

Program Expectations

CG Football

VISION

To Be State Champions!

To Be Region/Section Champions!

MISSION STATEMENT

Our mission is to take the student-athlete where he cannot take himself. As coaches, we will be supportive and active in promoting academic and athletic achievement. We will exhibit an exemplary foundation of leadership and mentor our players to relentlessly pursue the "character of a champion" with its cornerstone being **FAITH, FAMILY, and FOOTBALL**.

We feel that success is measured in terms of the ability of the student-athlete to reach their full potential. Our responsibility as coaches is to assist our players and help them reach their full potential as people, students, and athletes.

We will love our players. Our objective is to develop a family type atmosphere within the football program. We understand that for our football program to be successful there must be coaches who care about players, players who care about coaches, and **players that care about one another**.

Program Philosophies

What Administration, School staff, and Assistant coaches can expect from the Head football coach

1. To be accountable for all actions.
2. To handle all situations with honor and integrity.
3. To run an organized program that will run efficiently.
4. To create/maintain an atmosphere that is conducive to work.
5. To listen to any and all suggestions.
6. To appropriately delegate responsibility and authority.
7. To work and provide leadership to win.
8. To treat all individuals with dignity and respect.
9. To be loyal to the program.
10. To always have a positive coaching style.
11. To allow all individuals to work within their own personality.
12. To never put his own needs above the needs of the team.

What we expect from the assistant coaches

1. To be the very best teacher of the game you can be.
2. To always be early to all team practices, staff meetings, and school functions.
3. To be a positive role model.
4. To sell and defend the program.
5. To do everything possible to develop a “winning” team attitude.
6. Work to better yourself as a football coach. Maintain, sustain, and develop new innovative ways of coaching, teaching, and communicating.

7. To be a professional in attitude, responses, work, and personal appearance.
8. To be sincerely interested in the successes of our players both on and off the field.
9. Never give up on a player. He can always change and likely will if given the chance.
10. To always be positive and never doubt that we will be successful.
11. To be loyal to the program.
12. To be creative and have the ability to apply gained knowledge to game situations.
13. To be on the same page as the coaching staff when taking the practice or game field.
14. Never get complacent as the season goes on. Don't let the little things slide when it comes to the discipline of our players. This is how bad habits are formed.
15. To always have a plan. Be organized.
16. Have a positive but demanding coaching style.
17. Always be optimistic.

What we expect from our Student-Athletes

1. To give their very best effort toward their education.
2. Do right.
3. Always give their best effort in the classroom, on the football field, and at home.
4. To be early, not just on time.
5. Hustle and give the best effort possible.
6. To know their assignments. Be students of the game.
7. Abide by team and school rules.
8. Make sacrifices for the team each individual is only as good as the team.
9. Be a role model for all on campus.
10. Be polite. Address all school administrators, teachers, staff, coaches, and game officials as "Sir" or "Ma'am".
11. Sit in the first two rows of the classroom.

12. Be accountable for your class work. If absent contact teachers and coaches that day.
13. Do not make excuses. You and you alone are responsible for your own actions. Be accountable.
14. Set goals and work to achieve them.
15. If you are absent from school, then you do not attend practice until all school work is made up or scheduled to be made up. Take care of your priorities.
16. Hold each other accountable for our team goals.
17. Be prepared. Any player that comes to practice without proper equipment will miss the first quarter of the game that week.
18. Be proud of our school. Make every effort to attend all school functions and support all sports teams and extra-curricular activities.
19. All players must attend team dinner the night before the game. Missing this is equal to missing a practice.
20. Be a role model on campus.
21. Be active in the community. Let everyone know what our school is about. Invite them to games. Show your pride.
22. Attend class and give your best effort. Remember you are a Student-Athlete. The student comes first.
23. Do not be discouraged. You are here to learn, not be perfect.
24. Play with **Character**- “Play as well as you can for as long as you can”
25. Play with **Pride**- “Know that your teammates won’t quit on you when it gets tough”
26. Be mentally **Tough**- “Accept discomfort and deal with it”

Team Captains

In order to become a team captain an individual must:

1. Maintain above a 3.0 GPA
2. Attend all practices, games, and team functions unless excused by parent, teacher, coach, or doctor/trainer.
3. Must actively participate in class/practice.
4. Must display leadership skills on and off the field and be a positive role model on campus.
5. Must have an upstanding discipline record at school.
6. Must defend and meet all Team Expectations.

