

## Freshman Football



Our success depends on our ability to teach our system of football, our player's willingness to learn the system, and the talent of our personnel. To be the best you can be on and off the field of play. To build relationships with all associated with our program. To make a commitment and understand your responsibilities to support, sacrifice, and endure for the good of our program.

### **Vision Statement**

From Coach Munn

The position that the coaching staff and I have will be to continue our success in getting our players to make a commitment to the Nighthawk Football Program for four years. As freshman head coach, I will use my talents to guide those in our program by helping them to understand what it means to be a student/athlete but more importantly a student of life. To show them that we are a family and that being a family takes commitment and sacrifice. That their hard work and determination does have a purpose and that their accomplishments will make them better individuals now and in the future.

### **To the Player**

Football is filled with many life-learning experiences that, if approached and handled in the right way, can be beneficial to the mental, physical, and emotional development of those involved. A good football coach can teach their players the true meaning of discipline, dedication, perseverance, commitment, accountability, and competition, and the coaches in our program do just that. As much as we are competitors and love to win, we believe that regardless of the win/loss record, every player stands to become a better individual by the lessons they will learn in our program. A high school football experience can be the most powerful learning experience in a student/athletes life. Our goal for each player is that they learn the importance of the following qualities for their character development.

#### Honorable

We are all responsible for our own actions. The choices we make serve as a direct reflection on our character. The student/athletes in our program will be held to a higher standard than other students and must make choices with that in mind. Honesty, integrity, and fidelity are all part of being an honorable person. Leading a daily life with honor in mind will make for a person who has positive self-worth and a good attitude. An honorable player will make good choices in and out of the classroom. These are the types of people we want to represent our school on the athletic field.

#### Reliable

"A chain is only as strong as its weakest link." This statement epitomizes the ideal of teamwork. In a team situation we all have a certain amount of accountability to one another. In order to achieve a common goal all members of the team must be headed in the same direction. Everyone must complete their task. If one member fails then the entire group may suffer. The team relies on each player to maintain eligibility, attend practice, learn, and execute his assignments in order for the team to be successful.

#### Committed

As a team member, each player needs to make a full commitment to the team. An individual in this football program will be asked to give a large amount of time and energy to the sport. A more committed football player is less likely to make mistakes or give up when the game is on the line. A lack of commitment will ultimately lessen the team's success.

#### Respectful

Respect is something that is seriously lacking in our society. It is important that student/athletes respect their parents, teachers, coaches, and peers. When people respect one another it is easier to achieve a common goal. A lack of respect for others often stems from a lack of respect for oneself. The player needs to be nurtured into realizing his own self-worth before he can begin to understand how to respect others. At the same time these young individuals must learn to respect the game of football for what it has to offer them.

#### Team Oriented

The greatest part of high school football is that every member of the team can make major contributions to the cause. Coaches must let all players know how valuable and important they are to the team. Each player must accept his role and do what is best for the team, even if it does not fit exactly into his own agenda. This can be one of the hardest, but also the most rewarding aspects about being on a team.



## **What We Expect From You**

- To have respect for others and to be respectful of yourself.
- To remain eligible and graduate from high school.
- To give a maximum effort in all things you are asked to do.
- To practice to the best of your ability and learn your assignments.
- To be honest in all your dealings.
- To be loyal to your school, football program, and families.
- To perform to your full potential both in practice and in games.
- To be prompt to all meetings and practices. Remember on time is late.
- To be a part of something great.

## **What You Can Expect From Your Coaching Staff**

- To be loyal to you in all areas.
- To be honest.
- To provide the leadership and training necessary to achieve our goals.
- To work you harder than you have ever worked before.
- To assist you in any way possible at any time.
- To make all decisions predicated on what is best for the team, and then what is best for the individual.
- To do everything within our power to improve our program and make this the best place in Riverside County to go to school and to play football.
- To help you mature and become a better person.
- To help you reach your goals.
- To be able to help you with any problems you might have, personal or otherwise. Our door is always open.

## **How Playing Time is EARNED**

The following section will explain how our coaching staff determines starting positions and playing time.

