Head Football Coach

Vasko, William
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COACHING PHILOSOPHY

“THE TWO MOST IMPORTANT DAYS IN YOUR LIFE ARE THE DAY YOU ARE BORN AND THE DAY YOU FIND OUT WHY.” MARK TWAIN

The role of a coach in a young student-athlete's life is an important one, and should not be taken lightly. The coach should provide a proper example of how one should conduct themselves in our society.

My coaching philosophy is rooted in strong moral character with an emphasis on technique/fundamentals. My faith, family, football, education is everything to me and I draw from these core principles when I coach and teach. I believe in character and integrity as a coach. If I expect my athletes to eventually grow into role models, I must exemplify strong character in my own walk. I coach from the inside out, to the heart of the athlete. I do not believe in making a transactional relationship with my athletes where we are only mutually benefiting one another for the sake of winning. I believe in forming transformational relationships that will last well beyond their playing days and impact them for the rest of their lives. I am a firm believer in structure and organization from a program standpoint. There must be a clear hierarchy of authority from Principal, Athletic Director, Head Coach, Assistants, all the way down to the players and I believe each subordinate must be in alignment with their leadership. Athletics is one of the few areas in today's society that can develop a person's character in a positive manner. Character is a broad term and participation in athletics can develop many aspects of a particular person's character. I believe in educating the whole athlete in all areas of life. This is where the real satisfaction in coaching comes from--knowing that you have, to the best of your ability, helped prepare a young person for life after their athletic career. Ultimately I want young men to leave our program better people than they were when they joined the team.
CODE OF ETHICS
Please note that these policies do not preclude or replace the policies set forth by the FHSAA, the athletic department, or the High School. Since it is impossible to cover every point in a statement of team policy, you are expected to conduct yourself at all times in a manner that will reflect positively upon yourself, your family, your teammates, the program, and the institution. Every athlete is a student first. Therefore, each member of the team must maintain their academic standing in order to participate in High school athletics.

MISSION STATEMENT
We will partner with parents in developing young men to give their very best in the classroom, social life and areas of competition with the hopes that they carry these lessons into life

VISION STATEMENT
The focus of the complete athlete through academic development, physical development, mental development, spiritual/emotional development
PROGRAM GOALS

Academic success – 100% graduation rate, improve academic performance (team GPA).

· Promote mental, emotional, intellectual, social, and spiritual growth of the student-athlete.

· Increase team involvement in community and university-related affairs and events.

· Keep athletes healthy and injury free.

· Emphasis on strength & conditioning program.

· Emphasis on overall player improvement and development.

· Increase winning percentage every year.

· Qualify for and win conference tournament.

· Improvements in fundraising efforts for program

Each Level has a Purpose within the Program

Varsity Football, Junior Varsity & Freshman

1. **Purpose** – Teach players the basic rules and strategies of football. Build the players’ knowledge of football to a level that will allow them to progress to a varsity level player, depending upon physical ability. Learn the basic techniques, schemes, and thinking-habits to develop mentally into a player prepared for high school football. The difference between youth football and high school football is a huge jump for most players. They must learn about the mental aspect of the game that is often absent in youth football. Teach players the advanced rules and strategies of football. Strive to develop every player for playing time!

2. **Emphasis** – Win Games and State! By fielding the best team of players possible, whom are both mentally and physically prepared to play football at the varsity level? Prepare potential college athletes for the college level.

3. **Weight room** – Learn the proper technique for lifts and the necessary work-habits to develop physically into a player prepared for high school football. Middle school years are the foundation for a strong varsity team the next four years. Getting players to love the weight room and lift correctly will directly impact the number of wins in the program for the next four years. Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.
SEASON GOALS & HOW WILL WE GET THERE?

District/Conference Champs and State Champs!

How to chase a State, League, or District Title:

Expect it to Happen – 100% Effort

a. Talk and think in terms of success – believe it will happen
b. Dream Big – Stay Focused - Have a Vision
c. Develop a Plan - Believe in It – Improve it constantly
d. Analyze and Make Your Plan Fit; It Must fit your personnel
e. No One Person More Important Than the Team.

Develop a Great Learning Environment

a. Involve Everyone in the Community
b. Develop Players who are Dedicated and Unselfish
c. Sacrifice – Team – Hold the Rope

Always Stay Positive

a. Always look for good – Attitude, performance, work habits, etc.
b. Have discipline, be consistent.
c. Make each player on your team understand that they have a role in the success of their team whether as a starter or as a backup.
d. Accountability the key ingredient. Must be able to hold each other up.

Have a Great In-Season

a. This is where you must maintain the edge i.e. classroom, weight room.
b. Your season must also be determined by the amount of work and sacrifice you develop in the in-season programs.
c. Develop great Team Leaders, led by example.
e. Check List: Prior To Getting the Season Started – The Scheme
PLAYER EXPECTATIONS

Become the Best Man You Can Possibly Be

Treat Everyone with Respect
The best thing a young man can learn is how to treat everyone with respect. Each and every person has the right to be treated with respect at all times. Players will treat their teammates, classmates, coaches, teachers, administrators, and their parents with respect at all times.

