



# BURG FOOTBALL



April 2014

Issue #5

## Offseason Success

Year/#Vars	Wheelersburg Pirates								
	225 Clean	275 Bench	350 Squat	400 Deadlift	1200 Total	4.8s 40yd	4.4 Shuttle	55 Dots	7.0 P / P
2008 (43)	5	2	4	DNT	DNT	4	2	DNT	DNT
2009 (41)	5	6	7	5	8	11	12	DNT	1
2010 (35)	4	4	7	5	5	7	6	7	1
2011 (31)	1	1	3	3	1	3	1	4	0
2012 (41)	5	5	7	9	6	6	10	13	3
2013 (44)	11	7	16	14	13	4	7	9	4
2014(?)	11	6	13	10	13	?	?	?	4

The 2013 season saw great accomplishments on the field but also in our weight room. The 2014 offseason has been no different in the weight room. Listed above is a layout of each of the last six year's teams including our current February testing numbers. Listed next to each of the season's years is the number of athletes that were on roster those years. As you can see this past year's team's depth of strength was tremendous compared to other years. This is directly attributed to the addition of a tremendous facility where our athletes are able to train more consistently. The addition of the weight room has allowed our athletes to now train 4 days a week. As we transitioned to a new offensive style we also altered our approach and tempo in the weight room and the numbers speak for themselves. I must say that it takes more than a great plan to get the kind of results we are seeing in our athletes. It takes tremendous effort and commitment from the athletes themselves. We have seen new records

set in nearly every category in our weight room. This past year's seniors set a standard of work ethic and commitment it takes to achieve success in the offseason. Our junior class as taken this standard to a new level with the help of many underclassmen. To the right is some of the accomplishments this offseason by our team and there have been many different contributors to these successes. I want to especially recognize senior Travis Sifford 175lb class State Champion at the State Weightlifting meet in Kenton Ohio. He also had the Top Bench and Top Deadlift. Travis has been awarded a track scholarship to attend Wheeling Jesuit University and throw the javelin.

**GO BURG !**



**Piketon  
Weightlifting  
Meet—Feb 1st  
2nd Place**

**Bench Squat  
& Deadlift**

**Raceland  
Weightlifting  
Meet—March 3  
1st Place**

**Bench Squat  
& Power Clean**

**Top Lifter  
Mitchell Warner 1030lbs**

**Pound For pound  
Jacob Hutchinson 5.3**

**State  
Weightlifting  
Meet**

**State Champion  
Travis Sifford  
175 lb class**

**Top Bench 320**

**Top Deadlift 475**

**Squat 425**

**Total 1220lbs**



**Shirts Ordered** can be picked up at  
**Youth Football camps**

July 10-12th & July 14—17th 9 –11am

**Alumni Saturday** July 12th 6 -8pm

**Rib Dinner** Aug 23 7:00 pm

**Limited Size Supply**

**Order Now !!!**

<b>Sizes</b>	<b>YS</b>	<b>YM</b>	<b>YL</b>	<b>AS</b>	<b>AM</b>	<b>AL</b>	<b>AXL</b>	<b>A2XL</b>
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**Sponsored By: McDonald's Shirts \$15.00**

**Window Sticker Decals**

**5" x 5" for \$10.00**



**Decals Will be mailed out to Patrons**

<b>NAME</b>	<b>PHONE</b>	<b>T-Shirt Size</b>	<b># ordered</b>	<b># of Decal</b>	<b>Total</b>
1.					
2.					
3.					
4.					
5.					

**Make Checks To: Wheelersburg Football**      **Total for shirts and decals =**

**Copy or Cut this page & mail to: Burg Football 800 Pirate Drive Wheelersburg**

**Please your include address you wish to have Decals shipped to.**

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Come together to show your giving spirit. Come together to help save lives.

American Red Cross



**BLEED** to help **SAVE LIVES**

**Blood Drive**  
**Wheelersburg High School**  
**Football Team at the**  
**Middle School Gym**

**Blood Drive** — Wheelersburg Football will holding a Blood Drive June 27th . Participants wishing to give blood must go to [www.redcrossblood.org](http://www.redcrossblood.org) and locate the find a location tabs. Submit our promo code Wheelersburg\_Football or simply type in the area code 45694 and locate the drive entitled Wheelersburg Football June 27th and register for a time slot. Your support will save lives with the gift of blood ! Give yourself or encourage others .



