

Team Building Program

T.E.A.M. Meetings

Every Monday & Tuesday before practice, we will have T.E.A.M. meetings. These are times when talk to the players about Toughness, Effort, Attitude, Mentality of a Champion. These are the traits of a championship program and we will use these meetings to instill this daily.

Player Awards & Rewards

We will keep up with all player awards/rewards to make sure they mirror the Toughness, Effort, Attitude, and Mentality that we want.

Helmet Stickers

Every Wednesday we give away "Helmet Stickers".

- Each Coach gives an on-field helmet sticker
- Teachers may give helmet stickers based on in-school performance. They will be asked the day before to give input.
- Players can give 5 stickers for each grade
- Players reaching their off-season goals will get a helmet sticker for each goal reached.

Players of the Week

Each week we will choose players of the week from the following groups:

- Offensive Backs
- Receivers
- Offensive Line
- Defensive Line
- Linebackers
- Defensive Backs
- Scout Team
- Special Teams
- Jr. Varsity
- Freshman

Guest Speakers

Periodically throughout the season, we will have Guest Speakers at the beginning or end of practice. These guest could come from any walk of life, but we want to get the following to come annually:

- Principal/Asst. Principals
- Head Coaches of other sports
- Teachers in the building
- Community leaders and elected officials
- Former players from all eras

Summer Party

At the conclusion of each summer we will have a "Summer Party" for players only. This event will include the following:

- Inflatables and other water "toys" to let the kids play and have fun
- A "raffle" to win gift cards and other prizes. The number of raffle tickets a player gets is relative to meeting his training goals and attendance.
- Give away team shirts for season
- Recognize Iron Man winners; give out Iron Man Shirts

Giving Back to the Community

Canned Food Drive

We will pick a week and have a canned food drive for a local charity that needs the canned goods. We will try to beat our numbers of cans from the year before and reach out to people in the community to help. We will make this coincide with a game and/or football program event.

We need to promote this to make it as big as ever each year!

Community Service Project

We are going to pick an annual Community service project each year. We will have to reach out to community leaders for ideas each year, but we want to do at least one full day of work on a community project. The leadership council will help determine this project.

Elementary School Partnership

We are going to work to partner with the elementary schools. It makes a big difference for the kids at the elementary schools and helps our players.

- Read to classes
- Encourage them to play sports
- Play with P.E. classes
- Anything else the elementary school admin wants us to do

Team Building Content

What is your T.E.A.M. score?

- Each player will give themselves a score from 1-100 at the beginning of the season.
- We will talk about ways to improve your score
- We will re-evaluate ourselves a couple times during the year

Ways your T.E.A.M. score is revealed....

- When you are told something you don't want to hear
- When you are in a pressure situation
- When you are asked to put the team first

CONSTANT REMINDERS

Our "Constant Reminders" are the things we have to tell ourselves all the time. We will post these daily & review them

- ✓ **Win today** – don't dwell on past or focus on future
- ✓ **Focus on what you control** – You control your attitude & effort
- ✓ **No excuses**
- ✓ **No complaining**
- ✓ **Invest your time, don't spend it!**

Two men were working on the railroad a long time ago...they took a break and saw the big boss of the company showed up at the job site. Everyone crowded around him. The boss said "hey" to one of the men. The other man asked how did he know the boss. He said, "we started working at the railroad at the same time...I came to work for my pay, he came to work for the railroad."

Player Discussions

Every player on the team needs to know his answer to these questions. We will discuss them as a team throughout the year with players doing most of the talking.

- Why do you play football?
- What does this team mean to you?
- Who is your hero? Who do you look up to?
- What is your hardship? What is the hardest thing you have had to overcome?
- What is your highlight? What is the crowning moment of your life so far?
- Name three people you admire. What are some of the qualities you admire?
- What are some ways we can give back as a team?
- How can we "think like a rookie"?
- How can we be more positive? Rule of the dog – there are 2 dogs living inside of all of us. One positive and one negative....the one you feed is the one that grows.

Purpose & Goals Sheets

Each player will create a Purpose & Goals Sheet – reasons they play, what they want to gain from playing, their individual and team goals. Make copy of this and give to coaches and they can keep original in locker. Educate players on what they can do to accomplish their goals and hold players accountable to their goals.