



## JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011

### 2011 SEASON RECAP

Happy Holidays! It is a great time of year. Some thoughts on a very improved 2011 season.

We finished with a 2-7 record, improving by two games from 2010. In the opener, the Generals came from behind with an 11-play 4<sup>th</sup> Quarter drive. Carson Dunn got us within a point on a Power Right. We went for two and the win with the same play, but different half-back. Behind the great blocking by Nick LaVallee, Chris Procum, Bryan Wagner, Jacob Bumford and Jeremy Bolton, Stefan Oestereich pounded in the two-point conversion. Moments later, Nic Lloyd made his second interception of the game to seal it.

After a respectable showing against perennial Division IV contender Kennett, we returned to our home field against a very athletic Merrimack Valley squad. After a wild first half, with alternating momentum swings, we simply took over.

Our wing-T offense controlled the line of scrimmage, the ball and the clock. While MV only touched the ball for four of the second-half's twenty-four minutes, Stark scored 21 points, turning a 22-13 halftime deficit into a 34-22 win!



*Oestereich in for two to beat Kingswood!\**

Believe it or not, there were many positives in our seven defeats. We were unable to shut anyone down and had trouble, at

times, matching the size and physicality of our opponents we saw glimpses of things to come. We must improve our punt and kick coverage and create opportunities for scoring and field position in our special teams. However, we are catching up. Nearly every opposing coach commented on our improvement. With work, we continue our climb towards respectability.

### SPORTSMANSHIP AWARD

Our football program was awarded the New Hampshire Football Officials Association Sportsmanship Award! Only four schools in the entire state were honored. The award is given to the programs exhibiting outstanding Sportsmanship by **players, coaches and spectators**. That's right, our program won the award, not just the team. Incidentally, in 2010 we won the 2010 Division IV team sportsmanship award last season elected by our opponents. We are doing things right.



## JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011

### 2011 STATISTICS

#### Team Offense

2011 points for/against – 163/336.

2010 points for/against – 54/377.

**Rushing** – 352 attempts for 1712 yards. 4.9 yards/carry. 22 rushing TD's, 11 PAT's, 154 total points scored on the ground.

Five players rushed for over 100 yards!

**Passing & Receiving** – 29 completions for 550 yards. 2 TD's, 1 PAT.

#### Individual Offensive Leaders

Carson Dunn – 80 rushes for 526 yards, 6.6 yards/carry, 7 TD's, 4 PAT's.

Jacob Bumford – 68 rushes for 339 yards, 5 yards/carry, 1 TD.

Stefan Oesttereich – 69 rushes for 297 yards, 4.3 yards/carry, 4 TD's, 3 PAT's.

Jeremy Bolton – 61 rushes for 272 yards, 4.5 yards/carry, 3 TD's.

Ian Franco – 27 completions, 48 attempts, 478 yards, 2 TD's.

Bryan Wagner – 8 rec's, 193 yards, 1 TD.

Nicholas Simeone – 9 rec's, 89 yards.

The Offensive Line played very well. True football fans know that we rush for zero yards if these guys don't do their jobs. Great credit goes to coach Rod McQuarrie, who molded this unit into a cohesive team. Robert Dunn, Christopher Procum, Billy Blouin, Nick LaVallee and Bryan Wagner will be missed.

#### Defensive & Special Team Standouts

Carson Dunn – 44 tackles, 2 sacks, 2 tackles for loss, 1 pass defensed.

Jacob Bumford – 42.5 tackles

Nic Lloyd – 34.5 tackles, 3 interceptions, 4 passes defensed, 19 kick returns for 339 yards.

Christopher Procum – 23 tackles.

Nic Simeone – 22.5 tackles.

Tim Barnes – 20.5 tackles. 1 Fumble recovery. Great punting, as usual.

Robert Dunn – 18.5 tackles, 1 Fumble forced and recovered.

Jordon Hunt – 9.5 tackles, 2 int's, 12 kick returns for 123 yards.

