



RELENTLESS

FEBRUARY NEWSLETTER

Seneca Football 2014 "It's A Family Thing"

2014 New Schedule

"A little information about how the NJSIAA & Football Committees select schedules

So to tell you a little about how HS Football works... First our schedule is always on a two year cycle, this means you play the same schedule for two years in a row and just switch the home & away. After two years they will restructure your schedule most of the time based on your school size. 2014 starts a new schedule!

We belong to the West Jersey Football Conference. 65 teams belong to this conference & they break it up into 5 or 6 teams per division. We are in the Constitution Division. Every two years they will also realign these divisions (again this for the most part is done by school size + geography). You will play everyone in your division, the team in the division that has the best divisional

record will be "Conference Champions." Our division for 2014 will be Triton, Winslow, Moorestown, Paul VI & CH West.

Your schedule is based on 8 regular season games + Thanksgiving. We will have 5 divisional games + 4 out of division games. We are kind of handcuffed and we don't get the same opportunity's to play different teams out of our division because we are locked into playing our sister schools (Shawnee, Cherokee & Lenape). This gives us really only one opportunity to play someone different each year that is not in our division. Last year it was Washington Twp, this year's it is Cherry Hill East (first time we have ever played them).

As far as playoffs go—you get power points for every game. If you win you get 6pts. You also get 3 residual points when you beat a team for each of their wins. You will also get points with a win for their group size. If you lose to a team you will still get 1 point for everyone of their wins. So example, say we beat Washington Twp & their record is 6-2 / we would get 6pts for the win + 5pts because they are Group 5. We will also get 18 more pts because of residuals (3pts x 6wins). This would total 29 pts. I hope that makes sense.

Now to make the playoffs you have to be one of the top eight teams in power points in your group. Groups again are based on enrollments. Football has 5 groups (We are in Group 3).

Here is last season's Group 3 teams and their enrollment size based on Soph's/Jr's & Sr's.

South Group III (706-912)

Barnegat 717

Central Regional 892

Cumberland 905

Delsea 856

Deptford Township 765

Highland Regional 824

Manasquan 709

Manchester Township 748

Northern Burlington 912

Oakcrest 843

Pemberton Township 716

Pinelands 817 282889

Seneca 904

Wall Township 875

Woodrow Wilson 866

In 2014 these teams will change when they come out with this years numbers.

ALL CONFERENCE

Congrats to the following players who made All Conference

1st Team

OL—John Maurer Sr.

DL—Bryce Sonberg Sr.

LB—Sam Pawlikowski Soph.

P—Steve Saiia Sr.

2nd Team

DL—Chase Vena Sr.

DB—Matt DiCroce Sr.

Brooks Irvine & George Masters

Congrats to the following players who were honored by both the Brooks Irvine Club & George Masters Burlington County Football Club

Brooks Irvine Player of the Week-

Chase Vena

Brooks Irvine Unsung Hero

Chris Mott & the O-Line

1st Team All County

OL—John Maurer Sr.

1st Team All County Academic

DL—Chase Vena Sr.

DB—Matt DiCroce Sr.

SENECA AWARD WINNERS

Congrats to all of 2013 End of the Year Banquet Award Winners

Position "Players of the Year"

OL—John Maurer Sr.

BACK—Sam Pawlikowski Soph.

WR—Mike Mulvihill Jr.

DL—Bryce Sonberg Sr.

LB—Steve Saiia Sr.

DB—Matt DiCroce Sr.

FRESHMAN—Jurelle Watson

SCOUT—Dominic Ross Soph

MOST IMPROVED—Tyler Drum

Nick Parisi Scholarship

Chris Mott

Brad Ecklund Scholarship

Chase Vena

2014 Varsity Schedule

WJFL Divisions

Here are the new projected division alignments for the West Jersey Football League for the 2014 and 2015 seasons.

Freedom: Burlington City, Florence, Maple Shade, New Egypt, Palmyra, Riverside.

