

## Bits and Pieces

### Edition 13

Feb. 17, 2010

by - Greg Barton

I enjoy finding quotes that can help one of our players or a family that is part of the Barton Football Academy. I hope you will enjoy some of these quotes and I suggest that parents take the time to sit down with your kids to talk about how some of these comments can help either them or their team. In addition these quotes can help in academics or anything we do in life.

**Peggy Fleming** (American Skater) – “The first thing is to love your sport. Never do it to please someone else. It has to be yours.”

**Lou Holtz** (Hall of Fame football coach) ‘ “If you don’t make a total commitment to whatever you’re doing, then you start looking to bail out the first time the boat starts leaking. It’s tough enough getting that boat to shore with everybody rowing, let alone when a guy stands up and starts putting his jacket on.”

**Michael Jordan** (Hall of Fame basketball) – “I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. There was 26 times that I was asked to take the game winning shot and I missed. I’ve failed over and over and over in my life. And that is why I succeed.”

**Willie Mays** (Hall of Fame baseball player) “It isn’t hard to be good from time to time in sports. What’s tough is being good every day.”

**Joe Paterno** (Head Football Coach – Penn State University) – “The will to win is important, but the will to prepare is vital.”

**Mario Andretti** (Hall of Fame auto racer) – “If you wait, all that happens is that you get older.”

**Tommy Lasorda** (Hall of Fame – baseball coach) – “The difference between the impossible and the possible lies in a man’s determination.”

**Lou Holtz** (Hall of Fame football coach) – “Show me someone who has done something worthwhile, and I’ll show you someone who has overcome adversity.”

**Shannon Miller** (Gymnastics Hall of Fame) – “Other people may not have had high expectations for me, but I had high expectations for myself.”

**Mike Ditka** (Hall of Fame college and NFL football) – Success is never permanent, and failure is never final.”

**Jerry West** (Hall of Fame basketball) – “You can’t get much done in life if you only work on the days when you feel good.”

**Joe Kapp** (Great College and NFL quarterback) – “They say football is American’s greatest game, but it’s not. The greatest game in America is called opportunity. Football is merely a great expression of it.”

**Sugar Ray Robinson** (Hall of Fame boxer) – “I’ve always believed that you can think positive just as well as you can think negative.”

**Kareem Abdul-Jabbar** (Hall of Fame basketball) – “One man can be a crucial ingredient on a team, but one man cannot make a team.”

**Evander Holyfield** (Hall of Fame boxer) – “It is not the size of a man but the size of his heart that matters.”

**Steve Young** (Hall of Fame quarterback) – The principle is competing against yourself. It’s about self-improvement, about being better than you were the day before.”

**Chuck Noll** (Hall of Fame NFL coach) – “You can’t make a great play unless you do it first in practice.”

**Source Unknown** – “My responsibility is getting all my players playing for the name on the front of the jersey, not the one on the back.”

**Herschel Walker** (Hall of Fame – college football) – “If you train hard, you’ll not only be hard, you’ll be hard to beat.”

**Scottie Pippen** (Great NBA player) - “Sometimes a player’s greatest challenge is coming to grips with his role on the team.”

**Vince Lombardi** (Hall of Fame NFL coach) – “Individual commitment to a group effort; that is what makes a team work, a company work, a society work or a civilization work.”

**Source Unknown** – “Adversity causes some men to break, and others to break records.”

**Lou Holtz** (Hall of Fame football coach) – “Without self-discipline, success is impossible, period!”

**Mike Ditka** (Hall of Fame college and NFL football) – “You are never a loser until you quit trying.”

**Kevin McHale** (NBA great player) - "I've never known anyone so loyal. If you are Larry Bird's teammate, you are one of the most important people in the world to him."

**Vince Lombardi** (Hall of Fame NFL coach) – "The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur."

**Isiah Thomas** (NBA Hall of Fame) – "I've always believed no matter how many shots I miss, "I'm going to make the next one."

**John Wooden** (Hall of Fame College basketball) – "Don't measure yourself by what you have accomplished, but by what you should accomplish with your ability."

**John Wooden** (Hall of Fame College basketball) – "It's what you learn after you know it all that counts."

**Wayne Gretzky** (Hall of Fame Ice Hockey) – "You'll miss 100% of the shots you never take."

**Bo Jackson** (All of Fame College football) - "Set your goals high and don't stop 'till you get there."

**John Wooden** (Hall of Fame College basketball) – "Do not let what you cannot do interfere with what you can do."

**Vince Lombardi** (Hall of Fame NFL coach) – "Football is like life. It requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority."

**Phil Jackson** (Los Angeles Lakers NBA head coach) – "Good teams become great ones when the members trust each other enough to surrender the 'me' for the 'we'"

---

#### Top 12 Quarterback Tips

1. Develop your feet; quick feet (pocket athleticism)
2. You must be a competitor: heart (mental/physical toughness)
3. Strengthen the Core: explosive muscles (velocity on your ball)
4. Learn the game: intelligence (know the offense and defense)
5. Strengthen your grip: strong hands
6. Be a leader (communication skills – lead by example)
7. Have a great attitude: (excellent body language)
8. Develop outstanding passing fundamentals (throwing pocket)
9. Practice accuracy: (most important part of passing – vs. air)
10. Keep your throwing elbow up:
11. Explode away from center: (force eyes to stay up – chin up)
12. No one in the country will outwork you (no excuses – work!)

