



RBHS BRONCO FOOTBALL

League Champions 1993, 1998, 2004, 2014, 2015, 2016

CIF Finalist 1993, 1995, 2004, 2014, 2015

CIF Semi-Finalist 2016, 2021

CIF Champions 1993, 1995, 2015

State Champions 2015

Winner's manual

This manual is intended to inform you about the Bronco Football Program, expectations for being a varsity football player, and our core values for becoming a Man of Character.

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INTRODUCTION

We call this a Winner's Manual because we believe it can teach you some of the key ingredients to becoming a winner, not just in football but in life.

What we mean by "winner" is not necessarily wins vs. losses, or points on a score board, or defeating an opponent. Winning to us is simply a PROCESS in which you compete against yourself to become the best version of you—mentally, physically, emotionally, spiritually. There is no end, no final result or destination. Just continuing to grow and living life to the fullest.

We want you to have the best possible life—filled with meaning, purpose, significance, and healthy relationships. That is what "winning" is all about. And you can win each day by doing the best you can, learning from your mistakes, improving, and trying again the next day.

We're glad you're part of the Bronco Football Family. We hope you enjoy the journey.

MISSION & PHILOSOPHY

Our first mission is to help the team reach and exceed its potential. And our second—and perhaps most important goal—is to help develop successful young men of character.

We believe every successful team is built upon the following "pillars".



First, the team and each player must represent the same **core values**. Essentially, this is what defines the team. For us, these values are Brave, Loyal, Unrelenting, Enthusiastic (forming the acronym BLUE).

Second, we must all be moving in the same direction and have **common goals**. We take a lot of time in the pre-season to develop outcome and process goals for the team and individuals.

Third, we realize that everyone in the program has an important **role**, and we make sure each individual understands their role, how they can contribute to team success, and that they are appreciated.

Last, there are no short cuts to success. Thus, we must always strive to become the best player and person we can be. We are not perfect, but **we can always get better**. Mediocrity will not be accepted.

EXPECTATIONS

Player—We expect each player to be at all practices, games and team activities. Failure to attend will result in suspension or reduction of playing time. However, if a conflict does arise that prevents a player's attendance, please let the coaches know in advance.

In addition, we expect our players to carry themselves with class and character—on and off the field. No player will ever be dismissed from the team due to lack of talent or ability. But they can be dismissed or suspend because of their lack of character—poor effort, attitude, or behavior—or inability to follow team policies, which are summarized in the following:

- 1) **BE EARLY:** It simply is disrespectful and undisciplined to show up late.
- 2) **CONTROL THE CONTROLLABLES:** Focus on your effort, attitude, emotions and decisions, and let all else take care of itself. No whining, complaining or excuses.
- 3) **PROTECT THE TEAM:** Look out for your teammates' best interest: don't criticize but encourage, don't deflate but inflate, support and challenge them to improve.

Players who demonstrate that they can execute their responsibilities will get the most playing time. However, **if you have a question or concern about his playing time**—or any other team issue for that matter—please discuss it directly with a member of the coaching staff. We believe this is an important part of the player's maturation process. In short, and with all due respect, we will not talk to parents about playing time until we have had a conversation with our players first.

There is a **Community Service** element to being part of our program. We arrange for two opportunities, and encourage our players to do more. The first is our Team Red, White and Blue Relay to honor and support our military veterans. The second is our Youth Football Camp and Mentorship Program.

WE STRIVE TO BE PERFECT.
ONE DAY WE WILL BE GOOD.
GOD FIRST AND FOREMOST,
BROTHERHOOD.
IF IT'S TO BE,
IT'S UP TO ME.
KNOW YOUR PART,
PICK UP YOUR FEET,
AND DRIVE!
AND DRIVE!
AND DRIVE!

CORE VALUES

Our goal to develop successful young men of character is founded on several key character traits and habits that we strive to build. We formed the Acronym BLUE to represent these values, and use the idea of a Warrior to represent these young men who strive for excellence in all that they do.

B.L.U.E. Warriors

A Team Built on Honor

The Lakota tribe* was known as some of the greatest warriors of all time. They were feared in battle. Every young man was raised to be a warrior for the tribe.

Within the tribe of warriors was a small group of men called the Red Shirt Warriors. The color red in Lakota culture stood for honor. They were the best of the best, a prestigious club that every young warrior wanted to strive to be a part of.

