



***“Building the Mindset of a Champion”***

**Commit - Trust - Prepare**

**MISSION STATEMENT:**

Our mission as a football program is to relentlessly pursue a commitment to excellence in all phases of our lives. In addition to attaining excellence on the field, valuable lessons in mental toughness, character, academic achievement and sportsmanship are taught to further develop our young men into Champions.

**PROGRAM GOALS**

1. 100% student-athletes attending College, Trade School or the Military
2. Develop into a Role-Model Program
3. Send our students into life with the mindset of a Champion
4. Earn an invitation to the FHSAA state playoffs
5. Win a District Championship
6. Win a State Championship

***“Building the Mindset of a Champion”***



# COMMITMENT IS AN ACT NOT A WORD

## **Commit:**

**Commitment** is the difference between a dream and a goal. It's often what separates the great from the good enough. Dreamers dream, but goal setters achieve. In sports commitment separates the champions from everyone else.

**Commitment** is about never settling or being satisfied. Staying the course when outside influences pull in a different direction. Even the voices in your own head (self-talk) challenge your loyalty to the process and your ability to focus on the task at hand.

**Commitment** allows you to overcome obstacles such as negative thoughts, emotions, and influences. Young people today are accustomed to instant gratification and want success now, they are not willing to be patient. We must teach our student/athletes that it takes the entire team to buy-into the process of building a champion. They must understand that if they don't commit to being successful they will be passed by those who are.

**Commitment** opens doors, strengthens relationships, fosters leadership, and builds trust. It is a tireless work ethic and dedication to self-improvement.



## **Trust:**

In team sports it is imperative to Trust. Trust Yourself, Trust your Teammates and Trust the System. Learn to trust the process, not the results. Too many athletes stress themselves out over outcomes, instead of focusing on the process and the steps to becoming a champion. We teach our players to take care of the process, and the results they want will take care of themselves. With trust the athletes allow themselves to play on instinct and feel. Their minds are relatively clear and they confidently and aggressively look to make plays that help the team become successful.

Football is 96% process, meaning you spend the majority of your time practicing, lifting, running, watching game video and studying your playbook. I have found over the years that there are two types of players those who learn to commit to the process and those who are just interested in the process. It takes more than interest to be great at something. The players who are just interested in the sport are usually the ones who give-up quickly when things get tough or don't go their way. They have no trust in the process because they want instant success or glory and are not willing to put in the time to getting better day by day. Instead of staying the course they look for the next best thing to come along.

A team without trust isn't really a team; it's a group of individuals, working together, often making disappointing progress. However, when trust is in place, each individual on the team becomes stronger, because they are part of an effective, cohesive group. When players trust one another, the group can achieve truly meaningful goals and progress.

### ***How We Build Trust:***

1. Open communication and constructive feedback
2. Build a personal relationship with each player.
3. Players opinions are of value to the team
4. Hold your peers accountable, set the example and speak up
5. Embrace the Struggle, Step out of your comfort zone
6. Every mistake is a learning opportunity, Talk openly about fear and setbacks
7. Never blame or shame teammates, coaches, officials or the fans.
8. Take ownership of your mistakes



## **Prepare:**

If you want to succeed you have to do the work. Each competitive instance presents a price to pay for success. If you haven't earned enough to cover the price, you can't buy the win. Teams achieve excellence not because of one big thing they do right, but because of many small things they do well day in and day out. Success takes experience, strategy, determination and a wiliness to plan and prepare for all possible scenarios.

### ***How We Prepare for Success:***

1. Develop a T.E.A.M. (Together Everyone Achieves More) Mentally
2. Establish Team and Individual Goals
3. Physically and mentally prepare for game time
4. Build self-confidence and work ethic
5. Train for greater skill development
6. Proper nutrition and rest
7. A simple offense and defensive system that creates buy-in
8. Off-Season weight training and conditioning, along with agility and speed training
9. Classroom: Character training, Game video review, Playbook X's & O's
10. Spring Football (evaluation period)
11. Summer Training: 7 on 7 tournaments, camps, strength and conditioning
12. In season strength training, daily practice sessions and video review
13. Train to fail! Understand that failure is not a means to the end but rather a great opportunity to learn and grow

## Beyond the Game Building Champions for a Lifetime



### ACADEMIC ACHIEVEMENT:

1. Our goal each year is to obtain 100% of our student athletes attending college, trade school or the military to further their education and social skills.
2. To obtain an average 3.0 GPA as a team.
3. Each individual student/athletes' goal is a GPA of 3.0 or better so their scholarship opportunities will exist. **Grades before Games is our Motto!**
4. We stress the importance of becoming a life-long learner. ***It's not how you start but how you finish that matters.***

### CHARACTER - Live, Work and Play like a Champion:

Four Values that lead to Success and productive citizens in society.

1. **Respect:** In our program we understand that to get respect; you must show respect. At all times we will show respect for our country, self, school, students, team, opponents, family and the community.
2. **Attitude:** We will have a positive attitude in regards to everything that happens within our program. We will develop a **"I CAN"** attitude that always sees the upside of each situation. We will be a possibility thinker and always understand that failure is a learning opportunity not something that defines you. A champion understands that **life is 10%** what **happens** to me and **90%** how I **react to it**.
3. **Discipline:** Be who you say you are; do what you say you are going to do. Be truthful to yourself and others; be accountable; no excuses; seek the truth; demand the truth; tell the truth; live the truth. ***If there is no truth, there is no trust. If there is no trust, there is no relationship. If there is no relationship, there is no value or substance to what you are doing.***
4. **Pride:** It's a personal commitment. ***It is an attitude which separates excellence from mediocrity.*** Take pride in everything you do; your academics, work ethic, interaction with others. Have pride in where you come from, your family, your school, your teammates.

## **MENTAL TOUGHNESS – GROWTH MINDSET:**

Mental Toughness is not something that is physical, it is a mindset an attitude of growth through a positive thought process. The ability to **MOVE FORWARD** under pressure.

### **7 Steps to Mental Toughness Training:**

1. Determine your passion, your end game, what is it you want to do with your life?
2. Write down your goals with action steps that will lead you to your end game.
3. Keep a Positive Attitude: Positive in = Positive Out! Stay away from negative people, and negative situations. Walk away – Focus on the End Game!
4. Welcome and expect CHANGE: Don't be afraid of change, use it as the fuel to overcome obstacles on your way to your end game.
5. MOVE FORWARD – Don't be afraid to fail, failure is a learning opportunity!
6. Get TO WORK – Don't wait until everything is perfect to start, start now and make corrections along the way. ITS NOT HOW YOU START BUT HOW YOU FINISH!
7. FINISH! – Don't Quit, Never Give Up, keep your eyes focused on the End Game. Don't pull-up short of the finish line. Complete every little action step along the way!



## **SPORTSMANSHIP:**

We foster a team atmosphere of Sportsmanship through our classroom lessons on character, responsibility, fairness, honesty, and good citizenship.

We understand that the team represents the School and the Community in our play and we must gain the respect from our opponents for our tough, fair play. Always showing respect for opponents, officials, fans and teammates.

***Our Goal is for our opponents, fans and the community to say after each game: We are a team that is tough, aggressive and never quits!***