Summer vacation was often a time to relax, travel, and catch up on sleep. For many student athletes, it was also an important time to continue working towards improving their craft and achieving athletic goals in advance of the high school season. Under the guidance of Coach Earl Sims, summer training for the varsity football program was no exception.

“A typical day of summer training started with the team out on the field. We did a dynamic warm-up, then speed improvement drills, and then went into competition drills, and conditioning drills which consisted of acceleration drills, competition drills, and conditioning drills that the team unity that resulted, Coach Sims said. “We all had individual talents, and by the end of the previous school year. "My summer training started the week after school ended. I was calling the receivers in to work, and we all tried to get our timing before the season started, “Beery said.

In addition to the physical preparation for the upcoming season, Coach Sims stressed the importance of mentally preparing the student athletes.

"On Wednesday, it was different. We had our journaling day. It started with a question or a quote, and the team had to write and recite,” Sims said. Beery was optimistic about the progress made over the summer and how, through hard work and shared goals, they grew together as a team. “The summer training prepared me for the season because it made me mentally and physically stronger and more aware. Coach Sims was good at motivating all of us,” said Beery.

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