Every four years, a group of warriors underwent a series of tests—physical, mental and spiritual—to gain acceptance into this group. (A description of these tests can be found below.) Above all, this group represented honor—going the full distance for your tribe.

Similar to the Lakota Tribe, the color Blue in the Bronco culture represents honor, and our desire to strive for excellence. This excellence is based on several key character traits, forming the acronym BLUE:



***From the book, The Lakota Way**

Brave, Loyal, Unrelenting and Enthusiastic

BRAVE: We are not limited by fear. We are willing to take risks, do the right thing, and to rise up and meet any challenge we may face in order to be successful Men of Character. We realize that our decisions and habits make us the people we are.

LOYAL: We honor our team, coaches, school, families, and community by carrying ourselves with class and integrity. We realize everyone on the team is important, and are willing to sacrifice our own self-interest in order to benefit the greater good.

UNRELENTING: We will not stop in our pursuit of excellence. We focus on the process in order to accomplish our mission. We are comfortable being uncomfortable, and we make the decision to do things the right way regardless of how hard it may be. We have Grit and will not quit. If we fall, we will get up. If we are beaten, we will return.

ENTHUSIASTIC: We strive to have a growth mindset and positive mental attitude, and bring a positive energy wherever we go. We realize that it is our attitudes that mostly determine the outcome of life, and we view every struggle as an opportunity to improve.

All that we do is built upon the foundation of those four values. What we seek as a program is for all Broncos to strive to become BLUE Warriors. So, each week, the coaches select four BLUE Shirt Warriors for exhibiting those four values. These Warriors will represent our team at the coin toss each week.

Bronco Football Core Values

What does it mean to be B.L.U.E. all the time?

Complete the following chart, writing down how each core value applies to football, school and life; and then answer the reflection questions.

	Off-Season	In-Season	School	Life
Brave Takes Action Despite Fear Does the Right Thing not Popular Thing Willing to take Risks				



Steps to Overcome Your Fear:

- Don't worry about things you cannot control. You can't control the world, others' opinions or events that come your way. All you can control is your attitude and response.
- Know who you are, and what you stand for. You're less likely to worry about outcomes if you trust the person you are.
- Consider your fears and analyze the risks/rewards. See below.
- Work hard and remember that growth only happens through occasional failure and discomfort. Each time you challenge yourself, it becomes easier to conquer fear and take risks.

Reflection:

1. What are some of your fears/anxieties that are preventing you from doing what you should?
2. For each, consider...
 - a. Why? What bad things might happen?
 - b. What can I do to help prevent these bad things from happening?
 - c. If something goes wrong, how can I fix it?
 - d. What are some good things that might happen?

e. What are some costs of inaction (letting fear stop you from doing what you should)?

	Off-Season	In-Season	School	Life
Loyal Serves and sacrifices for their teammates				

BLUE Teammates “GIVE”

- Build Confidence (you got this)
- Good Body Language (clapping)
- Emphasize the Positive (Good hustle)
- Downplay the Negative (Flush it)
- Hold Teammates to a high standard (you’re better than that)
- Owns mistakes (my bad)
- Sacrifice (you’re important)
- Serve (how can I help you)
- Shows appreciation (thank you, I owe you, I love you)

Un-BLUE Teammates “TAKE”

- Blame (not my fault)
- Insult (you suck)
- Poor Body Language (eye rolling)
- Ignores others
- Tolerates low performance (not my problem)
- Avoids responsibility (not my job)
- Bosses (get me water)
- Doesn’t show love or appreciation

Reflection:

1. List some ways you or a teammates of yours has been a bad teammate in the past.
2. If you could change the way you or he behaved, what could a great teammate have done instead?

	Off-Season	In-Season	School	Life
Unrelenting Comfortable being Uncomfortable Focus on Process Grit				