# 2010 Marketing Workouts

We will have our Marketing Workout in both Oregon and Washington this year. On May 1 we will be at Mercer Island High School (Washington) and on May 15 we will be at Willamette University (Oregon).

These are workouts where you can train in front of college coaches. In the spring, the NCAA does not allow D-1 or D-1AA schools to view players. We will invite college coaches throughout the country at the D-2, D-3 and NAIA levels to attend this camp.

In my opinion the best thing we offer is that we will guarantee each and every player that your contact information that you will provide us will be sent out to colleges of all levels (D-1, D-1AA, D-2, D-3, NAIA, Canadian Universities, Prep Schools and Junior Colleges) by email immediately following our May 15 training in Oregon. This is why the Barton Football Academy joins up with Next Step College Sports. Next Step College Sports ([www.nextstepcollegesports.com](http://www.nextstepcollegesports.com)) has the ability to get information to all of these schools. Information that will be sent to colleges will include the following: Players name, grade, height, weight, position plays on offense, position plays on defense, special teams' skills, GPA, Home address, Home phone, Player cell phone and email, parents names and their cell phone and emails, High School he is attending, High school coaches name, his email, school and cell phone numbers. Again this information will be sent to colleges of all levels in the USA and in Canada.

More about these events will be posted on [www.bartontraining.com](http://www.bartontraining.com) in the coming days. Visit Barton Football and look for information on the 2010 Marketing Workouts.

---

Congratulations to some excellent football players that have trained with us over the years in both Oregon and Washington. These players have found a college home and we are sure proud of them. I will list a few of the QUARTERBACKS and we will keep adding to this list in the next month or so.

**Andy Gay**, the excellent quarterback from Jackson High School (Mill Creek, Washington) had a very tough decision to make. He was offered by Dartmouth from the Ivy League and Assumption College, a D-2 school in Boston. Trust me on this, Assumption put a bunch of money in front of Andy; they went all out to get him. Andy loved Assumption College and Cory Bailey (head coach), but at the end he chose Dartmouth and their head coach, Buddy Teevens. Andy will do well in the Ivy League environment. He takes his academics seriously and he understands the value of walking away with a Dartmouth degree. He is also excited about playing for Coach Teevens and the rest of the coaching staff at Dartmouth. Andy has trained with the Barton Football Academy for years. Congratulations to Andy and his parents for a job well done. We wish Andy the best always.

**Josh Milhollin**, is another quarterback that has trained with the Barton Football Academy for many years. Josh played for South Medford High School (Medford, Oregon) where he helped his team for two seasons to be one of the top teams in Oregon. Josh got a football scholarship to Portland State University and he is fired up about being a Viking and playing for Nigel Burton. Josh is a very good student and he is happy to be going away from home to college, but being close enough where his parents can get to a lot of his games. Josh is already working hard in preparing for his next challenge. He has the potential to become an excellent college

quarterback. Josh is a great young man and everyone in the Barton Football Academy wishes him the best during his college career. Josh and his mom and dad should be very proud for this wonderful accomplishment. Josh has paid the price and now he will be enjoying the next 5 years of his life. Nice job Josh!

**Garrett Grayson** is still another quarterback that has earned a football scholarship. Garrett is from Herritage High School in Vancouver, Washington. Garrett had a great high school career putting up huge numbers. Garrett will be playing for Colorado State University in Fort Collins, Colorado. Garrett has trained in the Barton Football Academy for a lot of years. He is an extremely hard worker and he has earned everything he has been given. When we started our winter workouts, Garrett was one of the first to show up. This kid is a worker and he loves the game. There is no doubt in my mind that Garrett will be successful in college. He has all the tools necessary to become a special quarterback. Congratulations to the Grayson family and the Barton Football Academy wishes Garrett the best in his college career.

**Jordan Johnson** had an unbelievable career as a quarterback at Sheldon HS in Eugene, Oregon. Jordan led his team as the starting quarterback for 3 years, winning the state championship twice. Jordan's passing and rushing stats were off the charts. Jordan is a very good student and a wonderful person. He has participated in many Barton Football events over the years and he has been one of the hardest workers we have ever had. Jordan earned a football scholarship from the University of Montana and their new head coach, Robin Pflugrad. Jordan was fun to watch in high school and I know he will have success in college. His head coach at Sheldon was his father, Marty. I know that Marty and his wife are extremely proud of what Jordan has accomplished in high school and are happy for him as he has reached a goal of playing in college. The Barton Football Academy wishes Jordan the best always.

