LINN-MAR FOOTBALL

#TEAMFIRST

P.R.I.D.E.

<u>Varsity Staff</u>

Tim Lovell, Ray Reasland, Nate Frangella, Mike Shipley, Ben Martens, Matt Starmer, Rodger Walsh

I0th Grade Staff

Andy May, Brett Van Hove, Henry Martinson, Tristan Evans

9th Grade Staff

Nick Martens, Chad Tompkins, David Cosgrove, TBD

COACHING STAFF

PROGRAM PHILOSOPHY

MISSION

Developing CHAMPIONS today Building LEADERS for tomorrow!

PHILOSOPHY

#TeamFirst

(Applies to EVERYONE)

COREVALUES

- P Perseverance
- **R** Responsibility
- I Integrity
- **D Discipline**
- **E Excellence**

ARE YOU OKG?

- <u>`</u>	COMPELLED – Top 10%	Goes above and beyond at everything everyday
<u>Ťľŕ</u>	COMMITTED – Top 50% - 80%	Reaches Goals But Doesn't Move Beyond
### ###### #########	COMPLIANT – Bottom ½	Not motivated on their own, only do when asked or required
2	Cynical – Bottom 10%	Excuse Driven – Not part of our plan

PLAYER EXPECTATIONS

#TEAMFIRST – This is where starts and ends, for everyone.
Everyone wears a Linn-Mar Shirt for workouts. Every time.

- Be on Time (15 Min) Late is disrespectful to everyone involved.
 - Varsity guys will be sent home for the day.
- Control your Attitude Effort Toughness in all YOU do.
 - Details matter in everything
- Rep OUR Program with P.R.I.D.E.
 - Grades / Classroom / Weight Room / Home / Social Media

PLAYER EXPECTATIONS

Weight room is NOT optional.
In-season – Lift with your team
Off-Season – Lift with OUR team (Can we trust you?)

Communicate – It's 2 way – Ask Questions – Respond

Be in HUDL – Ready to respond to messages. Be sure you get NOTIFICATIONS ON YOUR PHONE. NO EXCUSES.

PARENT EXPECTATIONS

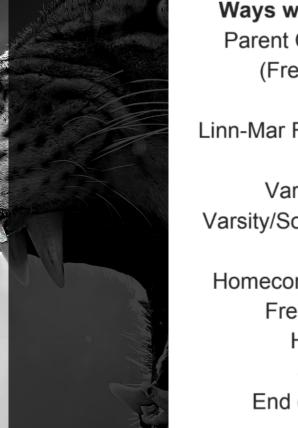
- Coaches and Parents have the SAME GOAL: We want what is best for each kid! It may look different, but our goal is to give everyone an experience they won't forget.
- Be the Positive Voice in the Stands and on Social Media for the Team.
- Embrace your athlete's role their position is not a reflection of you, their coachability is!
- Encourage Conversation w/ Position Coach and then UP
- Off-Limit Topics: Other athletes / Play Calling / Playing Time / Discussion after game (24 Hr Rule)
- **Open Topics:** Treatment of athlete / ways to improve athlete / athlete's behavior RECRUITING 101

CONTINUED

Encourage your athlete to be smart about taking care of their body

- 8 hrs of sleep a night
- Knife and Fork Meal every evening, if possible.
- Whey Protein after workout (20-25g)
- ¹/₂ Body weight in H20 per day
- They do not need to be working out 7 days a week.

TOUCHDOWN CLUB SHELLY JELINEK & MELISSA MUSZYNSKI LINNMARTDCLUB@GMAIL.COM



Ways we support our student athletes: Parent Communication Representatives (Freshman, Sophomore, Varsity) Senior Poster & Photos Linn-Mar Football Varsity Player T-shirt Sale Watermelon Feed Varsity Thursday Night Dinners Varsity/Sophomore Away Game Night Food Homecoming Picnic Homecoming Parade (Individual Floats for Freshman, Sophomore, Varsity) Homecoming Locker Room Senior Night Recognition End of the Year Banquet (Potluck)

SCHEDULE

Current Workout Times:

MWF @ 4:15 PM for all FB Offseason Tues @ 4:15 PM Speed School (Excelsior MS) Summer Workouts 5 days/week (Tentative Times!) Varsity: MWF Lift @ 7 AM – Tue/Thur Speed+FB 7:30 – 9:30 A 10th: MWF Lift @ 3 PM – Tue/Thur Speed+FB 9th: MWF Speed + FB @ 7 AM / Lifting immediately following @ 8 AM (3 Days week) 7 on 7: Varsity Only – July 7 & 14 Dead Week: Last Week of July Youth Summer Camp: Aug 2 – 4 (Seniors will coach/lead youth camp during those mornings) HS Camp: 9th/10th Aug 2 – 5 / Varsity Aug 4th – 6th (Camp Dodge Off Campus) Official Practice: Aug 9 (State regulated practices with equipment guidelines/restrictions)

FINALTHOUGHTS

<u>Definition of Insanity:</u> Doing the same thing over and over and expecting a different result.

Nothing creates more regret than attachment to short term comfort!

We will challenge you, hold you accountable, and love you.

We will demand your best even when you don't want to give it.

Accept mistakes and Grow.

CONTACT

Email: tlovell@linnmar.kl2.ia.us

- Follow us on Twitter @TheLMFootball
 - Website: linnmarfootball.com
 - Will have links to schedules, forms, apparel, rosters, etc
 - Spring Store Early May
 - Fall Store Early Aug
 - Gold Cards Early Aug
 - Schedule / District Coming on TOMORROW!