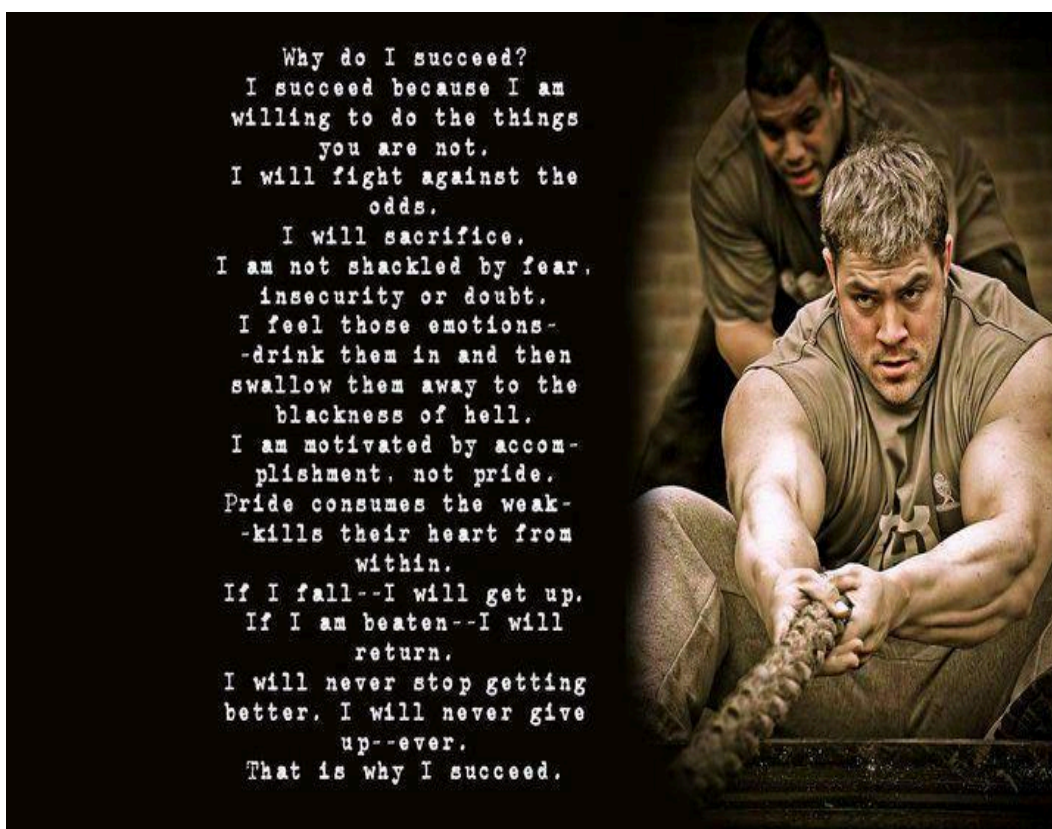
There are two types of people:

Those that make excuses about why they cannot do something.

And there are those that just get it done.

Reflection:

1. What are some times in your life when you have chosen the easy way to avoid discomfort?
2. What are some times in your life when you demonstrated grit and persisted even though you were uncomfortable?



	Off-Season	In-Season	School	Life
Enthusiastic Growth Mindset Struggle is Good				

Reflection:

1. Can you think of a time when you allowed yourself to have a fixed mindset or be an energy vampire?
2. How can you change your thoughts on the matter, viewing it with a growth mindset instead?

Life is 10% what happens to you, and 90% how you respond.

Event + Response = Outcome

You cannot control what happens to you. But you can control HOW you respond. And how you respond usually determines the outcome...not only for you but for people around you.

And all of this is based on your mindset. There are two types. One leads to constant growth and improvement. The other leads to frustration and lack of improvement.

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU'RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

B.L.U.E. OR UN-B.L.U.E.?

Place the following qualities and actions into the correct category below:

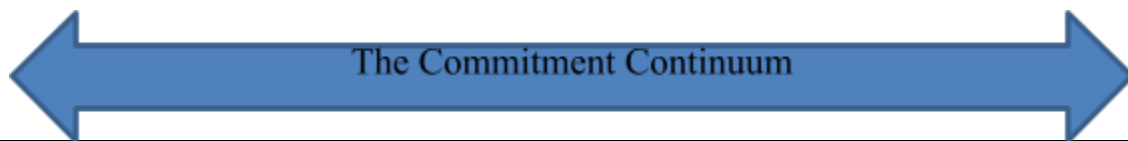
Complaining about playing time
Refusing to use drugs, even when pressured to do so
Helping a Teammate study
Working out when you don't have to
Quitting
Telling the Truth
Being too scared to ask someone out on a date
Making Excuses
Picking up a Teammate when they are down
Taking ownership of a mistake
Apologizing
Sticking up for someone getting bullied
Skipping reps in the weight room
Encouraging teammates to go harder
Taking an AP class
Talking trash behind someone's back
Cutting Class

BLUE

UN-BLUE

Of the BLUE qualities, which is your strength? Explain.