Succeed in the Classroom
• Rules for study and order of operations
  o 1. Do homework first
  o 2. If you have no homework, work on any projects that you have.
  o 3. Make and/or study flashcards
  o 4. Study for tests
  o 5. If all is done, copy your notes over NEATLY.
• Definition of a good student- PRO= Prepared Respectful and On time
• Academic Support means:
  o Train and practice good study skills
  o Check planners every week
  o Check vocabulary flashcards every week
  o Grades for every player to every coach or (Academic Coach) every Monday
  o Study hall Monday-Wednesday and with National Honor Society at least once a week
  o ACT/SAT test prep including diagnostics and practice tests
    o (Princeton Review and Sylvan)

Accept Responsibility
Nobody is responsible for a player’s actions except himself. Passing blame onto another person is not what a responsible adult does. They will not be perfect, but players will take responsibility for your mistakes and work to correct them. Their ability to fulfill their responsibilities in class, at home, and later with their spouses and children will make them better men.

No Excuses
There is no need for excuses in football or life. Passing the blame onto someone or something else reinforces the negative action that has happened. Players need to fix problems and issues, not excuse them. At the end of the day, they are the one who did or did not do the things needed to succeed.

Develop Mental and Physical Toughness
Learning how to succeed through mental and emotional distress will make them winners in both football and life. They will be taught to not let anybody be tougher than them.
Work Hard to Improve in All Aspects of Your Life

Football is a tool that can guide a player to be a better student, son, brother, and person. The purpose of our program is to build good men, not just good football players. They will be encouraged to strive to be the best men they can be.
TEAM CODE OF CONDUCT

Philosophy
*Please note that these policies do not preclude or replace the policies set forth by the FHSAA, the athletic department, or the High School. Since it is impossible to cover every point in a statement of team policy, you are expected to conduct yourself at all times in a manner that will reflect positively upon yourself, your family, your teammates, the program, and the institution. Every athlete is a student first. Therefore, each member of the team must maintain their academic standing in order to participate in High school athletics.

POLICY FOR DISCIPLINARY ACTIONS
Disciplinary actions will be dealt with on an individual basis. Previous disciplinary actions taken against an individual on the team and in school may be considered when punishment is rendered. Punishments include, but are not limited to, the following: extra duty, loss of playing time, and dismissal. Any substantiated drug, alcohol, or criminal violations are reasons for automatic dismissal. All disciplinary matters are to be handled by the head coach.

EXTRA DUTY CONDITIONING POLICY
Extra duty is a timed one-mile run after practice or ED workout. Reasons for being assigned extra duty include missing conditioning and disciplinary actions. Following are extra duty rules:

- No equipment will be worn during the run.
- A coach will monitor the run and keep time.
- Players not finishing in the allotted time will run again another day.
- Offensive linemen and defensive linemen mush finish in less than eight minutes.
- All others skill positions must finish in less than seven minutes.

HYGIENE POLICY
Laundry will be done at school every day. Shoulder pads will be sprayed with a disinfectant spray once a week. No issued clothing or equipment is to leave the school without approval. Players are to turn in dirty uniforms every day to be washed. Players are to dress in clean uniforms every day for practice. Showers will be taken after every practice and every game.

PRACTICE AND GAME ATTIRE POLICY
School Game Days players will dress in nice dress shirt tie and dress pants. No player, without prior approval, shall wear anything on the practice field or game field that has not been issued to him by a football coach. Already approved exceptions are underwear for both practices and games and cleats for practice. Examples of items that are not approved are headbands, skullcaps, and long socks. This policy promotes a team concept not individualism.
PLAYBOOK POLICY

If a player is issued a playbook, he is expected to maintain it in good condition and turn it in at the end of the season. Playbooks are confidential and are not to be shown to any person outside the football program at any time. Any player violating this policy will face disciplinary action.

PRACTICE ATTENDANCE POLICY

Practice is imperative for success. Players are expected to be at every practice; however, some legitimate reasons exist for missing practice. Practice absences will be placed in two categories: excused absences and unexcused absences.

- Excused absences are those for a medical reason with a doctor’s note, a court appearance with a subpoena, and a death in the family with a note from a parent or guardian. Note: excused absences require one extra duty per day missed to make up for missed conditioning.
- Unexcused absences include any other absences not defined above. Note: the head coach may grant an excused absence for extenuating circumstances if agreed on before the missed practice. Consequences for unexcused absences:
  - First unexcused absence = two extra duties and miss first quarter of next game
  - Second unexcused absence = four extra duties and miss two quarters of next game
  - Third unexcused absence = four extra duties and sit out a game
  - Fourth unexcused absence = dismissal from the team

ACADEMIC POLICY

Athletes will be given a weekly progress report during the season and off-season once a month. We will hold study hall during Varsity sports period. Athletes are encouraged maintain 2.5 grade point average, even though FHSAA requires 2.0 this reason we keep our players college eligible if he desires to play on the next level All freshman and sophomores are to take the PSAT and juniors to take SAT and ACT summer of upcoming junior year.

