

WEST ALLIS CENTRAL HIGH SCHOOL

8516 West Lincoln – West Allis, Wisconsin 53227 – 414.604.3100 – Fax 414.546.5536
The School District of West Allis – West Milwaukee, ET AL.

May11, 2010

Dear Parent/Guardian,

At West Allis Central High School, we will be offering weight training and conditioning to next year's 6th, 7th, and 8th grade football players and any other interested students. Weight training and conditioning are beneficial to athletes of all ability levels and is imperative for athletes that participate in multiple sports.

The Bulldogs weight training program will be conducted Monday thru Fridays this summer with different activities done each day. Continuing our tradition of weight training and speed training in the summer, we have added workouts run by our own personal trainer from the West Allis Athletic Club on Wednesdays and Thursdays. Fridays will also serve as a make-up lifting day for anyone that missed during the week and for those with perfect attendance, and there will be team competitions and cookouts every other Friday, both of which are open to anyone who will be attending Central in the near future. Central's weight room will be open starting Monday June 14th at 8:30 am. It will also be open at 2:15 under the guidance of Coach Dean Johnson and Jon Nelson, assistant wrestling coach, for those playing summer baseball or who cannot attend at 8:30 daily. Incoming 6th, 7th, and 8th graders are welcome and expected to lift with the rest of the high school athletes. We believe this will build lasting friendships with the "experienced" Bulldogs, but also build future leaders of our program.

Finally, we would like to give you a little information about Bulldog Football over the last 2 years. Our record over the last two years since we have taken over is 7 – 11, but have won 6 of our last 10 games including wins over Catholic Memorial (who was in the state semi-finals), and Hale. We run the Spread Offense which we feel is very fun to play in and exciting to watch, together with a multiple 3-4 and 4-4 defense. WAC had two players selected to play in the DIVISION 1-3 STATE ALL- STAR GAME in OSHKOSH this summer. We will have 5 players from last year's team playing football in college next year, and we currently have 4 players being recruited by colleges, including 1 by Wisconsin, Iowa State, Indiana, Notre Dame, and a number of other Division 1 programs. Along with Hale, we return the most experience on both sides of the ball next year. Our success in preparing kids for college football starts with the hard work, dedication, and skill of BOTH the WOLVERINE and BADGER coaching staffs. Hopefully you will get to see us play throughout the season as we strive to get back to the playoffs for the first time since 2004.

If your child hopes to play football next year or in the years to come, they should enter at the north side of the school on Grant street and then upstairs to the weight room. Each player should bring clothes and shoes to work out in and dress for the weather as some of the work out is outside.

Sincerely,

THE BULLDOG FOOTBALL COACHING STAFF

Dax Rodriguez
Head Football Coach
West Allis Central High School
414-604-3100 Ext. 5718