

Accountability In Programs

Bad Programs

No Accountability

Good Programs

Coaches will hold Players Accountable

Great Programs

Players will hold each other Accountable

**This Generation of youth needs
Quality Men more than ever.**

**It's up to us as Coaches to Inspire,
Educate & Lead our athletes &
parents**



COUGARS FOOTBALL OUTLINE TO SUCCESS

OUR MISSION

Excellence in the **CLASSROOM** on the **FIELD** & in the **COMMUNITY**

We, the 2018 Beaumont Cougars Football Team are a unit of **ONE**. The Cougars will not fear adversity. We will lay it on the line & leave it on the field. We will play fast, with a relentless spirit & flawless execution for the entire season. We are committed to each other **ON & OFF** the field. **In everything we do the TEAM will come first.**

DO RIGHT RULE & PROTECT THE PROGRAM

Focus & Do those things that will get you closer to your goals in life. We expect our players to know between right & wrong and do those things that are going to make their Parents, Coaches, Teammates & School Proud. Protect the Program entails ensuring you are not doing things to present a negative image of our program or players.

WHAT YOU CAN EXPECT FROM YOUR COACHES

The CougarsFootball Coaching Staff will push you to work harder and smarter than ever before both in the classroom and on the field. We will hold each player accountable & treat each player with respect & fairly.

PLAYERS COMMITMENT TO OUR FOOTBALL PROGRAM

- 1. I will strive to be the best team player/student athlete I can be** (being positive, enthusiastic, giving my best effort at all times). Being a team player also means not participating in cliques or segmented groups that deter from the team concept. **I will give 100% in everything I do.**
- 2. I will attend all practices/meetings & be on time.** Any conflicts that may occur in regards to practice/meetings will be my responsibility to personally notify my position coach and/or the head coach prior to the date. **Unexcused absences will not be tolerated & result in removal from the program.**
- 3. I will display respect** for my teammates, the football program, my coaches, my school and my community in my actions and comments.
- 4. I will come prepared to class/study hall/meetings/lifting sessions/practices** by being dressed properly and having the proper equipment/supplies.
- 5. I will be in the best physical condition** when fall practices begin. It is important for me to be physically prepared so I can enhance my opportunity of remaining injury free and help my team meet it's goals.
- 6. I will play a positive role in being a Beaumont Cougar Athlete** in the way I conduct myself around the community & on campus. **I will be active in communicating with my coaches and teachers.** I will do everything I can to protect our program.
- 7. I will abide by the codes of conduct & athletic code** set out by Beaumont High School and the CIF.
- 8. I will return all my football gear** at the conclusion of the season in a timely manner so it may be inventoried & necessary repairs be made. I understand I will be financially responsible for any alterations, lost or stolen football gear.
- 9. I am aware of the Varsity Lettering Policy**



THE COUGAR WAY

Declaration Of Commitment

EXCELLENCE IN ALL WE DO

ACADEMICS

- I will compete in the classroom.
- I will complete all assignments to the best of my ability.
- I will seek help when I don't understand.
- I will be a student of integrity with great discipline.
- I will respect my teachers & classmates.
- I will strive for a 3.0 GPA

OFF THE FIELD

- I will be a giver & have outstanding relationships with others.
- I will make my family & football teammates a priority.
- I will treat my body with respect.
- I will be involved in helping our community be a great place.
- I will do things that will help me reach my goals in life.
- I will make my teachers & parents proud.
- I will exercise self discipline in all aspects of my life. Demand & expect sacrifice from yourself & your teammates will do the same for you!

ON THE FIELD

- I will work towards becoming the hardest working, best conditioned, most disciplined athlete.
- I will commit to building spectacular team chemistry.
- I will put my teammates first. I will be accountable to myself & my teammates.
- I will know & accept my role on the team.
- I will have a Hard Edged mentality
- I will be prepared & play with confidence, play fast & physical.
- I will trust my coaches & teammates & work so that they trust in me.
- I will play with all my heart.
- The Cougars don't care who we play, when we play or where we play. We are only concerned with HOW WE PLAY!

I AM HERE TO THE END....I will always be committed to THE COUGAR WAY!

DISCIPLINE

Discipline is what ***you do for someone, not to someone***. We believe that coaching parallels the old parental creed of raising a child:

- **We give them love**
- **We give them knowledge**
- **We give them discipline**

Young people today are all about RESPECT. Everything you do in regards to discipline is showing our players that respect goes both ways and that it is earned. **Honesty** and **trust, discipline** and **character** are important, as well as building relationships. This is established when the coach is clear and consistent, while the players are responsible for their actions.

As coaches, we must provide each athlete with the tools necessary to achieve the team expectations. A program will be set into place to **teach our players what is important** and why. As they start to understand what teamwork, respect, loyalty, discipline, and character really means, then they buy into it and take ownership. When they falter, they will want to be disciplined because it is not the coach's rules that they violated, it was *their* team rules that they violated.

The coaches will be **teaching these life lessons** throughout the season in small segments. It will occur after every practice, at team retreats, during breakfast meetings, and every time a teammate falters. The concept of teamwork and letting others down will be instilled by letting the captains decide what the reminders (discipline procedures) will be. Every player will be part of a group, and that entire group will do reminders if anybody in that group falters. This will reinforce idea that even though all of them did not fail to meet an expectation, they all failed in allowing one of their teammates to falter.

The following will be our basic guidelines for discipline on and off the field. Everything must be prioritized **by family, school, team, and community**, while also staying connected to our team goals. Discipline will not be punishment, but as a reminder to do the right thing. It is also a player's way of "making it up" to our team for letting them down.

We feel that by staying **fair** and **consistent** we will allow our players to have the best chance to succeed on and off the field.