GUIDELINES FOR THE MEDIA

- No player may be contacted without prior approval of the head football coach.
- No media personnel will be allowed on the practice field during practice time.
- No media personnel will be allowed to engage in any act that is deemed, by the coaching staff, to be distracting during practice.
- No media personnel will be allowed in the locker room after games.
- The coaching staff asks that all media personnel refrain from printing negative stories involving the football program and its players.
MEDIA GUIDELINES FOR PLAYERS

- No players may give an interview or make comments to any media personnel without approval by the head football coach.
- No players shall make any negative comments during an interview regarding the football program. No negative comments are to be made about coaches either within the program or on the opposing team. No comments are to be made about the referees or a controversial call.
- No players shall make any reference to alcohol, drugs, or any other type of inappropriate behaviors during an interview.
- Players shall give “positive” answers to all questions asked during interviews.
- All apply to social networks as well Facebook, Twitter etc.

CHARTER BUS POLICY

Players will return to the school on the charter bus when traveling to away games. Players will not be permitted to ride home with parents, friends, etc.

DRUG AND ALCOHOL POLICY

Any knowledge of drug, alcohol or steroids use will be tested and discipline guidelines will be within the institution and state legal policy as well, dismissal from program and suspension from school.

PARENT POLICY

Parents need to understand that their primary role is to simply be positive and encouraging while their son is involved in the football program. Unacceptable parent behaviors should also be addressed, including trying to talk with their son during the game, trying to address the coach after the game, trying to address the coach during practice, and being undesignated areas during practice and the game. Parents should be informed that consequences for their unacceptable behavior may include being removed from the game or practice and, in extreme cases, jeopardizing their son’s position on the team.

LIGHTING POLICY

Any lighting strike within a 6 mile radius suspends play/practice until 30 minutes elapses with no additional strikes in the radius.

PLAYER/PARENT AGREEMENT FORM

I, ________________________________, and my parents, ___________________________________, have read all the rules I am required to follow to be a football player. I agree to adhere to all the rules set forth in my playbook and knowledge by signing this agreement that I and my parents understand the consequences of not following the rules.

Player’s signature __________________________________________________________

Parent’s signature _____________________________ _________________________________
KEYS TO A SUCCESSFUL TEAM

Defensive Goals
Physically Dominate Each Game
Plus 2 Turnovers Each Game
Shutout the Opponent Each Quarter
Score Touchdowns on defense

Offensive Goals
Physically Dominate Each Game
0 Turnovers Each Game
Convert 3 ½ yards each play
Score at Least 8 Points Each Quarter

Special Team Goals
No blocked kicks
Win field position
Plus-two in turnover margins
MENTAL APPROACH AND ATHLETE DEVELOPMENT

Development of Student-Athletes
The key to every successful program is the development of the players within the program. A program can have a small stretch of success with transfer players or just inheriting talent, but in order to win games consistently each and every year, a program must develop the players within the program. Getting those kids who did not have the ability or talent to get on the field as freshmen or sophomores to a level that makes them contributors on the varsity team as a junior or a senior is critical. There are four major areas of focus in the development of the student-athletes in the football program:

Academic Development
The number one thing that causes athletes to not participate in athletics is academic standing. The development of good academic skills in the program will ensure that there is greater participation due to grades not eliminating any potential student-athletes.

Physical Development
Once the number of athletes has been increased due to academic standing, the next important factor towards becoming a contributor on the varsity level is the physical ability to play at that level. The size, strength, and speed it takes to contribute at the varsity level are not born into every player. These things need to be developed in the majority of them, also prevent injuries.

Mental Development
Once the number of active participants and players that are physically able to participate at the varsity level have been increased, developing an aggressive and confident mental toughness to match their physical toughness will improve the ability of the players to perform under pressure when it matters. The more players who can perform under pressure, the more players can be relied on to make an important play in a critical situation during a game. This makes the program win a majority of those close games that the great teams seem to always win. Until we can get the program to a point where they will mentally win those close games, we are not an elite program.

Emotional/Spiritual Development
Having emotional/spiritual maturity allows the student-athletes to have perspective and to deal with adversity. In life, the ability to deal with adversity and to put things in proper perspective will allow them to overcome obstacles, as well as have the ability to not dwell on their failures. These things will also have a positive impact on the football field.
# Football Player Evaluation Form

**NAME:**

**POSITION:**

**HEIGHT:**

**WEIGHT:**

**SCORE:**

**RANK:**

For each of the 10 traits, select the phrase that best describes the athlete and write in the corresponding number of points.

## 1. Competition:
- Refuses to lose at anything = 10
- Loves to compete = 8
- Good competitor = 6
- Likes to win if convenient = 4
- Doesn't matter = 2

## 2. Talent:
- All-state = 10 - 9
- All-league = 8 - 7
- Start on winner = 6 - 5
- Can contribute = 4 - 3
- Little help = 2 - 1

## 3. Speed:
- Outstanding = 10 - 9
- Good = 8 - 7
- Average = 6 - 5
- Below = 3 - 2
- Poor = 1

## 4. Toughness:
- Real hitter = 5
- Good hitter = 4
- Average hitter = 3
- Poor hitter = 2
- Won't hit = 1
- Hides = 0

## 5. Awareness & Intelligence:
- Great instincts = 5
- Tell him once = 4
- Learns quickly = 3
- Learns w/ reps = 2
- Hard to teach = 1

## 6. Commitment & Hard Work:
- Whatever it takes = 5
- Does the extra things = 4
- What is required = 3
- Must push = 1
- Does nothing = 0

## 7. Durability:
- Never gets hurt = 3
- Sometimes hurt = 2
- Can't count on him = 1
- Always hurt = 0

## 8. Coachability:
- Takes coaching well = 3
- Does it the easy way = 2
- Does it his way = 1
- Doesn't do it at all = 0

## 9. Strength:
- Exceptionally strong = 3
- Good strength = 2
- Poor strength = 1

## 10. Character:
- Fine person = 3
- Some flaws = 2
- Questionable = 1
- Get rid of him = 0

**Comments:**

**Date of interview with athlete:**

**www.gridironstrategies.com**

Football Forms for the Winning Coach
PRESEASON AND POST-SEASON QUESTIONNAIRES

Players:

1) What are your individual plans for this team?
2) What are your goals?
3) How do you plan to meet these goals?
4) Who do you think our team leaders are?

