

CHARACTER

Character is who you are in the dark

All of us have heard from the great coaches that the game is 90% mental and only 10% physical, yet most sports programs spend most of their time on the physical development. Our program will have a definitive plan because...

- We have an obligation to develop the athlete as a whole
- We have a great platform to fill the void in a modern society of high divorce rates and kids with no parents
- Aristotle said... "A man is who he thinks," so a commitment to our athlete's minds is critical to success.

Our program philosophy is:

"Winning Is a Byproduct of Doing Things Right."

That means a team that has strong discipline, accountability, leadership, & unselfishness will be successful. Remember, our CHIN UP motto that success is not measured by wins, but rather in **HOW WE WIN!**

*"Be more concerned with your character than your reputation, because **your character is what you really are**, while your reputation is merely what others think you are."* - Wooden

We will follow the guide created by CHARACTER COUNTS curriculum endorsed by the CIF Victory with Honor program. Our weekly curriculum comes from "Coaching to Change Lives" book by Dennis Parker:

T

TEACH

Character taught in weight room for 5 weeks, at three retreats, and daily interaction with coaches
Each week during the season will have a _____ TRAIT of the week
Athletes will complete worksheets and homework assignments to reinforce the teaching

E

ENFORCE

We will reward good behavior and discourage bad behavior with verbal reminders.
Any profanity in practice will result in immediate _____ Reminders
Severe bad behavior will result in _____ Reminders after practice

A

Any displays of bad sportsmanship on Friday nights will result in Terrible 30's after Mon practice
ADVOCATE

We will not be neutral about the importance of character or casual about improper conduct
We will be clear and uncompromising of our Character expectations

M

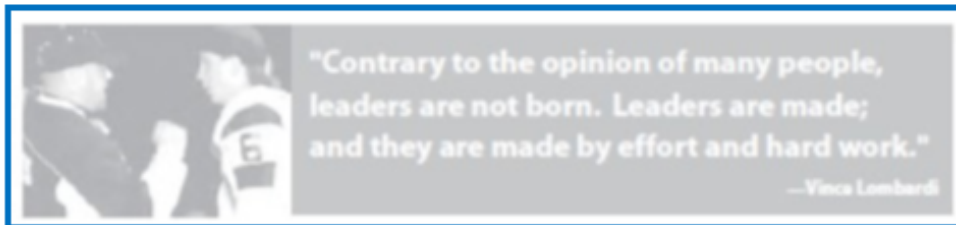
MODEL

Our coaches will be expected and held accountable to display good character
Profanity from coaches will result in a fine in the curse jar that is spent on the wives at end of season
An unsportsmanlike conduct penalty during game will result in coach being in the press box
Coaches being accountable teaches players that when a man screws up, he owns up to it. **MAN UP!**

One man practicing good sportsmanship is far better than 50 others preaching it.

- Knute Rockne, football coach

LEADERSHIP



Providing leadership is one of a football coaching staff's fundamental responsibilities. Coaches are expected to dictate the direction, set the standard and mold the **attitude** and **character** of their team. One of the outcomes of effective leadership is the development and **empowerment** of other leaders.

Coaches often refer to their seniors' leadership as one of the most prominent and determining factors of their team's success. The leaders on the team will ultimately dictate the direction of the team, despite the T-shirts and speeches given by coaches. In the end, **those who control the locker room control the team.**

Leadership will NOT be viewed as one of the few uncontrollable factors on our team and we will have a plan to teach leadership to our team, particularly to the seniors. We will not assume that seniors automatically are leaders.

This coaching staff will mold leaders because there are very few high school students who are natural leaders. This leadership development will often determine the outcome of the season since the coaches are not in the huddle, in the locker room, or around the players away from school. Championship teams have leaders who are not only good role models, but reminding other players to stay in line.

USE A LEADERSHIP PYRAMID

- 1st) Position—Seniority invites the chance to lead but is the least influential.
- 2nd) Permission— Follow a person instead of a position. Younger players have to know the leader as a person.
- 3rd) Production—Talk must become action. Hardest worker, most committed. Follow because leader gets things done.
- 4th) Personal Investment—Sacrifice by serving others separates great leaders from good leaders.
Personal investment means deepening your relationships with teammates by putting their needs before yours
- 5th) Personhood—The final level is reserved for those who have been producing and serving others for years.
It is for a select few who have had an influential presence or aura about them throughout their career.