Practice philosophy and guidelines for coaches

Utilization of practice time is of the utmost importance. Coaches must have practice segments organized to the minute. Each segment must be coached to its full potential and once the period is over we will move on to the next segment, no exceptions stick to the plan. By sticking to this plan and not making any exceptions mimics game like situations.

Coaches are to get as much “talking” done before practice. We do not want to slow down the tempo of practice. Enthusiasm and high energy is a vital role in a productive practice. By slowing down and talking our players will naturally drop their energy level and enthusiasm and lose interest. Practices will be sharp and enthusiastic with lots of hustle by both players and coaches. This is only possible if we are a unified coaching staff teaching the same style of play. A positive- high energy practice! Coach up your players to be the best they can be! Allow them to believe in themselves. NEVER single out or embarrass a player. Any mistake is a team mistake and will be addressed as such. If it is necessary to address an individual it must be done in private.

As coaches we must stress a strong work ethic above all else. If our opponent runs 10 sprints, we run 11.

The little things make the difference

Never compromise our beliefs

The way we practice is the way we will play on game day

Players' Creed

I Will Hustle

I Will Be Prepared

I Will Display Courage

I Will Have Pride In My Team

I Will Be A Positive Role Model

I Will Do Everything in My Power To Make
This The Best Place To Play Football In The
State of Arizona!

Preparing for Success

-Things We CANNOT count on in football

- Out sizing our opponent
- Being faster than our opponent
- Being more experienced than our opponent

-Things We CAN count on in football

- Out working our opponent

- Being more prepared than our opponent
- Having more pride and being mentally tough

This is our recipe for success!

-Other critical parts of our recipe

- Our players must feel special
- Our players must feel empowered
- We must be all inclusive- philosophy/plan for everything
- Find out what team goals are and what we are willing to sacrifice to achieve those goals (December)
- Off-season training
- Summer commitment
- Season Commitment
- Attention to details
- Take care of the little things!

-Develop the Plan (December)

- Off-Season goals (weight/speed training)

- Summer goals
- Camp goals
- Team retreat (Camp Courage)

-Implement the Plan

- Player driven off-season
- This is what YOU want
- Must be willing to work to achieve

BE COMMITED!! You're either IN or OUT, no in between!!

SUMMER

- Player development
- Player opportunity
- Learn to make sacrifices as a team
- Develop trust in one another

CAMP COURAGE

- Team building
- Team sacrifice

- Honest team discussion and communication
- Player goal setting and team goal setting

Final Summer Meeting

- What have we learned?
- What have we improved upon?
- What can we still improve upon?
- Season Goal Setting

REGULAR SEASON

-Game 1

- First opportunity to display our pride and toughness
- Compete!
- Execute!
- Set the tone for the rest of the season!

-Games 2-8

- Improve each week
- Minimize mistakes each week
- Improve execution
- Understand our competition
- Display Courage!
- Never Quit!
- Compete whistle to whistle!
- Measure team risk
- Minimal additions mostly adjustments
- Adjust the few - refine the many
- Keep to the plan!

-Final Game

- Where do we stand
- Maximize potential
- No Mistakes!
- Display leadership
- Be toughest team in state
- Be proud of who we are

- Never compromise! Full speed ahead! We are not done!

PLAYOFFS

-The Game Plan

- What will it take to win
- What changes (if any) are needed
- Minimize the scheme
- Do what we do best and stick to it!

-The Attitude

- Why not us
- Nobody out works us
- Toughest team in playoffs
 - Family
 - Have Faith
 - If I can, I Will

Take what we've learned and execute!

Leave no doubt!