Coaches:

While the season is still fresh in our minds, I was hoping that you would take a little time to share your thoughts with me in an attempt to make our football program better. Please answer the following questions:

What do you think were our strengths and weaknesses on offense?

What would you like to see us change offensively?

What do we need to do to take the next step?

What do you think were our strengths and weaknesses on defense?

What would you like to see us change defensively? What do we need to do differently next year to fit our returning personnel?

What do you think were our strengths and weaknesses on special teams?

What would you like to see us change on special teams?

What do you think was our biggest lesson learned?

What clinics would you like to attend? Is there any school you feel you could better yourself by visiting? Why?

What are your plans for next year? How might these change?

What equipment would be on your wish list that would help you do your job better? What repairs need to be made to our current equipment?
FUNDRAISING

Major Fundraising Events

Golf Tournament
- Raise money through Annual Golf Tournament.

X-Factor
- Summer Speed, Strength, Injury Prevention & Conditioning Program

5K Spring Race

Dinner Auction
- Raise money through tickets, live auction, silent auction, and drink sales.
- Have a positive social interaction between coaches, parents, boosters, friends of the program, and the community.

Passing Tournament
- Raise money through concessions.
- Increase exposure to the school and program.
- Evaluate players through competition.
- Develop team chemistry.
- Improve on passing offense and pass defense.

Coaching Clinic
- Raise money through entry fees.
- Increase exposure to the school and program.
- Network with college and professional coaches.
- Network with possible assistant coaches.
- Develop coaches within the program.

Youth Camp
- Raise money through entry fees.
- Expose future athletes to program.
- Expose future parents to the coaching staff and program.
- Improve player fundamentals of youth players.

Individual Player Fundraisers
- Selling of Gold Cards
- Advertisements in Football Program
- Selling of Mini Helmets
- Purchases of Highlight Video
FEEDER PROGRAM PHILOSOPHY AND PLAN

**Freshman Football**
1. **Purpose** – Teach players the basic rules and strategies of football. Build the players’ knowledge of football to a level that will allow them to progress to the junior varsity or varsity level, depending upon physical ability. Learn the basic techniques, schemes, and thinking-habits to develop mentally into a player prepared for high school football. The difference between youth football and high school football is a huge jump for most players. They must learn about the mental aspect of the game that is often absent in youth football. Emphasize preparing players to win varsity games. Everyone gets playing time!

2. **Weight room** – Learn the proper technique for lifts and the necessary work-habits to develop physically into a player prepared for high school football. Freshman year is the foundation for a strong varsity team the next three years. Getting players to love the weight room and lift correctly will directly impact the number of wins in the program for the next three years.

**Junior Varsity Football**
1. **Purpose** – Teach players the intermediate rules and strategies of football. Prepare the players, both mentally and physically, for varsity football. The largest difference between a junior varsity player and a varsity player is their aggressiveness. Junior varsity players tend to be timid for one of two reasons: they do not understand the game and they play confused or they do not have the size, strength, and agility to play aggressively. The focus of junior varsity football is to overcome those shortcomings and develop players ready for varsity. Everyone gets playing time! Emphasize preparing players to win varsity games.

2. **Weight room** – Develop strength, agility, quickness, and endurance through a structured lifting, agility, and conditioning program designed to make the players bigger, faster, and stronger so that they can handle the physical demands of playing high school football. Increasing strength, speed, and agility of the junior varsity players will improve their ability to prepare for varsity.
EXPECTATIONS FOR PARENTS AND SUPPORT STAFF

Be Supportive of the Program

The goal of the program is to make each of the young men a better person and to become the best they can be. Each and every member of the program should be completely supportive of that aspect of the program. The coaches, parents and support staff should help each other in the positive development of the young men in the program.

Be Involved in the Program

A common thread in each successful program is strong parent involvement. There is much that needs to be done to run a successful program, so the more people involved in the program, the better. The larger the involvement of parents, the more meaningful experience the players have with the support staff.

Understand the Role of Parents

The role of a parent in a program is to cheer for their son and contribute to the positive development of the athlete academically, physically, mentally, and emotionally. This does not include speaking negatively about other players in the program, coaches in the program, play calling, or game planning.

Too often, parents think that it is part of their responsibility to “coach from the stands.” Any parent who feels as if they would like to help with the coaching aspect of the program is more than welcome to apply to become a coach in the program.

