

# Mountaineer Newsletter

May 2019

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From the Coach's Desk:

The 2018 Football season was an exciting time for Ephrata Football. The season saw the Mounts break the ominous losing streak (61-14 vs. NL), win 5 games for the first time since 2005, and end the season on a two-game winning streak! All of this would have not been possible without the unwavering support of our school, administration, community, and our alumni. In addition to the success of high school team, our Jr. High Team posted another outstanding season finishing with a 6-1 record and ending their season by avenging their only loss of the season. Lastly, our midget program continued to build a solid foundation for our program. Each level of our midget program provided our players with memorable experiences and taught them proper technique. The D—Team again won the “Backyard Brawl” and our A—Team went on a roll and competed in the Red Rose League Championship falling to Warwick.

All of these successes heighten expectations and goals for the 2019 season. At the high school level we return a large number of starters on both offense and defense. Additionally, we will again bring in a Sophomore class that is filled with talented, experienced football players. Monday May 20th will be the first time we take to the field to prepare for the upcoming season. Over the next two weeks we will take to the field 8 times as part of our spring open gym series to begin preparation for the upcoming season. Furthermore, we will be heading to Cedar Crest again this summer for interactions as well as attending Millersville Team Camp. Lastly, with the support of the Ephrata Gridiron Club, we will be bringing in Brian McDermott, an Ephrata resident and the performance director at Power Train Manheim, to our weight room to train our athletes this summer.

This will certainly be a busy summer for our athletes as we prepare to build on the success we experienced last season. I hope that you are able to take the time next season to come see us at the War in the fall and cheer on your Mountaineers.

Go Mounts!!

Kris Miller

Head Football Coach

#WinAllDay

## #WinAllDay

With the help of High School Teacher Landon Hunter we able to create a new logo to help us focus on our goals. The new Logo emphasizes the 3 pillars we strive to “win” at every day. Our players will strive to WIN in classrooms, in the community, and on the field. We believe this focus will help our players succeed not only on the field, but in life after football.



## Golf Outing

Our annual Golf Outing will be held on Saturday July 27th at the Manor Golf Course. I hope to make this event a gathering place for past alumni to get together, remember your glory days, and support the current program. We would love to have you play or sponsor a hole. Golf Information can be found [here](#).



## New Coaches

It is bittersweet to announce that our Jr. High Coach, Jeff Werner, is leaving the program to become the Head Varsity Football Coach at Pequea Valley High school. Jeff has been a big part of the program we are building and we wish him success with the Braves.

We have hired Mark Frymoyer to be the new Jr. High Coach. Mark is a 9th grade English teacher at Ephrata and has coached the A-Team for the past 3 season. Rod Snyder, who also coached the A—Team the past few season has made the jump to the Jr. High Staff. Mark and Rod will be joining Dave Fedorshak, who returns for his 4th season on the Jr. High Staff

At the high school level we welcome the return of Jason Vollertsen. Jason has spent the past 10 season coaching the defensive line at Lebanon Valley College. We are excited to have Jason back working with the Mounts!



The Ephrata Gridiron Club is in search of new members. The club is made up of community members and alumni in order to promote Ephrata Football from D-team through High School. Gridiron Info can be found [here](#).