Of the UN-BLUE qualities, which do you need to improve? Explain.



Commitment is vital in order to be successful in life, whether it's football, business, faith or family. It means that you are willing to sacrifice something (usually comfort) in order to benefit something else...regardless of the outcome. Take a look at the different levels of commitment below, and answer the questions.

- **Resistant:** Resistant people have not bought into the team's common goal, but instead pull in the opposite direction. They do things their own way, regardless of team rules or standards. They complain about coaches, teammates, workouts, etc. These are cancers and must be eliminated.
- **Reluctant:** Reluctants are not willing to buy into the common goal. The "team" is not really important to them. They hesitatingly do only what is asked of them, only giving half the effort and enthusiasm they are capable of giving. They don't make effort to improve.
- **Existent:** Existents are there in body but not mind or spirit. They show up but give little more than their mere presence. They go through the motions in practice and play. If the coach isn't looking, they will usually cut corners. The team and goal is of little importance to them.
- **Compliant:** Compliant will do what they are told to do but nothing more. They are obedient soldiers, but lack the initiative to go above and beyond what is expected of them. They are ok being mediocre.
- **Committed:** Committed people willing go the extra mile to reach their goals. They want to be great. They are self-motivated, and don't need anyone else to tell them what to do, or watch over their shoulder to make sure they do it right. They get the job done.
- **Compelled:** Compelled people find a way, no matter what obstacles stand in their way. They do not make excuses, and won't accept anything but the best from themselves or their teammates. They take advantage of every opportunity to improve.

1. Where are you right now? Explain.
2. What are some obstacles preventing you from committing right now?
3. What are some ways for you to buy in and become more committed?

List out the following things to help you determine and improve your commitment level

+Benefits (positive things you'll get from the team)
-Costs (negatives that come from involvement)
+Contributions (how will you help)
-Sacrifices (what you'll have to give up)

Commitment Level

Leadership

Leadership is simply influencing a group to accomplish a goal or mission. Effective leadership is vital for any organization—whether it be a team, business, family—to be successful. Typically, if leaders are effective, then so will the group. Very rarely are groups successful with poor leadership. So, we all need to learn how to lead, because at some point, we will be called on or depended upon to lead.

Becoming an effective leader is a process. We have to learn how to lead. It's not easy, and it takes time, trial and error, to develop into true leader. But embracing leadership will help us grow perhaps more than any other endeavor.

When teaching leadership, we focus on first leading yourself (or leading by example), and then leading by serving. Take a look at the list below, and answer the questions honestly and reflectively.

Lead by Example:

Demonstrate Commitment:

- Do you consistently sacrifice things for the good of the team?
- Are you typically one of the hardest workers? Do you put in more time than others? Do you disengage from activities that could hurt the team?

Demonstrate Confidence:

- Do you know who you are, and believe in who you are? Do you stand up for what you believe in, and what you know is right, or do you just do what you think is popular?
- Do you put others down to make yourself feel better? Do you allow others' opinions to determine what you do or how you act?
- Do you take responsibility when you make mistakes?

Demonstrate Enthusiasm:

- Do you have a general positive attitude? Or do you complain and pout, talk trash about others, and act as an energy vampire?
- How do you react when things aren't going well? Do you have a growth mindset?

Lead by Serving:

Listening and Serving:

- Do you truly care about others, and try to understand them?
- Do you seek to help people when they may be struggling?

Encouraging and Building Confidence:

- Do you choose words and actions to pick people up, and help them believe in themselves? Or do you blame others and break them down?

Holding Accountable and Solving Problems:

- Do you deal with conflict or avoid it?
- How do you manage problems between others?
- Are you willing to hold people accountable if they make mistakes?

General Strength Training Program

KEYS TO GETTING STRONGER

- Lift weights at least 3 times each week.
- Consistency is more important than variety. You can add auxiliaries, but follow program strictly.
- Safety and technique is priority. Use the 6 Absolutes: Stand Tall, Eyes on Target, Spread Chest, Lock in Core, Toes Forward, Knees/Toes Aligned.
- Track and record your weights to ensure growth.
- *Commit to adding 5lbs to your lift each week.*
- Eat protein to replenish your muscles (100-150g/day).
- Rest/recover 48hrs before training similar lifts.
- Sleep *at least* 9hrs/night for your cells to rebuild.
- All lifts should be based on % of 1-rep max.