Liberty: Bordentown, Cinnaminson, Delran, Holy Cross, Pemberton, Robbinsville.

Patriot: Burlington Township, Ewing, Hopewell, Lawrence, Northern Burlington, Willingboro.

Valley: Hamilton West, Highstown, Princeton, Steinert, West Windsor North, West Windsor South.

Colonial: Allentown, Lenape, Notre Dame, Nottingham, Rancocas Valley, Trenton.

American: Cherokee, Cherry Hill East, Eastern, Shawnee, Washington Township, Williamstown.

National: Clearview, Delsea, Hammononton, Kingsway, Pennsauken, Timber Creek.

Constitution: Cherry Hill West, Moorestown, Paul VI, Seneca, Triton, Winslow Township.

Royal: Bishop Eustace, Camden, Camden Catholic, Cumberland, Highland, Woodrow Wilson.

2014 Varsity Schedule

Summer Training Starts (6/23)

Summer Camp (7/14-17)

Equipment (8/13)

First Practice (8/14)

Scrim 1 H Absegami (8/23)

Scrim 2 H Deptford (8/30)

Scrim 3 @ Cinnaminson (9/4)

Game 1 H Paul VI (Fri 9/12)

Game 2 @ Lenape (Fri 9/19)

Game 3 H Moorestown (Fri 9/26)

Game 4 @ CH East (Fri 10/3)

Game 5 H CH West (Fri 10/10)

-BYE-

Game 6 @ Winslow (Sat 10/25)

Game 7 H Shawnee (Fri 10/31)

Game 8 @ Triton (Fri 11/7)

Playoffs (11/14-15)

Playoffs (11/21-22)

Thanksgiving @ Cherokee (11/27)

State Championship (12/5-6)

GO TO OUR WEBSITE

www.senecafootball.com

Seneca

12th Man Club

"Get Involved"

Our Football Booster Club is very important to the success of our program. Please come out and support the group you belong to, *"as long as your son plays Football at Seneca you are a member."* We meet every 3rd Wednesday of the month, 7:00pm in the Lecture Hall.

This club does so much for our players, our school & our community. We have raised money for scholarships, pregame meals, after game snacks, awards banquet & scholarships! This is a great club—with a big heart—please get involved!

First Meeting of 2014: Wed Feb 19 7:00pm

Good Luck To: John Maurer, Bryce Sonberg & Chase Vena as they visit schools to continue their education—and play another 4 years of Football !!!

<u>Player</u>	<u>Senior Year</u>	<u>College/University</u>
Will Flake	2012	Rowan University
Garrett Funches	2012	Kings College
Joey Pawlowski	2012	Lycoming University
Frank Bobo	2011	Wilkes University
Lucas Brown	2010	Monmouth University
Mike Southwick	2010	Albright College
Steve Greco	2010	Wesley University
Adam Coppola	2010	Widener University
Nigel Gray	2009	Bentley University
Josh Brown	2008	Salisbury St University
Sean Carroll	2008	Rowan University
Vince Henry	2007	TCNJ (College of NJ)
Tom Massucci	2007	McDaniel College
Jay Donoghue	2006	TCNJ (College of NJ)
Mark Miller	2006	Widener University
Zach Schewe	2006	Wesley University
Bobby Carroll	2006	Rowan University
James Yates	2006	TCNJ (College of NJ)
Ryan Milligan	2005	United States Coast Guard
Kyle Girard	2005	West Chester University
Rob Firman	2004	Bucknell University

Keep Playing Football "Every Year" - Why?

Since my first year of little league sports (1972) til now, I have either played or coached 3 sports. I was a football, basketball & baseball player or coach and got involved in track 8 years ago. I was also a golf and tennis coach at some point during those years. Great teammates, great friends & great coaches during those 41 years. But I always say "Nothing prepared me for life like Football did". Everyday on the field is a life lesson—one of the best coaches I ever had was in 8th Grade (130's), Mr. Medica was incredible and I still use things I learned from him both as a Coach and a Father. I made it thru high school and college because of him.

