



Bath Football Newsletter April Edition



Edition 2, April 2023

Events

Next Test DATE is May 6th!!!!

*Parents!!!-PAC meeting in May, date will be posted!!!

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@BATHFootball23

BATH FOOTBALL

“The culture precedes positive results. Champions behave like champions before they’re champions; they have a winning standard of performance before they are winners.” – Bill Walsh

#Full Benefit

Coach Russell's Contact INFO:

Cell #937-838-6053

Email:
frarussel02@gmail.com

Weight-Room Update

Twenty-Five kids tested during the April testing cycle. Nineteen of the kids tested recorded personal records (PRs).

TOP Lifters from Each Exercise

- **-275 BENCH-Kory Slaght**
- **-555 Deadlift-Ethan Stevens**
- **-215 Hang Clean-Kahne Sullivan**
- **-28 Dips-Foster Deters**

Lifting Clubs

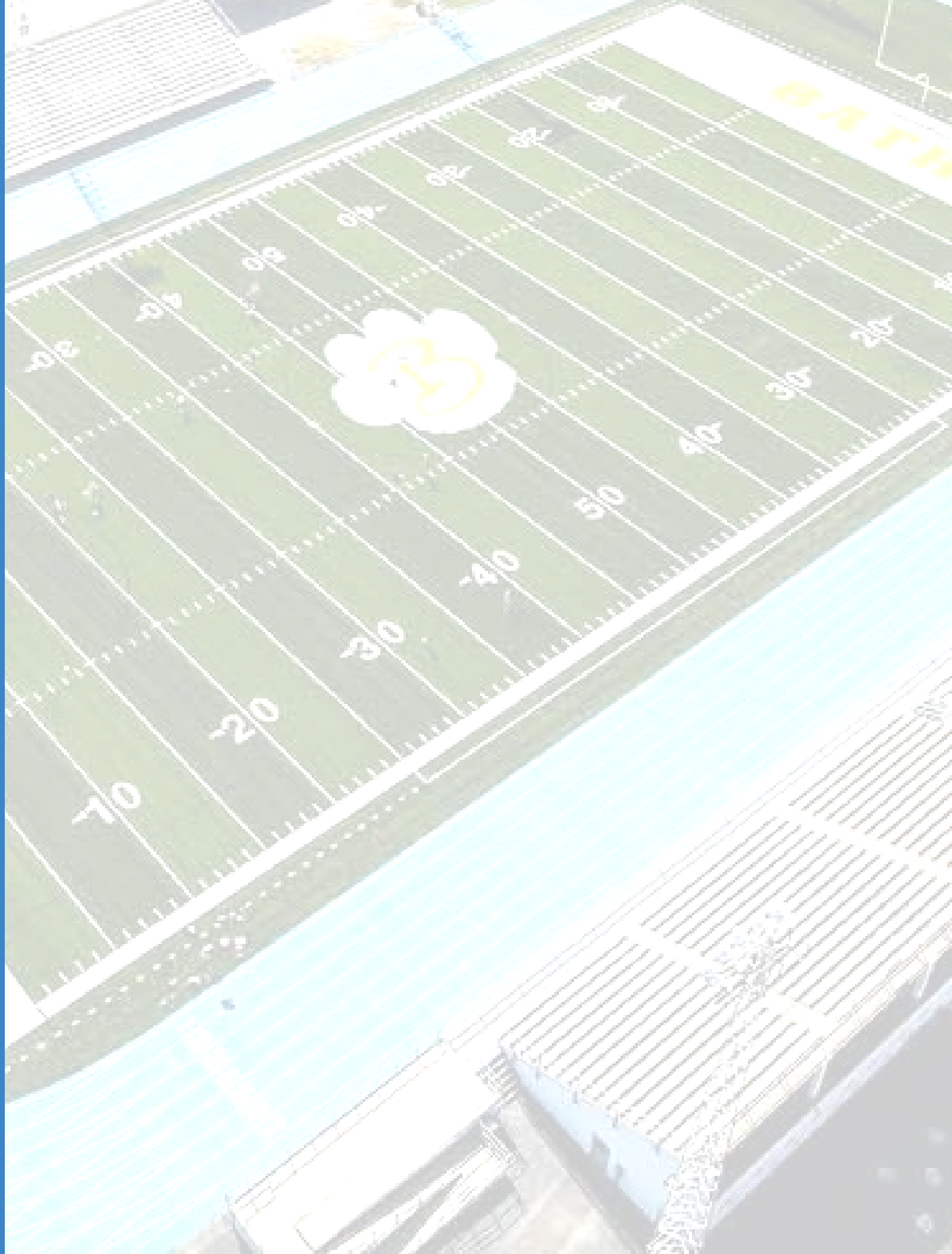
1000 lbs. Club	1100 lbs. Club	1200 lbs. Club	1300 lbs. Club
Jack Radar	Jager Smith	Kory Slaght	Ethan Stevens
Liam Sullivan	Kahne Sullivan	Izaiah Murphy	
James Davenport	Kyle Slaght		
Carson Kinnard (March Test)			