Week 1:

Monday	Wednesday	Friday
Core 4x3 (80, 85, 90%) <ul style="list-style-type: none"> • Squat • Power Clean Aux 4x10 <ul style="list-style-type: none"> • Push Press • Jammers • Romanian Dead Lift Stretch	Core 4x3 (80, 85, 90%) <ul style="list-style-type: none"> • Bench Press • Dead Lift Aux 4x10 <ul style="list-style-type: none"> • Glute Ham • Overhead Plate Lunges • Pull Ups/Rows Stretch	Core 4x3 (80, 85, 90%) <ul style="list-style-type: none"> • Squat • Bench Press Aux 4x10 <ul style="list-style-type: none"> • Hang Clean (x5) • DB Snatch (x5 each) • Step Ups (x5 each) Stretch

Week 2:

Monday	Wednesday	Friday
Core 5x5 (70, 75, 80, 85, 85%) <ul style="list-style-type: none"> • Squat • Power Clean Aux 4x10 <ul style="list-style-type: none"> • Push Press • Jammers • Romanian Dead Lift Stretch	Core 5x5 (75, 75, 80, 85, 85%) <ul style="list-style-type: none"> • Bench Press • Dead Lift Aux 4x10 <ul style="list-style-type: none"> • Glute Ham • Overhead Plate Lunges • Pull Ups/Rows Stretch	Core 5x5 (75, 75, 80, 85, 85%) <ul style="list-style-type: none"> • Squat • Bench Press Aux 4x10 <ul style="list-style-type: none"> • Hang Clean (x5) • DB Snatch (x5 each) • Step Ups (x5 each) Stretch

Week 3: Same as Week 2

Week 4:

Monday	Wednesday	Friday
Core 10,8,6 (70, 80, 85%) <ul style="list-style-type: none"> • Squat • Power Clean (5,4,3) Aux 4x10 <ul style="list-style-type: none"> • Push Press • Jammers • Romanian Dead Lift Stretch	Core 10,8,6 (70, 80, 85%) <ul style="list-style-type: none"> • Bench Press • Dead Lift (5,4,3) Aux 4x10 <ul style="list-style-type: none"> • Push Press • Jammers • Romanian Dead Lift Stretch	Core 10,8,6 (70, 80, 85%) <ul style="list-style-type: none"> • Squat • Bench Press Aux 4x10 <ul style="list-style-type: none"> • Push Press • Jammers • Romanian Dead Lift Stretch

PREPARATION IS THE SEPARATION

Talent or DNA has nothing to do with success.

Turn your genes into overalls and get to work.

**Success is had by those who
embrace hard work and have the
discipline to tolerate discomfort**

General Speed, Power and Agility Training

KEYS TO GETTING FASTER

- Follow the strength program.
- Commit to sprint work 3 times each week, agility work 2 times each week, and plyometrics once each week.
- Commit to stretching at least 15 minutes per day, focusing on the hip-flexor, hamstrings, achilles, and quadriceps.
- Complete a proper warm up routine before speed training.
- Technique is vital.
- Use resistance bands to strengthen hips.

Suggested Training Regimen

Week 1

Monday: Speed	Tuesday: Agility	Wed: Speed	Thursday: Plyos
1. Accelerators x10 yds a. 4x3-pt stance b. 4xlying start c. 4xsideways start 2. Flying 20s (stride 20, sprint 20) x8 2. 4x200 (2 min rest) a. BIGS: 40 seconds; BIG SKILL: 38 seconds; SKILLS: 36 seconds	Agility (5 minutes a station) 1. Agility Ladder 6x 2. Shuttle 5x 3. 3-Cone Drill 5x 4. Jump Rope (50xboth, 25xR/L)	10x50 yards Prowler Push 6 x 25yds	1. Broad Jump 3x10yds 2. Single Leg Bound 3x 10 yards 3. Box Jumps 4x5 4. Single Leg Lateral Bound 3x10