"What You Tolerate You Encourage"

Players TRUST Players

Players TRUST Coaches

Coaches TRUST Players



PLAYER GOALS

Every year the team will evaluate these sections during a team retreat. The coaching staff will conduct several activities that will help guide the players thinking and the culminating activity will be a team discussion about what we will expect of each other.

Winning is a byproduct of preparation and hard work.

MINER CREED

1. DO NOT LET ANYBODY DOWN

Team mates, coaches, parents, and community.

Preparation or game, failure or defeat... always give your best effort.

If you do, then you let yourself down.

2. WORK TOGETHER

Know and embrace your role on the team.

3. NEVER SETTLE FOR LESS THAN YOUR BEST.

Never skip a workout or practice

Never rest during a drill, play, or series.

Question to ask every Monday:

4. BE PREPARED FOR ADVERSITY

Bad things happen to football players every day

→ fall down, get blocked, get tackled, fumble

GAME SITUATION: a) 1 yd line; b) 3rd & long; c) PAT; d) turnover

DID WE GIVE IT OUR ALL?



How does EL DIAMANTE MINER football react to these things?

5. HAVE FUN

Let's not ever forget that it is just a game,

"CHIN UP" *We win anytime we did our best. Winners do not always win the game... and doing our best does not always mean that we were the best.*

The MINER definition of winning is when we can walk off the field with our heads held high and our "CHIN UP"

— Knowing the we gave our best both in practice and in the game.

These goals will carry you thru the rest of your life.

Player Expectations

WHAT WE EXPECT FROM OUR PLAYERS:

- **Do Not Let Anybody Down**
 - √ Follow the rules: family, school, and MINER football
 - √ Be where you are supposed to be. Don't miss curfew, class, or workouts
 - √ Be on time.
 - √ Be Prepared. Do your homework, know your assignments.
- **Work Together**
 - √ RESPECT is the key and has to be earned.
 - √ Treat teachers, coaches support staff and the public with respect.
 - √ Treat teammates with respect.
 - √ Sacrifice for the team.
 - You are part of many teams> family, school, PIRATE football
- **Never Settle for Anything that Your Best**
 - √ Academics
 - √ Family
 - √ MINER Football
- **Deal With Adversity**
 - √ Accept Responsibility
 - √ Be mentally tough.
 - √ No Excuses
- **Have Fun**



**Two worst kinds of people:
Liars and Thieves**

**Two most important words:
Please and Thank-you**

To be a person of **CHARACTER**.

'Character is doing the right thing when no one else is looking.'

'Discipline is doing something you don't want to do when you know you have to do it.'



Team Guidelines

The following set of guidelines is how the _____ football team is going to achieve their goals and meet their expectations. Remember that these are about teamwork, discipline, and character.

The basic principles are respect and relationships. RESPECT is a two-way thing and must be earned before being received. RELATIONSHIPS are the glue that holds teams together.

- I. TOBACCO, DRINKING, DRUGS- By putting this garbage into our bodies, we are letting people down and we cannot perform at our best. It also shows a lack of discipline
 1. First Offense will be suspension from team.
 2. Second Offense will be removal from team.

- II. ACADEMICS - Bad grades reflect on entire team. Being ineligible lets people down.
 1. Tutoring - Our team will help tutor teammates that need help,
 - a. If weekly grade check is poor, tutoring is mandatory.
 2. Wednesday Late Practice: Use this time for makeup work and homework.

- III. ATTENDANCE
 1. Missing School - We cannot practice or play in a game if we miss school.
 2. Missing Practice - Anybody missing a practice will not start in the next game.
 - a. Must let a coach know before practice.
 - b. Conditioning will be made up at the next practice.
 - c. Playing time will be up to the coaching staff.
 3. Tardiness - Being late is letting teammates down and showing disrespect.
 - a. _____ reminders after practice.

- IV. BEHAVIOR
 1. Locker Room & Practices - behave & keep the area clean. Respect for others.
 - a. Entire team will be reminded when the fieldhouse is not a source of pride
 2. School - An individual's actions are a reflection on the entire team.
 3. In Public - _____ football represents the entire community.
 4. Profanity - Up downs
 5. Game - Respect others.

- V. INJURIES
 1. Pain vs Injury. Know the difference. Talk to a coach & then the trainer.

I have read and fully understand what is expected of me and the guidelines for being a _____.

Student/Athlete

Parent/Guardian Signature

POST SEASON COACH-PLAYER MEETING

This form is filled out by players in a small group setting; Either by position or grade levels

| | |
|--|--|
| How could our practices get you better prepared? | How could our strength & conditioning program improve? |
| How did you feel about the offensive system? | How did you feel about the defensive system? |
| How would you evaluate the leadership on this team? | How did you feel about our special teams play? |
| List things that the coaching staff did right in preparing team? <i>(you can list individual coaches)</i> | List things that the coaching staff could do a better job? <i>(you can list individual coaches)</i> |

DON'T CHANGE

Weight Training
Team Camp
Summer Schedule
Aug Schedule
Mon-Thur Practices

Fundraisers
Team Dinners
7 on 7 tourneys
Discipline
Friday preparation

RE-THINK

Weight Training Fundraisers
Team Camp Team Dinners
Summer Schedule 7 on 7 tourneys
Aug Schedule Discipline
Mon-Thur Practices Friday preparation

COMMENTS: _____

BEST MEMORY THIS YEAR: _____

GREATEST REGRET THIS YEAR: _____

What are your goals / plans next year? _____

E-mail: _____

Cell Phone: _(_____) _____ GPA: _____ SAT: _____ ACT: _____

SCHEDULE THIS SPRING

| | ZERO | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th |
|---------|------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Teacher | | | | | | | | |
| Class | | | | | | | | |

PLEASE FILL OUT YOUR GOALS ON THE BACK OF THIS SHEET