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Bearcats Taking Their Game to the Next Level

JUNE 27TH 2016 BY DEE LOFLIN

Bearcats Taking Their Game to the Next Level

Dexter, Missouri - If you are missing high school football, take heart, we are just 46 days out until the kick-off of the 2016 regular season of Bearcat Football.

The "Boys of Fall" have already started their routine of weight lifting and summer camps along with evening summer practices. Fifty football players participated in the 2016 SEMO Football Camp on the campus of Southeast Missouri State University in Cape Girardeau last week.

The three-day camp was a great way to build confidence, skill, and maintain momentum during the summer months. It also gave the Bearcats a mental edge on the field and build teamwork. Athletes improved on their techniques in blocking, catching, running offensive skill, defensive maneuvers, and specialized skills for position players such as receivers and quarterbacks.

The Bearcat athletes received intensive daily instruction and have mentally prepared themselves for the upcoming season. When they take the field under the Friday night lights for their first game the goal is to be more advanced, know more about the game than their opponent, and be familiar with all of the techniques, drills, and plays they learned over the summer. By the time their season opens they will have mastered their drills and gained more knowledge and experience to succeed on and off the field.

"We are the #1 team in Missouri in conditioning and practice right now," commented Coach Kevin Goltra. "We are one of the few teams sweating it out at camps right now!"

Their challenge is to be more efficient and effective with the ball and most importantly believe in themselves as a team. They have already sacrificed much this summer giving up fun with their friends, trips to the lake, and just hanging out with their school friends, but they know it's all worth it and will pay off when they hit the field in August.

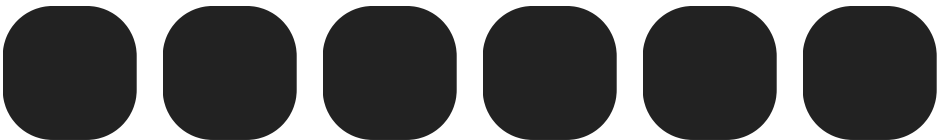
Our Bearcats know what hard work can do for a team. They realize in order to become great they have to hone their craft. If you want to get good, you have to practice!

The 2016 Jamboree is slated for Friday, August 12th at Dexter. Their first game of the season will be at Ste. Genevieve on Friday, August 19th. Game time 7:00 p.m.

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