Guidelines for Parent Communication

- All meetings must be scheduled by appointment.
- No meetings, conversations, or communications on game day.
- All communication must be professional and respectful.
- The following items may be discussed:
  - Treatment of their child
  - Safety of their child
  - Work habits of their child
  - Improvement of their child
  - Opportunities for their child
  - Attitude and behavior of their child
  - Academics of their child
- The following items may not be discussed:
  - Playing time, Other players
  - Game strategy
  - Play calling
STUDENT BODY & COMMUNITY INVOLVEMENT

1. Have study hall once a week with National Honor Society
2. Pep Rally first game of the season
3. Inter squad spring football game and student picks first play of game for both teams
4. Before the start of spring practice have a carnival for the community
5. Annual Team Day: Free day long camp that kids have off of school that will include inflatables, carnival games, competition, and food. This camp is to help parents or single parents so they do not have to put their child in daycare.
6. Christmas Adopt a Family: We will adopt a family in need after thanksgiving and provide Christmas for them on the last Friday of school before break.
7. Team football camp: A week long summer camp where players will be camp leaders to elementary football players. Fundamentals, competition, and most importantly-spiritual growth will be the emphasis at camp.
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<td>28 After School Workouts-ASW</td>
<td>29 Workouts</td>
<td>30 Workouts Team Competition</td>
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*-After school workout from 3:30-4:30-These workouts after school

Points for basketball/baseball and track, QB school, ASW
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<td>Practice Field (Chiller)</td>
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*After school workout from 3:30-4:30-These workouts after school

Points for basketball/baseball and track, QB school, ASW
<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
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<td>Workouts - ASW</td>
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<tr>
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<td>(Chiller)</td>
<td>Weight room</td>
<td>Team Competition</td>
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<td>Weight room</td>
<td>8 Workouts</td>
<td>room/Practice Field</td>
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<td>15 After School</td>
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<td>(Chiller)</td>
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<td>22 After School</td>
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<td>(Chiller)</td>
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<td>28 Football Chalk/Talk</td>
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<td>*-After school workout from 3:30-4:30-These workouts after school</td>
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<td>University of Miami Football Team Camp (Coral Gables, FL.)</td>
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<td>X-Factor 8-10am Weight room/Practice Field</td>
<td>X-Factor 8-10am Weight room/Practice Field</td>
<td>X-Factor (8-10) 7on7 10-noon Eagle Field</td>
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<td>16 X-Factor 8-10am Weight room/Practice Field</td>
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Points for X-Factor, 7 on 7, Lineman Challenge, Eaglet Football Camp, outside football camps
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<td>X-Factor (8-10) 7on7 10-noon Eagle Field</td>
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<td>X-Factor 8-10am Weight room/Practice Field</td>
<td>Eaglet Football Camp noon-4:00 Eagle Field</td>
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<td>Eaglet Football Camp noon-4:00 Eagle Field</td>
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<td>X-Factor 8-10am Weight room/Practice Field</td>
<td>CFCA Tournament Weight room/Practice Field/Baseball Field/Eagle Field</td>
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<td>X-Factor 8-10am Weight room/Practice Field</td>
<td>X-Factor 8-10am (Test) Weight room/Practice Field</td>
<td>Sports Physical Night (5-7) Turn all papers in</td>
<td>Sports Physical Night (5-7) Turn all papers in</td>
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Points for X-Factor, 7 on 7, Lineman Challenge, Eaglet Football Camp, outside football camps
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<thead>
<tr>
<th></th>
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<td>Noon-1pm</td>
<td>2-3:30pm and 4:30-5:30pm</td>
<td>2-3 pm</td>
<td>Noon-3pm <strong>Ministry Saturday</strong></td>
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<td>Weight room /Practice Field</td>
<td>Weight room /Practice Field</td>
<td>Weight room /Practice Field</td>
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<td>(9-12)</td>
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<td>2-3:30pm and 4:30-5:30pm</td>
<td>BTS Bash Varsity/JV practice</td>
<td>Senior Trip Varsity/JV practice</td>
<td>School Starts Conditioning</td>
<td>School Starts Varsity/JV practice</td>
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<td>Varsity/JV practice</td>
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<td>3:30-5:00 Weight room /Practice Field</td>
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<td>Varsity/JV practice</td>
<td>Varsity/JV practice</td>
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<td>Kickoff classic-Santa Fe Catholic Eagle Field @ 7:30</td>
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<td>3:30-5:00 pm Weight room /Practice Field</td>
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<td>3:30-4:15 pm Commitment Night for whole program</td>
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<td>3:30-5:00 pm</td>
<td>Varsity/JV practice</td>
<td>Varsity/JV practice</td>
<td>Varsity only</td>
<td>Ocala Christian Eagle Field @ 7:30</td>
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<td>Weight room /Practice Field</td>
<td>3:30-5:00 pm Weight room</td>
<td>2:45-4:45pm Weight room /Practice Field</td>
<td>3:30-4:00 pm Middle school Game @ Eagle Field 5pm</td>
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Points get turned in and grade check starts on 8/16
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</thead>
<tbody>
<tr>
<td>1 No School/No Practice</td>
<td>2 Varsity/JV practice 3:30-5:00 pm Weight room /Practice Field</td>
<td>3 Fall Pictures Varsity/JV practice 2:45-4:45 pm Weight room /Practice Field</td>
<td>4 Varsity/JV practice 3:30-5:00 pm Middle school AWAY @ Merritt Island Christian 5pm</td>
<td>5 Varsity practice 3:30-4:15 pm</td>
<td>6 *Merritt Island Christian Eagle Field @7:30</td>
</tr>
<tr>
<td>8 Varsity/JV practice 3:30-5:00 pm Weight room /Practice Field</td>
<td>9 Varsity/JV practice 3:30-5:00 pm Weight room /Practice Field</td>
<td>10 Varsity/JV practice 2:45-4:45 pm Weight room /Practice Field</td>
<td>11 Varsity/JV practice 3:30-4:15 pm Weight room /Practice Field</td>
<td>12 International Community Away @ 7:00</td>
<td>13 Ministry Saturday</td>
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<td>15 Varsity/JV practice 3:30-5:00 pm Weight room /Practice Field</td>
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<td>17 Varsity/JV practice 2:45-4:45 pm Weight room /Practice Field</td>
<td>18 Varsity/JV practice 3:30-4:15 pm Middle school AWAY @ OCP ?</td>
<td>19 Orlando Christian Prep Away @ 7:00</td>
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<td>22 Varsity/JV 6:00-7:30 am Weight room /Practice Field</td>
<td>23 Morning Practice Varsity/JV 6:00-7:30 am Weight room /Practice Field</td>
<td>24 Varsity/JV practice 2:45-5:00 pm Weight room /Practice Field</td>
<td>25 Varsity/JV practice 3:30-4:15 pm Middle school AWAY @ Faith 5pm</td>
<td>26 Faith Eagle Field @ 7:30</td>
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<td>29 Varsity/JV practice 3:30-5:00 pm Weight room /Practice Field</td>
<td>30 Varsity/JV practice 3:30-5:00 pm Weight room /Practice Field</td>
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*-District Game
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<tbody>
<tr>
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<td>Varsity/JV practice 2:45-4:45 pm Weight room /Practice Field</td>
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<td>Varsity only 3:30-4:15 pm Middle School Legacy @ Eagle Field 5pm</td>
<td>Legacy Away @ 7:00 Grandparent’s Day</td>
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<td>JV-Master’s Academy Away @ 7:00</td>
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<td>Homecoming All Saints Eagle Field @ 7:00</td>
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<td>Varsity practice 3:30-5:00 pm Weight room /Practice Field</td>
<td>Varsity practice 2:45-4:45 pm Weight room /Practice Field</td>
<td>1st Round Playoff or match up game TBD</td>
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*District Game
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<td>2nd Round Playoff or match up</td>
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**FHSAA GUIDELINES & CALENDAR**