**April 26th 11:00 am**— Eddie and Dylan Miller will be playing in the North South All– Star Classic Game at Dayton Welcome Stadium. The 11:00 am game features players from Divisions IV V VI and VII. At 3:00pm the Divisions I II and III game will be played. Eddie has received a scholarship to play football at The University of Pikeville and will be alongside his cousin Camron Parsley. Allan Holland grandson of Ed Miller is also currently the Offensive Coordinator at UPike. Dylan Miller has received an academic scholarship to attend The Ohio State University.



## Summer Camp Dates



**Youth Camp** This camp runs from July 10th –12th and is designed for athletes going into 1st - 4th grades for the 2014 –15 school year. Cost of the camp is \$35 and reduced to \$25 for multiple children per household. Flag Football Signups will be at camp.

**Junlor High/Peewee Camp** - This camp runs July 14th –17th and is designed for athletes going into 5th – 8th grades for the 2014-15 school year. Cost of the camp is \$45 and reduced to \$30 for multiple children per household. Peewee signups 5-6th will be during camp with tryouts held Sat August 23rd. JH Football will begin summer weights June 30th & a second camp week of July 28th.

**Team Building at Scioto Hills Christian Camp**– We will again be attending a two day team building campat Scioto Hills. Last year’s event was outstanding. This beautiful facility located right here in Scioto County offers a High Ropes Course and various Team Building Activities. The event will be overnight on June 30th & July 1st , and will be for Varsity Players and Coaches only.

**Varsity / Freshman Summer Camp** - This camp runs July 21st –Aug 1st and is designed for athletes going into 9th – 12th grades for the 2014-15 school year. Cost of the camp is \$55 and provides athletes with there practice pack materials.

**Alumni Football Saturday**— This is our 4th annual Alumni Football Saturday to be held at Ed Miller Stadium on July 12th. This is an opportunity for alumni and their families to tour the lockerroom and facilities. The event is also marked by an Alumni Flag Football Game. 6:00pm to 8:00pm . We are always looking to expand this event and have hopes on doing more this upcoming year. Burg HS and Football Alumni Welcome!

All proceeds from each event go back into the Wheelersburg Football Programs. Registrations and forms are on Burg Football Face book page or at the events.



# BURG Upcoming Events



**Weight Testing** —May 3rd 9am  
**Youth Signups**—May 18th 4:00pm  
**WHS Graduation** - May 24th  
**State Track Finals** - June 6—7  
**State Baseball Finals**— June 6- 7

**Varsity & Freshman Summer Weights** — Start June 3 M-TH 8am—10:30  
**Burg Football Blood Drive** - June 27th  
**JH Summer Weights** - Start July 1st TBA  
**Scioto Hills Retreat**—June 30th & July 1

**Youth Camp 1-4gr.** —July 10-12th 9am  
**Varsity Passing Pikeville** - July 11th  
**Junior High Camp 5-8gr.** - July 14-17  
**Varsity Freshman camp**—July 21 - Aug TBA

**Leadership Breakfast is offered every Friday at 7:00am at the Wheelersburg United Methodist Church for any WHS student interested in attending. The class offers food and a discussion of leadership topics meant to guide student-athletes toward being better leaders. Coach Woodward is always looking for anyone interested in addressing students on being better leaders. Breakfast is canceled for any delays or if school is out on Friday.**

Please inform us if you or any other fans would like to continue to receive a copy of the newsletter or if you would prefer an electronic copy only.

**Wheelersburg High School**  
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 800 Pirate Dr.  
 Wheelersburg Ohio 45694  
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 Fieldhouse : 740-574-0564  
 E-mail: rob.woodward@wheelersburg.net

Season & Highlight DVDS from 1970 - 2012 are available for purchase at \$25 a season. Archive collections are all transferred but some games and years are missing. Please submit request and we will work to get you copies.

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**We are... The BURG!**  
**Burgfan.com**

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**BURG Football**  
**800 Pirate Drive**  
**Wheelersburg Ohio 45694**