1. Knowledge of the assignment - We cannot and will not play individuals who do not know their assignments. Position coaches will spend extra time with any player who asks for extra help. Everyone can and should know their assignments.
2. Effort - Effort wins games! A maximum effort is demanded of all players. Anything less is not acceptable. A player can make up for physical shortcomings through his effort on the practice field and during games.
3. Hitting and Mental Toughness - We will discover during full gear practices who has a strong desire to be physically and mentally tough. Football is a contact sport and must be played with mental toughness. Not everyone is physically and mentally tough enough to play football.
4. Contribution to Our Team - Football is a true team sport - everyone can be an equal contributor regardless of his role. The individual who motivates his teammates to do better, and is always enthusiastic and ready, will make a greater contribution than one who does not possess these qualities. Attitude is a quality in a player that is invaluable. Everyone can be a team player.
5. Talent - If the above four criteria are equal, then the player who has the most talent will start. However, talent will not enter our evaluation until we look closely at the first four criteria.

Our coaching staff will determine the best football players, according to the above criteria. These evaluations will determine who our starters will be, as well as how other players fall on the depth chart. In closing remember that our starters will be determined by their own performance, effort and ability.

## What is Recommended to Bring to Each Practice

These items are recommended for each player to have in their possession during practice each day. The items that have asterisks next to them will be checked at each practice and are a must to participate in certain drills that will require contact with another individual. If you have any questions see the head coach about any concerns or questions.

- Spirit Gear (on line store)
- Black Shorts \*\*
- Black Shirt \*\*
- Black Socks \*\*
- Cleats or Turf Shoes \*\*(plastic molded no metal cleats)
- Athletic Type Shoes \*\*(for weight room running)
- Mouth Guard or Piece \*\*(can not be all clear or translucent)
- Gear Bag to keep all your stuff in
- Sun screen or sun block is recommended
- 32 oz or larger water container filled w/ water \*\*
- a nutritional snack for energy replacement
- Notebook or notepad and writing utensil (copying play book)
- Wrist band play call sheet holder (offense position players only)
- High school regulation football (best to put your name on it)
- Inhaler for asthma \*\*
- Medical note for other conditions if needed to participate in physical activity \*\*

## What to Address with the Players

- Expectations  
You are a football player (not a QB or an LB)  
Demonstrate skill related tasks for your position to evaluate individual progress
- Communication
- 4 Year Commitment
- Leaders on Campus
- Time an Important Factor
- R.I.T.E.
- Hydration
- Nutrition
- Heat Adaptation
- Schedule
- Orientation
- Pictures
- Gear Handout
- Lockers



Name:	Height:	Weight:	40 yd time: ( ) ( ) ( )
Years of Experience:			Agility run time: ( ) ( ) ( )
Age:			
Desired Offensive Position:			Push Ups one time max: ( )
Desired Defensive Position:			Core Strength one time max: ( )
			Standing Long Jump: ( ) ( ) ( )
Special skills (i.e. shotgun center, snapper, holder, kicker, punter, etc.):			400 Meter run time: ( )
			Ball Handling (rating on a 10 pt scale): ( )

### Freshman Football Questionnaire 2020

1. What is your name? \_\_\_\_\_
2. What is your age? \_\_\_\_\_
3. What is your parent or guardian name? \_\_\_\_\_
4. What is your cell phone number? \_\_\_\_\_
5. What is your e-mail? \_\_\_\_\_
6. What is your parents e-mail? \_\_\_\_\_
7. How many years have you been playing football? \_\_\_\_\_
8. What league or school did you play for? \_\_\_\_\_
9. What positions did you play? \_\_\_\_\_
10. Why do you play football? \_\_\_\_\_
11. What is your choice for offense position? \_\_\_\_\_
12. What is your choice for defense position? \_\_\_\_\_
13. Does anyone else in your family play football? \_\_\_\_\_
14. Have you ever been injured before? \_\_\_\_\_
15. When did you have your injury? \_\_\_\_\_
16. Did you see a doctor for your injury? \_\_\_\_\_
17. What other sports do you like to play? \_\_\_\_\_
18. What is your favorite video game? \_\_\_\_\_
19. What are your favorite foods to eat? \_\_\_\_\_

What are some things you bring that can make us a successful team?

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