### JV TEAM FINISHES STRONG

The Junior Varsity Program had a very nice season. It took some time for them to learn a new offense. After a slow start, the team finished strong. Most outstanding, perhaps, was the level of spirit and



## JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011

determination with which they played. Coach Ricky Hession, along with coaches Wagner and McQuarrie, took on the challenge of leading the team in their first exposure to high school football, where development takes precedent over wins.

Many of these young guys will contribute on Varsity in 2012. They must, we graduate four of six starters from the Offensive Line (including TE). A competitive environment should exist for starting spots next year. Who will earn a spot by paying the price in off-season training?

### VARSITY COACHES' AWARD

**Jeremy Bolton** – This award goes to the player who most exemplifies the qualities of John Stark Football – self-discipline, perseverance, teamwork, cultivation of leadership, respect for self and one's opponent and the spirit of competition. Although we had many who could have won this award, Jeremy stood out

throughout the season with an unselfish attitude and iron will.

### VARSITY MOST IMPROVED

**Kellan Brien** – Sophomore Kellan Brien played outstanding center all year. A quiet, intense player, he should anchor the O-Line for the next two years. Brien success is credited to his dedication to weight training that transformed him from a pudgy freshmen into a varsity athlete.

### JV COACHES' AWARD

**Colbey Decotis** – Decotis moved back to fullback after a brief flirtation at guard. Decotis not only showed surprising break-away speed running the ball, he squared up and shut down opposing runners all year. We have high expectations for a very good teammate.



*Sherman & McGrade open a huge hole for the hard-charging Decotis.*

### ALL-STATE SELECTIONS

Eight John Stark football players were selected to the 2011 Division IV Coaches' All-State Football Team.

**First Team Offense** – **Carson Dunn** – RB, Sophomore



## JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011

**First Team Defense – Jacob Bumford**  
– LB, Junior

### All-State Honorable Mention

**Timothy Barnes** – OL, Junior  
**Jeremy Bolton** – DL, Senior  
**Kellen Brien** – OL, Sophomore  
**Nic Lloyd** – DB, Junior  
**Chris Procum** – DL, Senior  
**Nicholas Simeone** – WR, Junior

### BOOSTERS

The Boosters Club had a very successful season. A new line of merchandise was introduced. The Boosters successfully raised money that will be used to upgrade our program.

**Press-Box** – Tony Sawyer stands out, with the support of many others, as the parent who led the charge to ensure the foundation was complete for the new press

Box. If all goes according to plan will be completed next summer. This exciting project will provide a much needed physical improvement to the facilities. This truly is a project with coordination and support from the team, Boosters, school administration as well as community support in the form of donations of materiel and services from our local businesses. Opportunities still exist for help, financial or otherwise.

**Uniforms & Helmets** – The Boosters are supplementing the school budget to help defray the costs of these items.

The purpose of the Boosters is to provide support, both financial and non-financial, to the football program at John Stark Regional High School, and promote the ideals of excellence, integrity, loyalty and good sportsmanship thereby building the character of the participating players and bringing credit to the community. The organization encourages parental, guardian and community involvement and

strives to ensure that opportunities continue to be made available to the players and students of John Stark Regional High School. To become a member, go to <http://jsrhsfootballboosters.com/news.php> or attend the next meeting. Meetings are usually held on the third Wednesday of the month at the High School, starting at 7:00pm. However, the December meeting is December 14, 2011.



*Tim Barnes pulling for Carson Dunn*



## JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011

### UNIFORMS

We are budgeted to receive new home and away jerseys and pants in 2012. The Athletic Director is in negotiations right now with vendors. Although no final decision has been made, we are looking at something like the accompanying artist's rendering from Riddell. We are ensuring that we get high-quality lettering and numbering so they will not peel.



Home



Away



JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011



*Bumford's 62 yard TD run.*

**OFF-SEASON PLAN FOR SUCCESS**

The Off-Season Program has already begun. We test our player periodically in core tests of speed and strength. Our numbers are not close to where they need to be. To compete, we must set expectations higher and hold our athletes accountable. Winter and Spring athletes are responsible to their

current teams. They are not expected to participate in off-season football training without coaches' permission. I believe in the three-sport high school athletic experience. We enjoy rooting on our guys, and all Stark athletes!

