

# NORTHWOOD FOOTBALL

March 21, 2016

Player / Parent Meeting



# Introduction

- Welcome
- Contact Info (Coach Booher)
- Family
- Coaching Staff
- Progress (Workouts)

# BLACK CRUNCH - Values

- **Character**- The integrity to do what is right.
  - In the classroom
  - On the field
  - In the community
- **Commitment**- Trust and loyalty to come together for one common cause
  - To my self
  - To my family
  - To my team
- **Competition**- The inspiration to give total effort at all times
  - Always believe
  - Strive to be the best
  - Respond to sudden change
- **ETP**
- **+1**

# ANNOUNCEMENTS

- Physicals: Wednesday, May 18  
2:30pm – 6pm @ NWHS
- APC
- Fundraiser (August)
- Team Camp (\$, Leadership, bonding, team building)
- Practice Pack (Player Pack) (Fan Pack)
  - Lindsay Yoder
- Class Sponsors
  - Cassy Griffin

# CHAMPIONSHIP VISION

1) Create worthy, unified Goals  
(specific/measurable)

- Unite the entire athletic department
- Inspire the community – service
- Involve the families
  - moms camp

# CHAMPIONSHIP VISION

## 2) Establish Standards

- It's about the process!
- Character, Accountability, Effort
- Organization
- Great attention to detail
- Do the little things
- Teach "Sudden Change"

# CHAMPIONSHIP VISION

3) Establish pride in the program “Be true to the School”

- Keep school and facilities clean
- Participate in dress up days and talent shows
- Make it a place of pride and excitement

# CHAMPIONSHIP VISION

## 4) Give back to the Community

- Helping hands
- Food pantry
- Tornado relief
- White River clean up
- Adopt a family
- Football 101



# CHAMPIONSHIP VISION

## 5) Leadership Development Program

- Role model, Challenge status quo, Inspire shared vision, Enable others to act, Encourage
- Team Creed
- (The Winners Manual) “Success is the inner satisfaction and peace of mind that comes from knowing I did the best I was capable of doing for the group”
- Players coach players
- Captain interviews
- Senior speeches during 2-days
- Tuesday night football
- Wednesday night devotions
- Thursday night - seniors

# CHAMPIONSHIP VISION

6) Encourage athletes to compete in multiple sports

- Year round competition “competition tough”
- Life lessons from other coaches and experiences
- Gives them a break from sport to sport
- Allows for diversity

# CHAMPIONSHIP VISION

## 7) Support other programs in the school

- Attend and watch others compete
- Stop practices
- Attend school plays as a team

# CHAMPIONSHIP VISION

## 8) Represent

- Family, school, community
- Encourage athletes to make great choices on and off the field
- Respect in the classroom
- Build relationships with all stakeholders
- Community service
- Chapel
- Athletes need direction

# CHAMPIONSHIP VISION

9) Encourage Athletes to break personal records and participate at next level

- Top 10 boards
- Power rankings
- Team goals
- Individual meetings
- Recruiting – fair booth, cut film after each game, create a profile, relationships

# CHAMPIONSHIP VISION

## 10) Unify the feeder program

- Follow the same basic standards and principles
- Find the “right” coaches and involve them
- Youth night at varsity game
- Readiness program
- Camps/Clinics
- Involve varsity players as officials and guest coaches
- Invite teams to varsity practice
- Involve varsity players with MS practice during 2-days
- MS player of the week
- Punt/pass/kick

# CALENDAR



Web url

[https://calendar.google.com/calendar/embed?src=nwfootball2014%40gmail.com&ctz=America/New\\_York](https://calendar.google.com/calendar/embed?src=nwfootball2014%40gmail.com&ctz=America/New_York)

Ical

<https://calendar.google.com/calendar/ical/nwfootball2014%40gmail.com/public/basic.ics>

# PLAYER / PARENT EXPECTATIONS

- **Discipline / Organization:**

The NorthWood football staff feels that discipline and organization should be an important part of life. We need to have discipline and organization in our education, our job, our home life, and our athletic career. This is a formula for success, not just in athletics, but in everything we do.



# PLAYER / PARENT EXPECTATIONS

- **Opportunities:**

Practices and off season workouts are important to the success of our team. We must demand perfect attendance in order to succeed at a high level. Parents, we ask that your child be accountable for their actions. We will not accept disrespect or laziness. Please support us in our endeavor of making successful young men.

If your son is not able to make it to practice for a legitimate reason, please contact Coach Andrews in advance. If at all possible, please do not schedule appointments and vacations during practice, workout, or game times.

# PLAYER / PARENT EXPECTATIONS

- **Injury Prevention and Rehabilitation:**

Injury is a part of every athletic program whether it is a basketball, track, wrestling, or football; injuries do occur. Most injuries can and should be exercised to help speed up the healing process. There are very few injuries that are severe enough to miss any more than a part of a day's practice. Muscle or ligament tears, severely pulled muscles, broken bones, or concussions qualify as severe injuries. Injuries such as sprains, strains, and bruises heal quicker when the athlete is active. They require pain tolerance and mental toughness. These are all characteristics of successful athletes and championship teams.

Our Athletic Trainer , Paul Widner, is here to speed up the rehabilitation process. He is at every practice and has the best interests of the athlete as well as getting them back on the field as quickly as possible. Make sure your children are taking care of themselves according to the recommendations that are given to them.

# PLAYER / PARENT EXPECTATIONS

- **Mental Toughness:**

The coaching staff is here to look out for the safety of your child. We want what is best for them. Building mental toughness will help them not only on the field, but also in life!

- **Respect:**

Players will award all coaches, referees, and opponents respect and comply with all demands asked of them.

- **Equipment:**

Football equipment will be taken care of and put away correctly after each use in order to maximize its lifetime and decrease vandalism. Student/athletes are responsible for all football equipment issued and may be required to pay a fine if equipment is misplaced, unnecessarily damaged, or stolen.

# PLAYER / PARENT EXPECTATIONS

- **Represent:**

Behavior in the public eye will remain in accordance with all other team rules. Conduct yourself in a first class manner!!!

- **Growth/Achievement:**

If parents have a concern; please discuss with the head coach and not the assistants. I, Coach Andrews, am open to communicate. However, we will not discuss players other than your son or playing time. If a discussion with the head coach is needed; wait 24 hours and then call the school to set up a meeting with the Athletic Director or Principal.

# THE VALUES OF PLAYING PANTHER FOOTBALL

1. Offers an outlet for aggressive behaviors for active young men.
2. Promotes physical development and improves health.
3. Offers an incentive for higher academics and achievement.
4. Teaches self-discipline.
5. Offers the chance to represent the community, school, and themselves in a first class manner.
6. Teaches cooperation and the ability to work with others regardless of individual differences.
7. Develops leadership qualities.
8. Cultivates an ability to take direct instruction. (coach-ability)
9. Offers a chance for social recognition.
10. Results in feelings of satisfaction and achievement.

# BLACK CRUNCH



**RESPECT THE PAST – REPRESENT THE FUTURE**

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