

Players Handbook



Spring Ball Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
15 th 4pm on the field	15 th OFF	17 th 4pm on the field	18 th <u>Study Hall</u> 3:30pm to 4:30pm Library	19 th 4pm on the Field
22 nd 4pm on the field	23 rd OFF	24 th 4pm on the Field	25 th <u>Study Hall</u> 3:30pm to 4:30pm Library	26 th 4pm on the Field
29 th OFF	30 th 4pm on the Field	31 st 4pm on the Field	June 1 st 4pm on the Field	2 nd 4pm on the Field

Spring Practices will be from 4pm-530pm on the Football Field.

June Schedule

www.concordminutemenfootball.com

4	5	6	7 12p V/J Finals	8 12p V/J Finals 12p F Freshman Parent Meeting	9 630p V/J Finals	10 8 V Passing League @ CV (tentative)
11	12 3p V/J/F Summer Weight Training	13 3p V/J/F Summer Weight Training	14 3p V/J/F Summer Weight Training	15 3p V/J/F Summer Weight Training	16	17 8 V Passing League @ CV (tentative)
18	19	20 4p V/J 7 on 7 with Liberty, San Ramon, California	21 8 V/J Lake Tahoe Camp	22 8 V/J Lake Tahoe Camp	23 8 V/J Lake Tahoe Camp	V/J Lake Tahoe Camp
25	26 3p V/J/F Summer Weight Training	27 3p V/J/F Summer Weight Training	28 3p V/J/F Summer Weight Training	29 3p V/J/F Summer Weight Training	30	

Competition

Every great program is based on a culture of positive competition. Every rep is an opportunity for you to show your competitive spirit and get better because of it. The person you are competing with could be a sibling, a teammate, a coach, but the most important person you can compete with is yourself. Compete to be your best first and foremost. Positive competition will bring out the best in everyone around you. Do not seek to lessen the work of others to increase your own. That is the pinnacle of negative competition and destroys a team. Always work to find a way to make your teammates better.

Controllables

These are the foundations for being successful, there will be many things that happen outside of your control, but when you break everything down it is your ability to refocus on what you can control in any situation that will breed success. Below I have outlined the 3 biggest variables that you can control every day, you can choose to be here, you can choose to give great effort and you can choose to have a great attitude.

- 1. Attitude – A positive proactive attitude will allow you to flourish and learn and transfer the work on the practice field onto the field Friday night.**
- 2. Effort – Improvement happens at the greatest rate when you put your best into everything you do,**
- 3. Attendance – No one ever got better at football sitting on their couch playing XBOX**

Championship Traits

- Loyalty – To your teammates, your coaches and YOUR Program
- Accountability – Be accountable to your teammates and to yourself, don't make excuses. CHECK YOUR EGO AT THE DOOR. Your individual success is directly tied to our success as a team.
- Trust – Your teammates must be able to trust that you will be in the right place at the right time doing your job. Trust that your coaches are going to put you in the best possible situation to be successful. Trust is paramount to a great program. Player to Player, Player to Coach and Coach to Coach. "DO YOUR JOB SO THE 10 OTHER GUYS CAN DO THEIRS!"
- Honesty – Speak only the truth, players and coaches will come to respect it much more when you are honest with them. Be able to back up your statement with facts. Players and Coaches must trust you first.
- Discipline – Set a consistent standard of effort and hold yourself to that standard.
- Enthusiasm – Be excited to be at practice every day, Leave the problems of the day at the Gate when you walk onto the field.

Media Contact

Some of you will be asked to speak to media after big games; you must always remember that it is through the efforts of your teammates that you have been afforded this opportunity. Be Humble, Be Respectful, and remember that no matter how great the personal achievement on the field someone else had a hand in helping to get you there. Deflect praise back to your teammates.

Social Media

Be wary of your actions on Social Media. Your personal statements, likes, reposting and/or retweeting the thoughts of others can and will have a lasting impact on you. Here are some guidelines to avoid pitfalls online

1. Never post in an emotional state, (ie mad about a game, practice, bad day at school, etc.) Take time to calm down or gather yourself before putting your name to something online.
2. Do not engage in “twitter wars” with opponents, opposing coaches, or fans. The block or mute buttons are your best friends.
3. Use social media as an opportunity to portray the most positive version of yourself. You don’t need to lie or be fake but **remember that what you post is not private no matter what privacy settings you have, someone can always screenshot or save something you post and use it later. Save yourself the trouble by not putting a negative version of yourself online that can come back to haunt you.**
4. “Like”ing, Retweeting, Reposting are all indirect agreements with the statements that someone else has posted, so make sure that they when doing sharing the opinions of others that they fall directly in line with who you are and what you stand for.
5. Do not engage in cyber attacking or bullying of others, this is a sign of weak character and will not be tolerated. Remember nothing is really private and it is a sign of poor character and personal insecurity to join the mob to attack someone else.
6. College Coaches will judge your social media presence as a part of your overall qualification to represent their program

Lake Tahoe Camp Information

We will be attending the Lake Tahoe Football Camp, 4-day, 3-night camp at South Tahoe High School
This camp will give us a great early summer opportunity to improve and grow as a team.

June 21st - 24th

Sample Schedule

June 21st: Registration 4pm – Dinner 5pm – 6:30 pm Strength & Speed
Competition

June 22nd: 7am Breakfast - 8am-12pm Practice/Film Morning 12-1pm Lunch – 1-4pm Practice 5pm Dinner - 6:30-9pm 7-on-7/Lineman Trench Wars

June 23rd: 7am Breakfast – 8am -12pm Practice - 12-1pm Lunch – 1-2pm
Transportation to the Beach – 2-4pm Beach Competitions – 4pm Transportation -
back to HS – 5pm Dinner – 6:30-9pm 7-on-7, Lineman/Trench Wars

June 24th: 7am-8am Breakfast – 9am-11am 7-on-7 Tournament Finals, Lineman
Trench Wars Finals, 11-12pm Lunch/Awards Presentation, 12:30pm Depart for
Concord

Required Items:

Pillow, Sleeping bag, Air mattress or pad, toiletries, towels, plenty of clean
clothes, socks, workout shirts, shorts, sandals, cleats

Cost: \$85 Dollars for registration, \$65 Dollars for meals - \$150 Total