love and be loved. I don't want this to happen to you, which is why I'm teaching you this lesson."

"I understand," said Abe, who was beginning to see why Mr.

Jackson was talking about carrots and eggs.

"The carrot is weakened and the egg is hardened when put in hot water. I get it," Abe said. "I don't want to be like a carrot or an egg."

"No, you don't," said Mr. Jackson. "But there's one more part of the lesson and experiment you need to experience and understand."

Mr. Jackson erased the picture of the pot with the egg and drew a new picture with a coffee bean inside a pot of water.

"What happens when you put a coffee bean in really hot water?" Mr. Jackson asked.

"I have no idea," answered Abe.

"Well, that's what you need to do next," Mr. Jackson said, as he grabbed a few coffee beans from a jar on his desk and placed them in Abe's hand. "Go home and put these in hot water for about an hour and tell me tomorrow what happens."

"And be careful you don't burn yourself!" Mr. Jackson shouted, as Abe left the room.

The next day after class, Abe approached Mr. Jackson and excitedly shared that the coffee beans he put into hot water eventually turned the water into coffee.

Remind: Communication Tool

Players and Parents,

We will be using the REMIND app for communication from the football program to parents and players. If you want to receive texts Coach Fredenburg about news and notes pertaining to the program, please follow the instructions below.

Also, sign up for email updates by subscribing on the LHSfootball.org website.

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

Text the message @lhspatsfb to the number 81010.

If you're having trouble with 81010, try texting @lhspatsfb to (605) 413-4641.

* Standard text message rates apply.



Recommended Reading

WALL STREET JOURNAL BESTSELLER

an illustrated fable

THE COFFEE BEAN



A Simple Lesson to Create Positive Change

JON GORDON DAMON WEST
Bestselling author of *The Energy Bus* Author of *The Change Agent*