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Coach Goltra Prepares 'Cats for 7 on 7 and Lineman Challenge

JUNE 27TH 2017 BY DEE LOFLIN

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Sikeston, Missouri - The Dexter Bearcats football team will have an opportunity to show their skill on the field this Thursday when they travel to Bulldog country to compete in a 7 on 7 and Lineman Challenge. It all begins at 9:00 a.m. in Sikeston on June 29, 2017.

Dexter athletes have already been working hard in the weight room this summer. Here is their chance to compete against the Scott City Rams, Charleston Bluejays, and the Sikeston Bulldogs.

The 7 on 7 will be a passing only scrimmage. Each team will get 4 downs to get 20 yards and if they complete that task another 4 downs to score.

"We are returning 8 or 9 key players and I look forward to the upcoming season," commented head football coach Kevin Goltra. "We are making great strides in the weight room as well. Our chemistry is good and we should have a very productive season."

The Lineman Challenge will consist of the Medicine Ball Punch, Obstacle Course, Relay Race, and Don't Tap. A fifth event or bonus round will be the Tug of War and the last event of the morning for linemen.

"Our 2017 Football Jamboree will be held in Kennett this year," continued Goltra. The date is August 11th and should begin at 6:00 p.m.

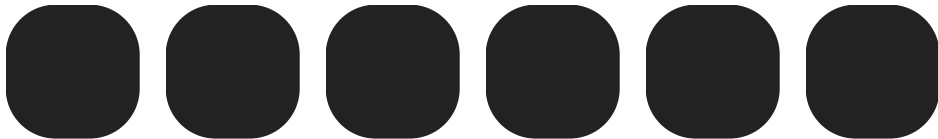
"We are also participating in another 7 on 7 on July 10th in Obion County, Tennessee," stated Goltra. "That's a couple of hours away, but it will be good for them to participate in and get another opportunity to compete against other teams."

The game of football literally challenges an athlete's physical courage and what it means to sacrifice, much like life. Coach Goltra is not only preparing them to win under the Friday night lights, he's teaching them to prepare for life after high school.

On or off the field our Bearcats are learning, learning to put others first, learning to be a part of something bigger than themselves, and learning to lift their teammate together. Please join them Thursday in Sikeston for their first tuneup of the season.

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