November	Date	Open	Close
Monday	28	3:15	4:30
Wednesday	30	3:15	4:30

December

Friday	1	3:15	4:30
Monday	5	3:15	4:30
Wednesday	7	Closed.	
Friday	9	3:15	4:30
Monday	12	3:15	4:30
Wednesday	14	3:15	4:30
Friday	16	3:15	4:30
Monday	19	3:15	4:30
Wednesday	21	3:15	4:30
Closed for Holiday Break			

January

Wednesday	4	3:15	4:30
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Friday	6	3:15	4:30
Monday	9	3:15	4:30
Wednesday	11	3:15	4:30
Friday	13	3:15	4:30
Monday	16	Closed	
Wednesday	18	3:15	4:30
Friday	20	3:15	4:30
Monday	23	3:14	4:30
Wednesday	25	3:15	4:30
Friday	27	3:15	4:30
Monday	30	3:15	4:30

February

Wednesday	1	3:15	4:30
Friday	3	3:15	4:30
Monday	6	3:15	4:30
Wednesday	8	3:15	4:30
Friday	10	3:15	4:30
Monday	13	3:15	4:30
Wednesday	15	3:15	4:30
Friday	17	3:15	4:30
Monday	20	3:15	4:30
Wednesday	22	3:15	4:30
Friday	24	3:15	4:30
Closed for Winter Break			



## JOHN STARK FOOTBALL NEWS – THIRD EDITION – DECEMBER, 2011

### Rules of the Weight Room

Some of the most important ones:

- Be safe and avoid injury.
- Sign in. Sign out.
- Hydrate.
- If unsure how to do something, ask a coach.
- Use a spotter.
- During work-out hours, you are expected to sign in and work-out, not just socialize.
- You must be in the weight room or any other area designated by the room supervisor. No wandering the halls, no horseplay or hazing, etc...
- When you sign out, you are expected to leave the building immediately.
- Proper attire – clean shirt, shorts, socks, sneakers, towel, sweats.
- Rack your weights.

- Help keep it clean.
- No profanity. This includes the music.
- All other school and athletic department rules apply.
- We apologize in advance if we are forced to close the weight room because we could not get supervision. Please check the football website, <http://wordpress.jsrhs.net/football/> for any changes to the schedule.
- Let's have fun and get jacked!

### FINAL THOUGHTS

I want to publically thank my coaches, Rod McQuarrie, Ricky Hession, Garrett Wagner and John Sardos for their time, effort, and dedication to your sons. Thanks also to our unpaid intern, Christian Allen, who completed the countless tasks every football program must undertake. Coach

Wagner is likely attending UNH in Durham and attempting to walk-on the football team and will not be available next season. A special thanks to Coach Sardos, who sadly but understandably moved back to his native upstate New York to pursue opportunities professionally in strength training and education. We already miss him. We are looking for quality assistant coaches. If you have the time and interested in coaching our greatest team sport and want to do it for the right reasons, please contact me.

I also want to thank the parents, Boosters and other volunteers who help each week throughout the season.

I encourage more guys to attend football camp this summer. I remember having a lot of fun traveling with about fifteen guys all the way to the University of Delaware one summer for a week of instruction under the legendary Coach Harold

# Generals

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“Tubby” Raymond. It is the same offense that we run today. It would be great if we could get at least that many to go as a team to the UNH camp this year. See me or the Boosters if you need financial assistance.

Although I highlight many of the positive team and individual achievements throughout this newsletter, we have not yet arrived where we know we can be. I am very proud of the Seniors who helped lay the foundation for future team success. Our Juniors and Sophomores now have two years of the current system under their belts. We also have what appears to be a solid incoming Freshman class of athletes. Let’s keep the positive mojo!

Through hard work, dedication and selflessness, will we achieve our goal of being competitive in every game, eventually winning a championship and continuing a tradition of doing things the right way.



*Many hats to the ball.*

*\*All photos are credited to the team photographer, Karen LaVallee.*