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Coach Goltra Prepares for the 2016 Bearcat Football Season

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Dexter, Missouri - Coach Kevin Goltra presented his training schedule for June, July and August to a packed auditorium at the Dexter High School. It was an opportunity to meet and discuss the upcoming football season with parents and students.

"The main reason we are here is to know what's going on," Goltra said to a large group of parents and athletes.

"We have got to get in the weight room now. I expect each football player to be in the weight room 3 sessions a week and I will be taking roll," Goltra said. "I feel like we are already behind somewhat and I want to do all I can this summer to get our athletes in shape!"

Beginning May 31st Summer Weights will begin with the weight room being open three to four days per week with several times available each day. On June 6th we will practice from 7 a.m. - 11 a.m. and that gives us about 2 1/2 hours of practice with a 30 minute cool down. "If you miss a practice you will be so far behind," Goltra commented. "So it will good for you to be there that week."

Goltra told the audience that he plans to take athletes to the SEMO Practice Camp which begins on Monday, June 20th - Thursday June 23rd. The athletes will stay in the dorms at Southeast Missouri State University while they attend Practice Camp.

"It will be a good experience for them. I call it "Hell Week" like for the Navy Seals. It is a very tough, tough 3 days of practice. It will be extremely difficult, but 20 years from now you will all be talking about it. It is a great opportunity to practice offense and defense," commented Goltra. "They will get a good work-out before coming back on Thursday and having the Dexter 7 on 7 and Lineman Challenge on that Saturday. I want them to rest on Friday."

Goltra handed out a practice schedule to anyone who wanted one at the meeting. On July 11th evening practices begin from 5 p.m. - 8 p.m. Monday - Thursday. On July 18th the football team will practice with helmets for two days in the morning from 7 a.m. - 11 a.m. before the team leaves for Buffalo Camp on Wednesday. Not all players will be required to attend this two day camp, but most will. It will be depend on where they are in their training development.

Dead Period is Saturday, July 23rd - Sunday July 31st which is a great time to take vacations if you can schedule them. Goltra explained that he will work with any parent or business in town to work around schedules for vacations or work, but you have to be open and forthcoming. If you don't show up to practice you won't play, but if you let him know in advance then something can be worked out!

"Communication is the key and everyone will have my cell phone number," Goltra said. "I know everyone has vacations planned all through out the year and I will work with you as long as you come to me and let me know."

Football practices will be held in the evenings from 5 p.m. to 8 p.m. or sometimes 3:30 p.m. - 6 p.m. in August since that is the hottest month of the year in southeast Missouri.

Coach Goltra is a firm believer in two or even three sport athletes and he has already reached out to Coach Dowdy, Dexter's head basketball coach, to make sure the scheduled for basketball practice and Rib City to not conflict this summer with his practices. He really wants students to be able to play multiple sports and be well rounded athletes.

The Jamboree is slated to be played at Dexter on Friday, August 12th at 7:00 p.m. Details will be forthcoming in the near future. Season opener will be at Ste. Genevieve on Friday, August 19th at 7:00 p.m. for the varsity Bearcats.

"We do have an opening right now, but are diligently working on finding a school that will play us that's not too far away and not a 5A type school," commented Goltra after a parent asked about the September 9th open date. The Charleston Bluejays dropped Dexter from their schedule.

The Junior Varsity Bearcats will have their season opener at Malden on Monday, August 22nd at 6:00 p.m.

"I will be here May 31st and ready to get to work," stated Goltra. "I honestly can't wait to get started and see where we are and what we can accomplish this year. I have already met some good people in Dexter and the support has been great!"

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