

Philosophy of Football

1. Overall

Winning is an attitude We must work to establish a desire to practice, play and prepare with winning in mind. This attitude is mandatory among payers and coaches. This attitude will carry us through bad breaks; help us maintain poise in the face of adversity. Fundamentals must not be overlooked. Ignore them at your own peril. Fundamentals are the cornerstone to any successful organization. We must do the little things well. Every team can do the big things; champions do the little things. We must be prepared for all situations. We must dominate our opponent physically. This too is attitude. Tough practices, competitive practices will breed a physical team. We must be better conditioned than our opponents. The fourth quarter is when we will win the game. We will have the ability to pursue to the ball and keep attacking when most teams are tired. As a team, we must utilize our practice time. Everyone gets the same amount of minutes. How we utilize them will make a difference. No part of the game is too small to practice, they all are important.

2. Defense

Defense wins championships. A suffocating defense can rip all hope from a team. We must be strong up the middle. We must pursue and hit violently. We cannot allow the easy touchdown. We must create turnovers through hustle and desire. When the ball is in the air, catch it. When the ball carrier has his back to you, rip it out. We must play great defense in critical situations. The goal line is the critical area. We can not let them score! Conversely, you must not let them get out of the shadow of their own goal line. We must keep the defense simple in order to allow our athletes to play and not to think too much. We must practice tackling and take-a-ways daily. We must cover all our bases.

3. Offense

Offense wins games. We must score more than our opponent. We must score on their goal line and get out of our own goal line. We must use field position to our advantage. We must make the defense defend the entire field. Establish a power running game. Minimize the mistakes. Take calculated chances when it is to our advantage. Hold on to the ball. We will maximize the number of snaps in a football game. We will attack a defense through temps, formations and packages.

4. Special Teams

This facet of the game requires as much attention as offense or defense. Players who are on a Special Team are considered starters. Special Teams importance lies in field position. In order to take advantage of field position we can not allow a punt return of more than 5 yards or an average kickoff return of more than 20 yards. We can not allow a

return for a touchdown or a block. We must make things happen because we are better prepared.

Role of the Parent

1. Be positive with your student-athlete. Let them know you are proud they are part of the team.
2. Allow your student-athlete to perform and progress at a level consistent with his ability. Athletes mature at different ages.
3. Always support the coaching staff when controversial decisions are made. The coaches need your support to keep good morale on the team.
4. Support their willingness and sacrifice to be a student-athlete. Numerous studies indicate extracurricular involvement helps enhance academic performance.
5. Promote having fun and being a team player. Very few high school athletes receive scholarships. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
6. An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged.
7. Athletes must attend all practices and games. Stress the necessity to make a commitment to the team. Practice is important.
8. Find the time to be an avid booster of school activities.

Ways to Get Involved

The true success of our program lies in the people that help keep it great.

There are many ways you can get involved.

Game day meals JV and Varsity (10 meals, there is a lot involved)

Chain Gang

Banquet Planning

Game Day Program

Ice Delivery at the Fair

Sell Eagle Wear at the home games

Role of the Head Coach

9. **Academics**
Ensure that everyone involved in the program understands that the players are students first and athletes second.
10. **Involvement**
Get everyone involved and create a family atmosphere. Make people feel like it is their program and encourage external support and recognition.
11. **Communication**
"I believe human dignity is vital. You can only succeed when people are communicating, not just from the top down but in complete interchange." --Bill Walsh
12. **Standards**
Promote standards in which total excellence is the desired and expected outcome.
13. **Organization**
Ensure that the program is highly structured. "Leave no stone unturned."
14. **Professionalism**
Regardless of the situation, always remain and act like a true professional.
15. **Fun**
Make this an experience that the student-athlete will remember for the rest of their life.
16. **Tradition**
Build upon the stories and cherished tradition or create a tradition people are proud of.

The Program

"Am I a control freak? No. Do I believe in organization? You bet. In discipline? In being on time and making sure everything at the hotel is ready and right? Definitely. I don't control players. I control the environment around the players so that they can flourish." -- Pat Riley

The players must feel that the program is bigger than they are. That they are a part of an awesome thing, where the expectations are high. This comes from atmosphere, involvement, and communication. The team, parents, faculty and community all have a role. They are invested. Everything is done for the benefit of the mass. Success can only come when all are headed in the same direction.

