

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 50 years of service to Youth & North Topeka!

Ernie Douglas called the meeting to order at 6:45 AM. Gary Slimmer gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS: Eric Showalter, September 18.

ANNOUNCEMENTS:

Tuesday morning club meetings are held at the IHOP on Highway 24. Return to the Optimist Activity Bldg may happen in a few weeks.

Club football league started Sept 5 with games played at middle and high school fields starting at 8:00 am and ending around 6:00 pm. Pre-school league is 5 on 5 players on each team.

Frank Yeoman reported that he and Charlie Galligher attended the District Administrative Conference in Emporia this past Saturday. They learned the Kansas District is #3 in membership in Optimist International.

Program: Seaman Football Coaches, O'Neil & Lincoln, and 2 seniors starting at Quarterback & Center positions

Coach O'Neil started his 38th year and Coach Lincoln has coached football 17 yrs. COVID requirements include bring your own water to practices, almost nothing left in lockers, disinfecting locker room, sideline spacing of players spread out between both 10 yard lines, fewer players taken on road games. Perhaps COVID partially

explained the reliable participation in summer conditioning in the weight room.

Player dynamics is different this year with each class mixing it up and working well together. There are 40 freshman and 56 on varsity teams.

Coaches stress accountability, e.g. be early or be late, along with selfless attitude to sacrifice for the team. Sports are an integral part of education. Football requires goal setting for both the team and each player and goals must be written. Lessons learned are leadership and getting up when knocked down or failed on a play.

With limited number of fans allowed at home games, over 500 persons watched the Hayden game via livestream internet connection.

Looking Ahead:

September 22: Optimist Board Report

September 29: John Kabus, club member & County Commissioner candidate

October 6: Heidi Pickerell, Vice-President of Senior Services, Midland Care

President's Quote:

"Sometimes the heart sees what is invisible to the eye."

- H. Jackson Browne

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OPTIMIST CREED.