- [http://www.fhsaa.org/sports/football/manual](http://www.fhsaa.org/sports/football/manual)
- [http://www.fhsaa.org/calendar?type=All&sport=4&dept=All](http://www.fhsaa.org/calendar?type=All&sport=4&dept=All)
RECRUITING PLAN – HIGH SCHOOL

1. Have all student-athletes take correct core classes to be eligible for recruiting
2. Have all Juniors and Seniors register for NCAA clearinghouse
3. Have players make a wish list and regional list
4. Create a highlight video and prospect profile
5. Have players research schools that are interested in them
6. Going into their Junior/Senior year have them increase their exposure to the University of Interest (camps, games etc.)

Tips for seniors:

- Make a list of your top 15 college choices
- If you have already made your list, it is time to reevaluate that list
- Choose your dream schools, realistic schools and fall back schools (Some may overlap)
- Ask yourself, if I wasn’t playing a sport, would I want to go to that school? (Remember, there is an off-season)
- Find out the situation for your position at those schools
- Is the starter a senior?
- What about the backups?
- How many people on the roster play your position?
- Make sure that you have video ready to show them
- Call the coach (You make the call, not your parents)
- Keep calling until you get a hold of him/her
- Prove to that coach that you are a great fit for their program
- Be assertive and keep in contact (squeaky wheel gets the oil)
COACHING STAFF

STAFF ORGANIZATION

If you expect your players to work as a team and do their part, the coaching staff must do the same. Running a successful high school football program in the State of Florida takes every possible hand available. All coaches will be expected to contribute; otherwise, it leaves all the work in the hands of a few which is not fair to your colleagues or your players.

**General Staff duties:**
Head Coach: Coordinating with School Administration; Coordinating Coaching Staff Administration; Scheduling; College Recruiting; SAT prep; Clearinghouse eligibility; Purchases; Fundraising; Player/parent Conferences/relations; Community relations; Booster Club.
Assist Coach: Weight room/class weight program/video
Assist Coach: Weight room/class weight program/video
Assist Coach: Study Hall/tutoring/Academic point person
Assist Coach: Discipline/Assist Fundraising
Assist Coach: Equipment/Assist Fundraising
Assist Coach: Coordinate with Athletic Trainer day-to-day reports; Coordinate Managers

**Pre Practice duties:**
Head Coach: Practice Schedule; Absenteeism/Ind. Practice prep
Assist Coach: Field House and locker room lock up/Ind. Practice prep
Assist Coach: Equipment/Ind. Practice prep
Assist Coach: Offensive prep or practice/Ind. Practice prep
Assist Coach: Defensive prep for practice/Ind. Practice prep
Assist Coach: Early on the practice field/Ind. Practice prep
Assist Coach: Discipline lists for practice/Ind. Practice prep