Mission Statement

To develop and cultivate growth of all our student-athletes academically, athletically and spiritually. To foster the ideals of perseverance, commitment and selflessness. We want to serve as a positive, powerful, productive force for the school's alumni, administration, staff, student-athletes and community.

How to be a Champion

A total commitment is needed. A commitment to personal excellence, through hard work and sacrifice. A total commitment will cost you. You are required to put your scholastic work and football above all other social activities. Attendance is mandatory both for classes and practices and activities. You know if you are committed based on the decisions that you make while away from school. You can not put your selfish wants before the team. The rewards of commitment are not felt right away. It takes time, effort, pain, sweat and disappointment. However, the rewards of your total commitment will last a lifetime.

"Most battles are won before they are fought." -- Sun Tzu 450 B.C.

Role of the Player

17. Be coach able - the coach's job is to make you better, but you must take and accept the coaching.
18. Have Integrity - Do what is right. Be honest and loyal to parents, coaches and teachers.
19. Prepare like a champion - be a warrior.
 - Know your weaknesses and work hard to overcome them.
 - Push yourself and teammates to high levels of work.
 - Focus - on the tasks at hand, on school and on football.
 - Admit mistakes and correct them.
20. Positive mental attitudes win. Get excited for your teammates. Believe in yourself and in your teammates.
21. Discipline - Do the right thing at the right time. Be prompt and be prepared.

22. Have Fun - You must truly enjoy what you are doing.

"You can accomplish a lot when you don't worry about who gets the credit." --Bill Arnsparger

Team Dynamics

Teamwork

Teamwork is achieved when individuals make personal sacrifices to work together for the success of the group. In team sports, teams are successful because of you, despite you and will be successful and no one will know about you. A great portion of teamwork is accomplished on the practice field. Know the importance of scout teams and respect them.

Know and accept your role on this team unconditionally. Not everyone can be a starter on a football team. It is up to you to accept your role that the coaches assign you. If you cannot accept the role, you should not be a part of this football team. If you do not have a starting position it is up to you to work your way into a starting position.

The following five criteria will be used to select starters:

1. Knowledge of assignment
2. Hustle and effort
3. Mental and Physical toughness
4. Attendance
5. Talent

Dealing with the Player

Attendance

1. Off-season -- Attendance records will be kept during this time period. Coaches will not seek you out. This is a time period that we find out who wants to play! Who will sacrifice, who are our program guys. We will be most loyal to those who are most loyal to us.
2. Spring -- Attendance records will be kept. It is the time to incorporate new ideas to the team, and begin the most important techniques of football, blocking and tackling. This is mandatory.
3. Summer -- attendance records are kept. Summer practice will continue to add upon what we learned in spring. The object of summer is to continue to learn and develop our offense and defense. Try to plan vacation time in the August dead period. If that is not possible inform the head coach immediately. Eight unexcused absences will result in removal from the team.
4. Fall Camp -- Unexcused absences will not be tolerated. You must be at practice, to watch and learn if you can not participate. When school starts if you will be late, inform the head coach or another on-campus assistant. Test make-up or tutoring are the only excuses. Missed practices will result in loss of playing time. Habitual absenteeism will result in a loss of a roster position. Tardiness will be dealt with immediately. We are all here to work and if it is work worth doing lets do it hard and the right way.

Code of Conduct

The code of conduct is a character builder. It is an important aspect of our team. To participate in harmful activities is detrimental to the team.

1. Be responsible for making the right social choices
 - a. stay away from persons or places where there are drugs or alcohol.
 - b. abstain from sexual immorality
 - c. abstain from fighting
 - d. abstain from profanity
2. Be responsible for your education
 - a. go to class, seek tutoring, study
 - b. be a gentleman in class
 - c. be honest - there is no integrity in silence

Attire

1. Game Day (during school) -- Kaki (tan) pants, belt, game day polo. On cold days football sweatshirt. On rainy days jackets are fine. No hats. If traveling, we will change at the site. Headphones can be used for individual enjoyment.

2. Games -- Uniforms will be issued. Navy socks pulled up. If sleeves are worn they need to be navy in color. At the conclusion of a game uniforms will be collected and laundered.
3. Practice -- Half pad practice; Lancaster shorts and issued helmet and shoulder pads. For a padded practice, all pads are required. During a Saturday practice, any Lancaster football shorts, T-shirts, sweatshirts, beanies or sweat pants can be worn. No hats.