LEVEL 3: We emphasize "production" and "personal investment." The seniors are challenged to produce.

Producing in our program is leading by example on and off the field. The seniors are to commit the most, work the hardest, and invest the most time and energy.

LEVEL 4: By far the toughest challenge for our seniors is to attain level four. Putting teammates before themselves is unnatural. Seniors think that leadership is a right and teenagers find it extremely difficult to not be selfish. Leading by fear or intimidation will not be the most productive and when seniors can place underclassmen above themselves, ultimate leadership is achieved.



TEACHING LEADERSHIP

OFF-SEASON LEADERSHIP PROGRAM

We will meet for 10 weeks with our upcoming seniors in the spring of their junior year. It will be informal, we will have food, and there will be take notes, handouts, and articles. We will not only define leadership, but role play, watch videos, and explore Leadership

- Develop unity—Develop a tight bond within the senior class.

Games and conversations will lead to deeper levels of mutual understanding.

CONVINCE THEM THAT THEIR LEADERSHIP IS ESSENTIAL

Establish why their leadership is so important. Somebody on the team will end up having the greatest influence on the team and this influence can be positive or negative. We will ensure that it is positive.

Challenge them to think about their LEGACY, define how they want it, and use their influence to make it happen. This legacy will define goals and expectations.

TEACH THEM HOW TO LEAD

It is important for them to evaluate where they currently stand as team leaders. Write down who they feel are leaders and why. Situations, scenarios, and role play.

"Treat your soldiers like your own sons and they will walk through the valley of death with you."
-- Sun Tzu, 5th century Chinese war lord.

CREATE OPPORTUNITIES FOR LEADERSHIP

- Captains will be in charge of STUDENT TREE PROGRAM that is created in the off-season.
- *These teams will compete in attendance, strength, and fundraising.*
- *Captains will serve as liaisons between team and coaches.*
- Captains will be in charge of getting practice started.
- Captains will be in charge of all Tiger reminders.

SENIOR RETREAT

Last week of July. Bonding activities, get to know, goal setting, assign partners that they have to go out of the way to serve and put ahead of themselves. Sever lunch, carry backpack, etc. Lead by blindfold.

IN-SEASON LEADERSHIP COUNCIL

Meet once per week to discuss how things are going, encourage the, and provide direction.

CONCLUSION

Direct correlation between team success and senior leadership. Coaches expect seniors to be effective leaders, but don't teach them how. Ability to develop is a true responsibility of coaching leadership.

We found that there is a direct correlation between our teams **success**
And the amount of senior **leadership** -- Lou Holtz

TRAINING CURRICULUM

Our commitment to Team Bonding, Leadership, and Character is not just lip service. Here is a schedule of when we cover these very important topics with our players.

DATE	TIME	TOPIC COVERED
Mon Jan 28	Evening	Student Tree Draft Night
Thurs. Jan 31	7am	Academic GAMEPLAN: Binder & Note Taking
Sat Feb 2	All Day	Senior Retreat
Thur Feb 7	7am	Academic GAMEPLAN: How To Study
Mon Feb 18	Evening	Team Bowling Night
Thur Feb 28	7am	NUTRITION: Protein, Carb, Vitamin, Mineral
Thur Mar 7	7am	NUTRITION: ATP and Energy
Sat Mar 9	All Day	Team Paintball or Dodgeball Tourney
Thur Mar 14	7am	NUTRITION: Keeping Track
Thur Mar 21	7am	LEADERSHIP: Definition & Importance
Thur Apr 4	7am	LEADERSHIP: Factors & Traits of Good Leaders
Thur Apr 11	7am	LEADERSHIP: Teacher, Courage, Initiative
Thur Apr 18	7am	LEADERSHIP: Consistent, Resilient, Disciplined
Sat Apr 20	Afternoon	Team Bonding: Fresno State Spring Practice
Thur Apr 25	7am	LEADERSHIP: Pride & Humility
Thur May 2	7am	CHARACTER: Adversity & Success
Thur May 9	7am	CHARACTER: Criticism & Responsibility
Thur May 16	7am	CHARACTER: Never Quit & Role Models
May 17, 18, 19	All Day	Hume Lake Team Camp
Thur May 23	7am	CHARACTER: Having Class & The Mirror Test
Thur June 6	7am	CHARACTER: Tough Love & Friendship
Sat July 21	All Day	Senior Retreat
Aug 1,2,3	All Day	Team Mini Camp
Aug 6 & 9	6pm	Academic GAMEPLAN: is re-covered
Aug 13 & 15	6pm	DO WHAT'S RIGHT!