**Post-Practice duties:**
Head Coach: Check Injuries w/trainer; Emergencies; Assign players conduct duties.
Assist Coach: Checkout Mon
Assist Coach: Checkout Tue
Assist Coach: Checkout Wed
Assist Coach: Discipline

**Game Day duties:**
Head Coach: Address any last minute game day issues/emergencies
Assist Coach: Headsets/Press Box equip.
Assist Coach: Football gear/equip./footballs
Assist Coach: Field aids, whiteboards/markers/stat charts; supervision of players
Assist Coach: Special team’s chart/subs; supervision of players
Assist Coach: Uniforms; supervision of players
Head Coach’s Responsibilities

Oversee the Entire Football Program
1. Make sure all aspects of the program are run smoothly.
2. Develop better coaches through training and experience.
3. Develop better players through training and teaching.
4. Create a top-tier football program.

Develop and Maintain a Positive Relationship between the Program and the Community Supporting the School
1. Plan and organize fundraisers with boosters.
2. Involve alumni and local businesses in events and activities.
3. Interact positively with the media at events and activities.

Develop and Maintain a Positive Relationship between the Program and the Other Athletic Programs at the School
1. Encourage players to play other sports at the school.
2. Have the team attend events of other programs as a group.
3. More involvement in other activities leads to more involvement in football.

Develop, Organize, and Assign Locker Room and Weight Room Duties
1. Ensure that there is adult supervision before, during, and after all team events.

Practices & Equipment
1. Plan, organize, and implement all aspects of practices.
2. Oversee issuance, keep an inventory, and organize the storage of all equipment.
3. Repair and replace field equipment in need of repair or replacement.

Coach/Player Evaluation & Development
1. Evaluate coaches/players each week, game, season, and year.
2. Hold meetings with coaches and players to discuss areas of strength and weakness.
3. Help assistant coaches develop into better coaches, which will lead to better development of the players.

Recruitment of Feeder Programs & School
1. Attend all freshman and JV games possible.
2. Recruit in classes and hallways for possible players.
All Coaches’ Responsibilities

Meetings & Planning
1. Attend all meetings called by the head coach and coordinators.
2. Plan and organize meetings and drills to teach necessary information and skills to position players.

Practices & Equipment
1. Plan, organize, and implement all aspects of practice with the head coach.
2. Help with issuance, inventory, and storage of all equipment.
3. Keep field equipment in good condition and help with repair and/or replacement.

Weight Room & Locker Room Duty
1. Know the weight program and lifts.
2. Supervise the weight room and locker room when scheduled.

Player Evaluation & Development
1. Evaluate players each week, game, season, and year.
2. Meet with position players to discuss areas of strength and weakness.
3. Develop each player at their position to maximize their abilities.

Recruitment of Feeder Programs & School
1. Attend all freshman home games.
2. Recruit in classes and hallways for possible players.
# Season Checklists

## Offseason (spring)
- Run Academic Program
- Recruit the Hallways
- Run Strength Program
- Run Conditioning Program
- Plan Fundraisers
- Register for Passing Leagues
- Program Newsletter
- Program Promotion
- Scheme Development
- Playbook Development
- Recruit Junior High
- Solicit Boosters for Funds
- Solicit Businesses for Donations
- Spring Team Meetings
- Spring Football
- Fundraiser: Golf Tournament
- Attend Coaching Clinics
- Recruiting Information on Athletes
- Meet with College Coaches
- Design Coaching Attire

## Preseason (summer)
- Summer Newsletter
- Revisions to Calendar
- Fundraiser: Passing League
- Fundraiser: Coaching Clinic
- Fundraiser: Youth Camp
- Summer Strength Program
- Summer Conditioning
- Summer Passing Leagues
- Preseason Schedules
- Feeder Program Coaching Clinic
- Weekly Coaches Meetings
- Summer Team Meeting
- Inventory New Equipment
- Spirit Packs and Coaching Attire
- Organize In-Season Responsibilities

## In Season (fall)
- Final Newsletter
- Coaches Meeting
- Strength Program
- Conditioning Program
- Academic Program
- Individual Fundraisers
- Spirit Packs
- Locker & Gear Issue
- Parent Meeting
- Two-a-Days
- Ground Crew Gear
- Promotional Materials
- Scrimmage
- Letter to Faculty
- Student Progress Reports
- School Issues
- Parent Issues
- Player Issues
- Media Issues
- Game Issues

## Postseason (winter)
- Collect Equipment
- Inventory Equipment
- Equipment Maintenance
- Determine Awards
- All League/State Meetings
- Team Banquet & Awards
- Meet with AD
- Coach Evaluations
- Player Evaluations
- Support Staff Evaluations
- Academic Support Evaluation
- End of Season Meetings
- Order New Equipment
- Playbook/Scheme Review
- Hire New Coaches
- Work with AD on Budget
- Booster Changes
- Thank You Letters
- Academic Support for Finals
- Recruit the Hallways
- Plan Strength Program
- Plan Conditioning Program
- Plan Academic Program
- Yearly Calendar
PRACTICE PHILOSOPHY

ALL 3 LEVELS PRACTICE TOGETHER

Practices should be More Difficult than Games
By the time player’s step onto the field at game time, they should be mentally, physically, and emotionally prepared at a level above what they will encounter during the game. The game should be an opportunity for the players to show how much they have improved and should be less demanding than their preparation.

