



NorthWood Football  
**“THE RISING”**

# “THE RISING”



- Team #46 Laid the foundation
- Team #47 We RISE UP from that foundation
  - “Brick by Brick”
- Accountability Competition is part of “The Rising” —A BIG PART!

# Goals



1. Have fun.
2. Create leadership opportunities for the Seniors.
3. Develop an accountability system from the top down
  1. Head Coach
  2. Assistant Coaches
  3. Seniors
  4. Players
4. Allow all players an opportunity to get to know their teammates.
5. Create competition

# Measurement Criteria

## • Bench

- 250 + = 50 points
- 225 + = 40
- 200 + = 30
- 175 + = 20
- 150 + = 10

## • Squat

- 400 + = 50 points
- 350 + = 40
- 300 + = 30
- 250 + = 20
- 200 + = 10

## • Power Clean

- 250 + = 50 points
- 225 + = 40
- 200 + = 30
- 175 + = 20
- 125 + = 10

## • 40

- Sub 4.6 = 50 points
- 4.6-4.7 = 40
- 4.7-4.8 = 30
- 4.8-4.9 = 20
- 4.9-5.0 = 15
- 5.0-5.5 = 10
- 5.5-6.0 = 5

## • Academics

- Every A = 20 points
- Every B = 10
- Every C = 5

## • S.A.P Workout

- Each opportunity attended = 10 points

## • Monday Night Football

- Each opportunity attended = 20 points

# Measurement Criteria Continued

- **Team Camp Attendance**

- Attendance = 100 points

- **Multi-Sport Athlete**

- 100 points per sport played outside of football

- **Youth/Middle School Camp**

- 10 points per day

- **Panther Olympics**

- Tug-of-war, obstacle course, etc. = Points To be determined

- **Community Service Participation**

- Example: Helping hands
- 100 points for participation

- **Recruit-a-player**

- 200 points for getting someone to play NW football

- **School Extracurricular**

- School Play = 50 points
- National Honors Society = 100
- DG = 50

- **Physical**

- 10 points for ALL paperwork turned in

- **Other Opportunities Deemed Appropriate by Coach Andrews**

# Rules



- There will be a total of 7 teams led by their head coaches = SENIORS
- Each team will be formed by the SENIORS drafting the underclassmen
- Points will be accumulated and presented to the team prior to 1<sup>st</sup> day of Fall Camp (updates given frequently)
- Total team points will be averaged so that a team with more members does not have an advantage

# Draft Night!!!!

- Present at Draft Night—All coaches and Senior Football Players
- Coach Andrews = Commissioner
  - Introduction
  - Draft order
- Assistant Coaches = Owners
  - Draft their head coaches = Seniors
- Seniors = Head Coaches and General Managers
  - Draft their own players for their team!

# Rewards

- Steak Dinner at Coach Andrews' house
- No conditioning 1<sup>st</sup> day of 2-a-days
- No conditioning 1<sup>st</sup> day of 2-a-days
- No field clean-up entire 2-a-days
- 1<sup>st</sup> choice for locker in locker room area
- 2<sup>nd</sup> choice for locker in locker room area
- 3<sup>rd</sup> choice for locker in locker room area
- 4<sup>th</sup> choice for locker in locker room area
- Popsicles 1<sup>st</sup> day of 2-a-days
- Ice cream sandwiches 1<sup>st</sup> day of 2-a-days
- Small DQ blizzard for entire team 1<sup>st</sup> day of 2-a-days
- Pizza for entire team
- Flapjacks before school in Coach Wilson's room
- Flapjacks before school in Coach Thompson's room
- Flapjacks before school in Coach Booher's room



# Reward's Continued

- Winning Team = 5 rewards
- 2<sup>nd</sup> place = 3 rewards
- 3<sup>rd</sup> place = 2 rewards
- 4<sup>th</sup>-7<sup>th</sup> place = 1 reward