**J.R. Grosshans** has started at quarterback for two years at Peninsula High School in Gig Harbor, Washington. J.R. has improved his skills under center dramatically over these two seasons. J.R. has signed with Central Washington University and I believe he will do very well in college. J.R. will continue to improve over the next few years and he has an excellent work ethic. J.R. can throw the football and he showed in many games that he can make huge plays with his legs. Central Washington had a great recruiting class bringing in some of the top talent in the state of Washington. J.R. has trained in the Barton Football Academy and it is obvious in watching him work that he has a big heart and that he wants to become a special college player. The Barton Football Academy says congratulations to J.R. and his parents. We wish J. R. the best always.

**Ryan Bergman** is still another excellent quarterback that is moving on to play college football. Ryan has signed with Western Oregon University and the coaches there love the kid. Arne Ferguson feels he has a winner in Ryan and he is excited to have him in the Western Oregon University program. Ryan had a tremendous season helping his Issaquah High School (Issaquah, Washington) team to the playoffs. Ryan put up some big numbers and he competed hard in every game as a senior. Ryan has trained with the Barton Football Academy for a number of years. He showed us right away a terrific arm and excellent feet. We think he has the tools to play a lot of football at Western Oregon University. Congratulations to Ryan and his parents and we wish Ryan the best over these next 5 years.

**Henry Furman** is one heck of a quarterback. Henry led Lincoln High School in Portland, Oregon to some huge wins over the years. Henry signed with Yale University, an outstanding Ivy League school. It was a tough choice as Henry had an opportunity to also join the Duke University football program. After a lot of thought, Henry decided on Yale. Henry has the tools

to become a special quarterback in college. Henry is an excellent student and he is looking forward to the challenges of earning an Ivy League education. There is not a doubt in my mind about Henry's abilities to compete on the field and in the classroom at Yale. He is a special young man. Henry has been one of the hardest workers we have ever had in the Barton Football Academy. Congratulations to Henry and his parents for a job well done.

**Jake Heaps** started working with us as a 5<sup>th</sup> grader. Jake's accomplishments at Skyline High School (Sammamish, Washington) are known throughout the country. Jake has an amazing work ethic and he has been a fixture in our training for 7 years. Jake ended up being offered by many of the top programs in the country and during the summer he made a commitment to Brigham Young University. Jake graduated early at Skyline and he is currently enrolled at BYU. He did this to get a good head start in college and to be able to participate in spring football. Jake is a good student and a wonderful young man. Jake was one of our hardest workers in the Barton Football Academy. Even as he earned honor-after-honor, he would always be on time and made it a point to give us all he had during a workout. This is a very special young man and the Barton Football Academy wishes Jake nothing but the best in his college career.

**Jordan Perry** started for two years at Central Catholic High School in Portland, Oregon. Jordan picked up a football scholarship to Northern Arizona University where I believe he will do a great job. Jordan is a good student and a real good person. Jordan has trained in the Barton Football Academy for a few years. He always worked hard and he showed a terrific work ethic whenever he came to our camps or training. I believe that Jordan will do a great job at Northern Arizona University. The Big Sky Conference likes to throw the football and Jordan will fit in well. The Barton Football Academy congratulates Jordan for a job well done.

**Grant Hedrick** is an outstanding quarterback. He lives in rural Independence and attended Central High School in Oregon. His high school coach is Shane Hedrick, his father. Grant played in a very good program and vs. some excellent competition in his high school career. Grant got a football scholarship to Boise State University. He will join a nice Northwest connection of quarterbacks at Boise State. Tony Hilde was a 4-year starter at Boise State and he played his high school ball at Pendleton HS in Oregon. Then Jared Zabransky was a 4-year starter for Boise and he was from Hermiston HS in Oregon. The current quarterback at Boise State is Kellen Moore who came from Prosser HS in Washington. Kellen has started for two years and still has two more years at Boise State. The Barton Football Academy wishes Grant the best at Boise State University.

**Austin Dodge** had a remarkable senior year at Skyview High School in Vancouver, Washington. Austin joined the Northwest's best quarterbacks after leading his Skyview team to a great playoff run. Austin has really worked hard to get to the level he is now at. Austin has been coming to the Barton Football Academy workouts for years. He is a class young man and we were very happy for him when we heard he had committed to Central Washington University. One of our top coaches in the Barton Football Academy is Aaron Hazel who was Austin's Offensive Coordinator and Quarterback Coach at Skyview High School. Austin is a good student and he is looking forward to going to college at Central Washington University. The Barton Football Academy is proud of Austin and we wish him the best and hope he reaches his dreams at Central Washington University.

I said before this season that I thought we had more quality quarterbacks in the Northwest than ever before. We have listed 11 above that have already committed to colleges. Believe this or

not, there is still a whole bunch that has offers and are still making visits to colleges and/or still trying to choose the college of their choice. We will continue to build this list in our next edition.

A big "congratulations" to these quarterbacks that we mentioned above. There is a lot of talent in these 11 young men.

---

I hope we see all of you attending our winter, spring and summer training in both Washington and Oregon.

Work hard on your game by being in the weight room, playing other sports, coming to the Barton training and participating in your schools football training. Make sure you make a big a big effort in the classroom. Colleges want smart and disciplined athletics.