At Seneca it is an "Experience" - it starts as a 5year old on the 60's and goes on for the next 13 years til they are a Senior in High School. This sport will someday turn your boy into a man. I see this all the time, kids in camp who maybe timid, quiet, maybe have a low self esteem—eventually they make it thru this whole experience and they leave Seneca confident, poised and ready to tackle the world. Keep them playing, don't allow them to take a year off—make sure they get the whole experience that Football in our area has to offer. I included some great quotes about Football from some of our former players. Thank You

"There's nothing I miss more in my time at college then playing football especially for Seneca. The feeling of playing on Friday Nights at Seneca is unlike any feeling in the world. My only regret throughout my younger time is not playing football every year. I didn't play until my Jr. year of high school and I wished I would of started playing in youth football. I loved every second of it!" **Sean Gray 2011**

"High School football is more than just playing a sport. It's the feeling of hometown fame :) It changes how you approach and live life. It's a lifetime badge of respect and an immortal brotherhood you will share with anyone who has wore the green and gold. I will miss Friday Nights under the lights at Seneca. To all my brothers—I Got Your Back!" **Dustin Worthman 2007**

"What you do under the lights on Friday Nights at Seneca will resonate throughout my lifetime. It is an honor to wear the green and gold, a right of passage that earns you support of a FAMILY. When all else is lost family remains, resilient, proud and unwavering. Leave it all on the field!" **Sean Carroll 2008**

"To be a Seneca Youth & HS Player is more than participating in practices and games, it's also a brotherhood. To have teammates that would take a bullet for you as well as coaches that truly care about you as though you were their own son is an extremely special experience that has never replicated in any other aspect of my life. I would relive my Seneca Football experience ten times over if I were able to!" **Alec Flexon 2012**

"What you learn in playing football through all levels for Seneca Youth & HS is priceless and a never ending list. I learned determination, how to face adversity, leadership, to never quit anything in life and that nothing worth your time and training is easy. If it's hard—it's good and hard work always pays off. High school is like nothing else, you will never get that same feeling in any other place **playing with the brothers you grew up with!** The life skills learned through it do live with you after graduate and I love that!" **TJ Johnson 2012**



COACH FISHER CONTACT INFO

Home 609-859-0290

Work 609-268-4600 x 8463

Cell 609-923-2992

Email senecafootball@comcast.net

2014 Seneca Football Camp

“It’s A Family Thing”

Early Bird Special
\$25 Off
If you sign up by April 1st



Seneca Football Camp

20



14



“It’s A Family Thing”

July 14th—17th
Ages 5-18



Go to: www.senecafootball.com
Coach Fisher 609-923-2992

Seneca Football will be holding its Summer Football Camp the week of **July 14th thru 17th.**

This will be our 11th one—time sure does fly. This camp is a full football instructional camp that our goal is to get every one a little better at the techniques and fundamentals that deal with football! It is also a great springboard to the season that will be less than a month away when the camp is over. We are also incorporating Speed & Explosive Power Exercises & Drills. We will have an instructor teaching all kids proper form running & speed techniques.

Now until April 1st we are running an **“Early Bird Special”** - if you register before April 1 you will get \$25 off (\$120 instead of \$145)