PLAYER'S GAME DAY CHECKLIST

- Game Jersey
- Game Pants
- Game Belt
- 2 Pair Socks (White & Black)
- T-Shirt
- Cleats
- Jock/Girdle
- Helmet
- Mouthguard
- Shoulder Pads
- Hip Pads
- Knee Braces
- Cowboy Collar/Extra Equipment
- Towel, Soap & Shampoo for shower
- Cold Weather Gear

Player's Signature

Partner's Signature



THE MAN IN THE GLASS

When you get what you want in your struggle for self
And the world makes you King for the day,
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father or mother or wife
Whose judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

You may be like Jack Horner and chisel a plum
And think you're a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please – never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass.

But the final reward will be heartache and tears
If you've cheated the man in the glass.



*Bill Parcells makes every Dallas Cowboy memorize this poem
and read it during training camp.*

*If you looked in the mirror right now, Can you tell the man in the glass that you've have
given everything that you could for your Corcoran Panther brothers?*



The Price of a Dream

I grew up poor – living in the projects with six brothers, three sisters, my father, and a wonderful mother. We had little money and a few wordly goods, but plenty of love and attention. I was happy and energetic. I understood that no matter how poor a person was, they could still afford a dream.

My dream was athletics. By the time I was sixteen, I could crush a baseball, throw a 90 mph fastball, and hit anything that moved on the football field. I was also lucky: my coach was Ollie Jarvis, who not only believed in me, but taught me how to believe in myself. He taught me the difference between having a dream and showing conviction. One particular incident with Coach Jarvis changed my life forever.

It was the summer between my junior and senior years, and a I got a summer job. This meant a chance for money in my pocket – cash for dates with girls, a new bike, new clothes, and start saving for college. I was really excited about this job.

Then I realized I would have to give up summer baseball to handle the work schedule, and that meant telling Coach Jarvis that I wouldn't be playing. I was dreading this, spurring myself with the advice my mother preached to us: "If you make your bed, you have to lie in it."

When I told Coach Jarvis, he was as mad as I expected him to be. "You have your whole life to work," he said. "Your playing days are limited. You can't afford to waste them."

I stood before him with my head hanging, trying to think of the words that would explain to him why my dream of buying my mom a house and having money in my pocket was worth facing his dissapointment in me.

"How much are you going to make at this job, son?" he demanded.

"Three twenty-five an hour," I replied

"Well," he asked, "is 3.25 an hour the price of a dream?"

That question, the plainness of it, laid bare for me the difference between wanting something right now and having a goal. I dedicated myself to sports that summer, and that year was drafted by the Pittsburg Pirates to play rookie-league baseball. They offered a \$20,000 contract. I already had a football scholarship to the University of Arizona, which led me to an education, two selections as All-American linebacker, and being the 7th pick in the NFL draft. I signed with the Denver Broncos in 1984 for \$1.7 million, and bought my mother the house of my dreams.

Rick Hunley.



Porterville Football

Better Today, Not as Good as Tomorrow....

If You Think You Can't...You Won't.

If You Think You Can...You Might.

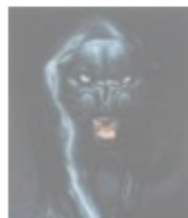
Either way you are always right.

*If you think you are beaten, you are;
If you think that you shouldn't, then don't.
If you would like to win, but you think you can't,
It's almost certain you won't.*

*If you think you'll lose, you've lost;
For out in the world you'll find
Success begins with a fellow's will.
It's all in the state of mind.*

*If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.*

*Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the man who thinks he can.*



BROTHERHOOD & EXCELLENCE