The following players have been named
“Lifters of the Day!!!”



Top Left to Right, top to bottom: Ethan Stevens #75, Kody Slaght #70, Austin Owczarzak #80, Landon Oglesbee #9 and Carson Kinnard #51, Liam Sullivan #57, Izayah Murphy #55 and Jack Radar #85, Jack Radar #85 and Kyle Slaght #64, Mickey Casey and Jager Smith #60, Kahne Sullivan #23, Foster Deters #24 and James Davenport #33

Run Fast!!! Hit HARD!!!



Meet your Bath Wildcats...



Sophomore Vinny Vendetta #21

1. Who is your hero? My dad and David Goggins.
2. If you could live anywhere, where would it be? Northern California.
3. Have you ever had a nickname? What is it? Some of the guys call me Vin Man and Vin Dog.
4. Aside from necessities, what one thing could you not go a day without? Hitting the gym or listening to music.
5. If you could go back in time to change one thing, what would it be? I have no regrets.
6. Who would you want to play you in a movie of your life? Adam Sandler.
7. What is your favorite family holiday tradition? Camping on the 4th of July.
8. What was the last thing you recorded on TV? Shohei Ohtani in the World Baseball Classic.
9. What is your favorite food? Steak with asparagus.
10. What is your favorite memory of Bath Football? Beating Elida my freshman year, and all the team meals.

Meet Coach Grant Sherman

My name is Grant Sherman and I graduated from Kenton High School in 2014 where I played football and basketball. While playing football at the University of Saint Francis (Fort Wayne, IN), I sustained an injury and I was asked to be on the coaching staff as the quarterbacks coach. In the last 5 years, I have coached at Carroll High School and Kenton High School as offensive coordinator and quarterbacks coach.

I currently teach social studies at Kenton High School. In May of 2022, I married my wife Courtney. I am extremely close with my family, especially my brother and sister as well as my two nieces. Football is my passion and I can not wait to start the next chapter of my life as a BATH WILDCAT!



Bath Football May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 6:30-8-Champions hip Workout	3	4 6:30-8-Champions hip Workout	5	6 10 AM-11:45 AM-Championship Workout Test Day!!
7	8	9 6:30-8-Champions hip Workout	10	11 6:30-8-Champions hip Workout	12	13 10 AM-11:45 AM-Championship Workout
14	15	16 6:30-8-Champions hip Workout	17	18 6:30-8-Champions hip Workout	19	20 10 AM-11:45 AM-Championship Workout
21	22	23 6:30-8-Champions hip Workout	24	25 6:30-8-Champions hip Workout	26	27 10 AM-11:45 AM-Championship Workout
28	29 Off	30 Summer Workout 12-2 pm Camp Day #1 6-8 pm	31 Summer Workout 12-2 pm Camp Day #2 6-8 pm			