Practices are for Developing Physical Skills and Execution
Meetings are for the installation of scheme, but practices need to have as many players physically involved as possible. Sitting around for 10 minutes at practice while a coach explains something is 10 minutes of wasted reps and wasted time. This time could have been used to improve the players’ physical skills and/or execution of responsibilities.

Quality of Reps over Quantity of Reps
Practice time is limited, and there are few opportunities for players to improve each and every day. Each coach will emphasize the importance of getting the most out of each and every rep because there is a limited amount of them.

All Drills Should Implement Five Critical Aspects
- Fundamental Skills
  - Each drill should specifically teach one or more fundamental skill that every player involved in the drill needs to work on to make the team successful.
- Physical Development
  - Every player needs to develop their speed, acceleration, jumping ability, balance, and agility.
- Aggressive Contact
  - In order to develop the aggressive mentality wanted in the program, each drill must include aggressive contact and a development of the mentality desired.
- Cardiovascular Conditioning
  - In order to win football games against quality opponents, we must be able to outlast them in the 4th quarter and overtime. Each drill should improve each player’s cardiovascular endurance to ensure that we are the best conditioned team each and every week.
- Scheme

Drills must be a step or sequence of steps in the progress of the overall scheme. Breaking down the whole scheme and teaching it in smaller pieces so that the players can perform each of the small steps needed to make the scheme work is a most critical aspect of each drill.
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OFFENSE/DEFENSE/SPECIAL TEAMS PHILOSOPHY

Defensive Philosophy
The philosophy of my defense is to be more aggressive, pursuit to the ball, more physical, and execute better than the opponent’s offense each and every week. We will be extremely relentless in our pursuit of the football and execute our assignments with aggression and determination. We will mentally wear down the opposing offense and put them into down and distance situations that allow us to eliminate their options and aggressively attack the few options they have left. Team pursuit is a burning desire for all eleven players getting to the football. Team pursuit can be evaluated by freezing a video frame, and counting the number of players around the football on every play. Their tenacity and mental toughness will set the tone for each game and remind everybody that DEFENSEWins CHAMPIONSHIPS!

Offensive Philosophy
The offensive philosophy of my offense will fit closely with our defensive philosophy. We want to physically and mentally dominate our opponent each week. A mentality of “WE ARE MORE PHYSICAL THAN YOUR DEFENSE!” is what we want each and every player on our offense to believe in and show on the field. Each position can do this by the offensive line, backs, and receivers throwing devastating blocks. On top of physically and mentally dominating our opponents, we want to out-execute them, as well. Knowing our assignments and carrying them out with confidence allows us to demoralize the opponent by always being in the correct place at the correct time, and bringing our physical mentality with us when we get there. Our play calling will be aggressive and will attack every weakness we can find in the defense. If a defense is too weak and allows us run the ball each and every down, we may not throw a pass the entire game. If they have a weakness in their pass defense, we may throw the ball more than normal that game and physical run game. The running game will utilize the individual skills of the players on the team.

Special Teams Philosophy
The special teams have a huge impact on field position and the momentum of the game. There is no more important factor in an offense scoring or a defense stopping an opponent than the starting field position of the drive. Maximizing the change in field position to our benefit will have a positive impact on the likelihood of victory. We are going to be aggressive in our philosophy on special teams, just as we are on both defense and offense. Attacking kickers and punters with disciplined and relentless block schemes, striking the kick and punt returners with violence, and aggressively defending our kicks will lead to positive changes in yardage, as well as big plays that will swing the momentum of the game in our favor.
STRENGTH & CONDITIONING PROGRAMS

Keep it simple Bigger, Faster, Stronger program and implementing YOGA in your program as well. During the season lift two-days a week, off-season three-four days a week, summer lift three days a week Tuesday, Wednesday & Thursday.

Strength and Conditioning focuses its efforts on Injury Prevention, Athletic Performance and Mental Discipline—in that order. Weight program doesn’t worry about having the “strongest” guys in football. It focuses on football strength, technique and making sure the best Eagle players stay on the field all season.

INJURY PREVENTION WORKOUT: Body weight control of movements used in the game of football

- SQUATS
- NECK
- PUSH-UPS
- SIT-UPS
- PULL-UPS
- DUCK WALKS

FREE WEIGHT (MULTI DISCIPLINE):

- **STRENGTH/POWER**: The state or quality of being strong with use of force and vigor; great ability to do, act, or affect strong force.
- **EXPLOSIVE POWER**: A sudden rapid and widespread increase of a strong force.
- **SPEED**: The act or state of moving rapidly; swiftness; quick motion.
- **FLEXIBILITY**: The ability to bend; not stiff or rigid.
- **EAT -- LIFT -- RUN -- REST**

BUILD BODY FROM:

**CORE**
- BOTTOM -- UP -- BACK -- FRONT

**STRENGTH/POWER**
- BENCH PRESS
- SQUATS
- DEAD LIFTS

**EXPLOSIVE POWER**
- POWER CLEAN
- POWER PRESS
- BOX JUMPS

**SPEED**
- WEIGHTS
- AGILITIES
- SPEED QUEST

**FLEXIBILITY**
- WEIGHTS
- STRETCH
- SPEED QUEST
- PLYOMETRICS