

Program Objectives

The Lincoln Patriot football program has five key objectives. Achieving these objectives in the pre-season will establish a strong foundation for a successful season.

1. Convert a group of individual players into one team unit.

- Promote the characteristics and significance of a Patriot
- Emphasize the value of team over individual
- Highlight the value of each position and assignment within the team
- Organize team building exercises to develop relationships and trust
- Create a shared bond of success through hard work toward a common goal

2. Establish a foundation of discipline for our program that will enable us to win.

- Attend and participate fully in all practices and meetings
- Repetition creates the foundation for improving the fundamental skills needed to execute the game plan
- Players will participate in targeted drills intended to develop the fundamentals of the game using correct form and technique
- Players will review and execute the details of the position assignment.
- Players will set individual goals and measure progress toward these goals
- Every player will be put into real situations that constantly force him to rise to the occasion and evaluate his own motivation to improve

3. Evaluate each player by attitude and ability every day.

- Every player who puts on the uniform has the opportunity to play on the team
- Every position is open
- Consistent and accurate execution of fundamental skills and assignments will determine status and playing time
- Mental and physical toughness will be evaluated and considered

4. Prepare players to begin the season in the best mental and physical condition possible.

- Fully review the philosophy and technical aspects of the offensive and defensive positions
- Conduct training camp at a tempo in line with the physical demands of four quarters of football
- Encourage questions and provide opportunities for correction
- Clearly define player expectations including film study, diet and conditioning

5. Develop an honest and open means of communication between players and coaches.

- Patriot football success is a reflection of the player and the coach and a matter of pride for both
 - a. Pride is hard to evaluate, but easily recognized in individuals and teams
 - b. Develop pride in being a Lincoln Patriot
 - c. Self-pride is developed through accomplishment and magnified when shared
- Fair and consistent attitudes will be modeled by coaches and displayed by players
 - a. Winning teams don't have great attitudes because they win: they win because they have good attitudes.
- Each player will meet with their position coach to review personal goals and areas for improvement

These Ten things require ZERO talent:

- Show up on time
- Work ethic
- Effort
- Body Language
- Energy
- Attitude
- Passion
- Being Coachable
- Doing Extra
- Being Prepared

Practice Policies

1. Players are to practice with the same speed and intensity expected in a game. How the team practices is how the team plays.
2. Practice is the player's opportunity to develop and improve as well as establish value within the team to the coaching staff.
3. Players MUST notify the position coach or Coach Fredenburg in person or by phone for any missed practices. Players who 3 unexcused absences will have their gear picked up prior to the next practice. Each player is directly responsible to his position coach.
4. All designated equipment is to be worn on the field. The practice plan will be posted every day, including equipment specified for that day.
5. Players who are injured will be expected to attend all practices and meeting unless excused by Coach Fredenburg. The injured player will meet with Brian for rehab and Hunter for a workout of the non-injured muscle groups before heading out to practice. If you skip rehab and/or workout, it will be considered an unexcused absence. After you are expected to wear your gear, helmet and jersey and will stay with the position group throughout practice.
6. Players will report all injuries to the position coach and then to the trainer. Nobody self-diagnoses an injury. All will see Brian or Katie.
7. No sitting or lying on the field or on any football equipment including helmet, football or dummies. Rest, if needed, is taken on one knee.
8. Players are expected and encouraged to ask questions during practice.
9. When moving from one part of the field to another – RUN.
10. Mistakes are part of learning. Players are expected to acknowledge, correct and take action to eliminate the mistake in the future.
11. Cheap shots or unnecessary hits will not be tolerated in practice or in games. The Lincoln Patriots will be known for playing hard, clean football.
12. Players should intend to improve at least one skill or technique at each practice.
13. Player will be given 2 pairs of long white socks at the beginning of practice August 10. These socks, or a pair just like it will be worn for practice, or else the player will not be allowed to practice This is a non-negotiable standard. The reason behind this is two-fold:
 - a. Long socks protect the leg more in contact activities and;
 - b. It serves as a reminder that we are all a part of a team and the team comes first. This is a very simple economic way to enforce the team concept that need to be in place to win on a consistent basis.

Personal Appearance

Your personal appearance makes a big impression. The following dress code will be enforced:

- No shorts, T-shirts, hats, headbands, worn out jeans, etc. on read trips
- Business casual slacks and shirt with a collar is appropriate
- No jewelry worn on the practice field or during the game

Academic Guidelines

To improve your possibility for success in the classroom, we expect you to develop a positive attitude toward your teachers, classes and assignments. These hints may help you achieve success in the classroom:

- Attend ALL classes
- Take notes
- Know how the teacher is grading
- Begin all assignments as soon as they are given
- Keep all daily work current
- Set aside time each day for study

Remember, the teacher will see you as a student, not as a football player. Do not expect any special treatment – just do the work like everyone else. However, when you are not acting appropriately, they will see you as a football player and think negatively about our program.

We are committed to you having success in the classroom as well as the football field. We can only help you achieve that success. YOU need to set goals for yourself and make a commitment to aggressively work toward those goals.

Locker Room

- Keep your locker room clean
Have pride in our locker room – pick up all tape and throw it in the garbage can. Treat the locker room like your home. When we travel, clean up after our team at every stop.
- Lock valuables in your locker before leaving the vicinity of your locker. This is to protect from strangers in our locker room. (This should not have to be mentioned, but stealing from a team mate may result in immediate dismissal from the team.)
- You will never wear football cleats in the building. Clean your shoes off before entering the building.

Losses of equipment can be greatly reduced by following the following basic rules:

- Keep all equipment in locker
- Keep locker locked...simple

Player Relationships

- **Team Members** – You must have both a personal and a team goal. A team is no stronger than its weakest member. As you report for practice each day you should say to yourself, “I will be a better football player today than I was yesterday.”
- **Veteran Players** – We expect every upper classman to be a leader on and off the field. You are expected to set the pace in every situation and every drill. YOU will determine the spirit, morale, discipline and ability of the Patriots this year!!
- **Every Player** - Are you the kind of player/person that all your coaches and all your team mates want on our team? What are you bringing to the Lincoln football program?