Go to:
www.senecafootball.com
to download our
brochure

Varsity (tentative) Summer Schedule

Seneca Football Summer '14			
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
16-Jun	17	18	19
OFF	<u>Football Mini-Camp</u> 6:00pm-8:00pm	<u>Football Mini-Camp</u> 6:00pm-8:00pm	OFF
23	24	25	26
<u>Varsity</u> 7:00am-9:30 Lift & Speed Work	<u>Varsity</u> 7:00am-10:00 Lift / Off Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers	OFF	<u>Varsity</u> 7:00am-10:00 Lift / Def Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers
30-Jun	1-Jul	2	3
<u>Varsity</u> 7:00am-9:30 Lift & Speed Work	<u>Varsity</u> 7:00am-10:00 Lift / Off Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers	OFF	<u>Varsity</u> 7:00am-10:00 Lift / Def Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers
7	8	9	10
<u>Varsity</u> 7:00am-9:30 Lift & Speed Work	<u>Varsity</u> 7:00am-10:00 Lift / Off Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers	OFF	<u>Varsity</u> 7:00am-10:00 Lift / Def Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers
14	15	16	17
<u>Seneca Football Camp</u> 9:00am-3:00	<u>Seneca Football Camp</u> 9:00am-3:00	<u>Seneca Football Camp</u> 9:00am-3:00	<u>Seneca Football Camp</u> 9:00am-3:00
21	22	23	24
<u>Varsity</u> 7:00am-9:30 Lift & Speed Work	<u>Varsity</u> 7:00am-10:00 Lift / Off Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers	OFF	<u>Varsity</u> 7:00am-10:00 Lift / Def Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers
28	29	30	31
<u>Varsity</u> 7:00am-9:30 Lift & Speed Work	<u>Varsity</u> 7:00am-10:00 Lift / Off Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers	OFF	<u>Varsity</u> 7:00am-10:00 Lift / Def Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers
4-Aug	5	6	7
OFF	OFF	OFF	OFF
11	12	13	14
OFF	<u>Varsity</u> 7:00am-10:00 Lift / Off Practice / 7on7 9:30am-10:00 xtra QB/WR/Snappers/Kickers	<u>Equipment Handout, Meetings & Combine Test</u> (40,VJ,Shuttle,L, Bench) 8:00am - 12:00pm	<u>Practice Officially Starts</u> TBA

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To All Incoming Freshman "Football Class of 2017"

First off "Welcome" you are almost Seneca Golden Eagles. We look forward to coaching all of you for the next 4 years and hopefully walk away with a couple of Championships. Right now I will be honest with all of you—I have never been this excited about our future! I feel we are very close to raising our entire program to another whole level! To do this will be a lot of work on your part but "It will pay off!" At top of this page is all of my contact info. Players and parents feel free to contact me with any questions you may have. I will be at all Middle Schools in May to sign up all 8th graders who will be playing Football at Seneca next year. I will also have handouts, schedules and other vital information. Below is a tentative schedule of our Summer for all Frosh Players. This schedule might change some but for the most part it is very close.

Seneca Frosh Football Summer '13			
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
30-Jun	1-Jul	2	3
Frosh 9:00am - 11:00 Lift, Speed Work, Offense	OFF	Frosh 9:00am - 11:00 Lift, Speed Work, Defense	OFF
7	8	9	10
Frosh 9:00am - 11:00 Lift, Speed Work, Offense	OFF	Frosh 9:00am - 11:00 Lift, Speed Work, Defense	OFF
14	15	16	17
Seneca Football Camp 9:00-3:00	Seneca Football Camp 9:00-3:00	Seneca Football Camp 9:00-3:00	Seneca Football Camp 9:00-3:00
21	22	23	24
Frosh 9:00am - 11:00 Lift, Speed Work, Offense	OFF	Frosh 9:00am - 11:00 Lift, Speed Work, Defense	OFF
28	29	30	31
Frosh 9:00am - 11:00 Lift, Speed Work, Offense	OFF	Frosh 9:00am - 11:00 Lift, Speed Work, Defense	OFF
4-Aug	5	6	7
OFF	OFF	OFF	OFF
11	12	13	14
Frosh 9:00am - 11:00 Lift, Speed Work, Offense	OFF	Equipment Handout, Meetings & Combine Test (40,YJ,Shuttle,L, Bench) 8:00am - 12:00pm	Practice Officially Starts