

We are happy to Welcome all players and parents to the

Spirit of Faith Christian Center Warriors Athletic Programs. We are hopeful that this will be the most exciting and rewarding season you've ever experienced. Our goal is to develop well-rounded **athletes** who learn not only the fundamentals of **a particular sport**, but also the importance of education and teamwork, in an atmosphere conducive to developing sound mind, body and character - and having a good time along the way. We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as self-discipline, teamwork, concentration, friendship, leadership, and, good sportsmanship.

We, as coaches, will do our very best to ensure that each player is utilized to **their** utmost potential and their talents are used for the team's best advantage. The team comes before individuals. Safety is our top concern. Many of the exercises, drills, and team rules are there to ensure your child is physically and mentally fit **to compete**. Each child is unique and will develop at **there** own pace. We will exercise their bodies and minds in an effort to develop the skills needed to execute throughout all of our sports programs.

DESIRE: is a state of mind, an abandonment of self, a form of courage, the joy of mixing it up and the determination to overcome an opponent. It's doing one's best, calling up whatever reserve power is available and never quitting. It is playing both for oneself and for the team's interest. It is the exercise of a determined will. It flows from your competitive spirit and drives you to achieve your goal. Desire is available to all kids, not just to a gifted few. We, as coaches, firmly believe that the size of the heart is more important than the size of the body. Desire is 100% effort, 100% of the time.

CONFIDENCE: The belief that **they** can do **whatever** has been asked to do. Sport builds it. The coaches will yell and bark a lot, kind of like the military, but the idea is not to humiliate or hurt the players, it's to get the kids to wake up, to realize that they are part of a team, and their actions affect their teammates. Most kids will get yelled at and be upset by it. Parents will be worried by it and begin to feel protective. The coach is just trying to motivate the player, to toughen **them** up, to prepare **them**, and to get **them** excited enough to put forth the effort needed to play sports. Sometimes the coaches will need to bark at a player who is not paying attention. We don't do it because we like to yell, and we certainly don't do it to make the player feel bad. We do it because all team sports, football especially, requires team effort. A player who is doing **their** own thing, talking, or not paying attention while the coaches are teaching is risking possible injury to himself or a teammate, and is setting **there self** up for failure. Remember, "Discipline is something you do *for* someone, not *to* them."

THE LOVE OF THE GAME: This is an important part of any Athlete. A good Athlete enjoys the competition of a depth chart, and is willing to work **their** way up the ladder to starter. They have the willingness to play any position. They have the motivation to study the playbook and be responsible to their teammates.

TEAM RULES: Each sport program has their own set of rules due to the nature of the sport. These rules are given out to all coaches, players and parents. We expect everyone who participates in any sport activities to follow, enforce and teach these rules.

REWARDS: can come in two forms: verbal and material. Many of the rewards a player receives are positive reinforcement from coaches and parents. Often the coaches will not require individuals to run at the end of practices if the player has shown some exceptional behavior. However, the best reward is always a smile and a pat on the back by a parent. Game captains will be used to honor our hardest workers. A game captain has shown, through

considerable effort that week, that **they** deserve the honor of representing our team to the officials. Typically game captains will be drawn from those who exhibit's leadership, because it is their hard work and determination that will make us successful throughout the season. Awards will also be used to honor "in-game", scholastic, and community achievement. Game statistics will be taken each game by a volunteer parent and used to determine the Awards.

DISCIPLINARY ACTIONS: Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coaches are talking, the player may be asked to run additional laps, do pushups, or perform another exercise. Normally that will be the end of disciplinary action. A player will be asked to leave practices early for more severe incidents (i.e. fighting or profanity). If a parent is not present the player will be supervised until the child is picked up. The last resort is to use game suspensions. Coaches will use each of these sparingly. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem on this team.

WINNING: Nothing in life, including sports, is worthwhile unless you enjoy it and gain something from the experience. Sure, we're trying to win games and we are going to set our goals high, but it shouldn't ruin our lives if we lose. Our teams should not believe that a loss is a tragedy. All you can ask of our kids is to do **their** best. If we win, Great! If we lose, it's not the end of the world. There will be another game along in a few days. Coaches that think only of winning don't belong in sports. Try this: Ask your child if he had a good time instead of whether he won or lost. By the same token, we feel that we owe it to the players to do everything we can to make them winners. We plan to win every game, because if you don't, then you need to ask yourself which game you plan to lose, and if you're planning to lose, why show up, or practice the week before? We're going to practice hard, we're going to play hard, and our scores will reflect this.

COACHES: We can only do our best. We view coaching as an awesome responsibility. Your coaches will:

- Get the players in shape
- Understand each player's potential
- Work on individual skills for each position
- Work on team execution of plays
- Motivate, communicate, lead
- Perform the "behind the scenes work" that will give the players the maximum chance of success; like researching our opponents and doing necessary scouting.
- Teach the players the skills they need to play safely

Coaches must have the freedom to develop three things in their athletes: pride, poise, and self-confidence. We use the following steps to instruct the game of football.

- Explain what is required
- Demonstrate the technique
- Have the player perform the technique
- Explain the consequences of not performing the technique properly
- If necessary, execute the consequences

If you have any problems with the coaching staff, please contact our:

Athletic Directors, Virgil and Tanya Lofty

301-630-3733 ext 301 or sofccathletics@verizon.net

PLAYERS EQUIPMENT & UNIFORMS: must be returned to the Spirit of Faith Warrior Athletic Programs at the season's end or parents will be billed for replacement equipment.

PARENTS: are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. Parents and coaches must communicate with mutual respect. Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players. Although many parents have coaching experience, and may have played on a higher level than the current coaches of this team, the coaches must ask that you refrain from coaching your kids at home. These kids are being taught to play as a team, each player performing a set function that his teammates can rely on. A player who abandons **there** teammates to do something **their** parents coached **them** to do is letting down **there** team, **there** coaches, and **there** self. At best **they** may open up the door for the opponent to win the game, at worst **they** may cause **there self** or a teammate to be injured.

If you have suggestions or ideas, please do not hesitate to present them to the coaching staff after any practice.

HOME CONDITIONING: Proper nutrition and hydration is very important to a young football player. Players need to drink as much water as possible every day; at least four to six glasses. Heat stroke is always a danger, despite cooler weather during fall, so it is very important to stay hydrated at all times. It is also recommended that players wear a tee shirt under their pads and jersey to help keep them warm during the colder practices and games. Players need a high-carbohydrate diet, with plenty of fruits and vegetables and few fats and sugars. We will not be teaching any form of weight lifting other than standard calisthenics like pushups and sit-ups. If your child wishes to lift weights during the off-season he is encouraged to do so, *provided* he obtains a doctor's permission to do so and has his workout designed by a specialist in youth fitness. Improper weight lifting can cause irreparable damage to young joints and bones. We will be discussing proper nutrition and fitness throughout the season in our nightly "Chalk Talks", but we will not at any time be engaging in weight lifting.

**"Every day In Every Way
We Do Our Best
For God And The Team"**