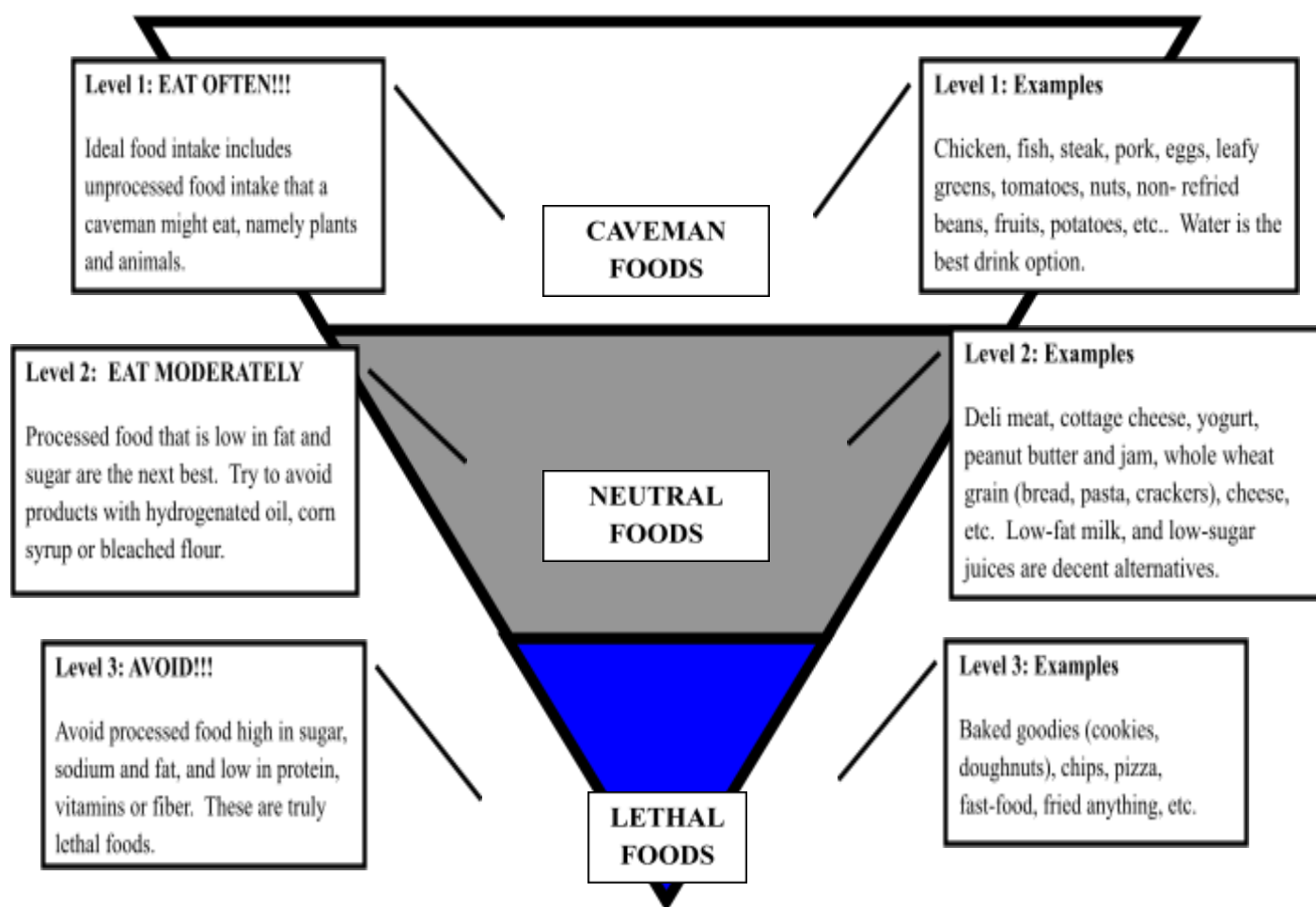
Week 2

Monday: Speed	Tuesday: Agility	Wed: Speed	Thursday: Plyos
3. Accelerators x10 yds a. 4x3-pt stance b. 4xlying start c. 4xsideways start 4. Flying 20s (stride 20, sprint 20) x8 5. 8 x 100 yds (45 sec rest) a. BIGS: 20 sec; BIG SKILL: 18 sec; SKILL: 16 sec	Agility (5 minutes a station) 1. Agility Ladder 6x 2. Shuttle 5x 3. 3-Cone Drill 5x 4. Jump Rope (50xboth, 25xR/L)	10x50 yards Ramps x 4	5. Broad Jump 3x10yds 6. Single Leg Bound 3x 10 yards 7. Box Jumps 4x5 8. Single Leg Lateral Bound 3x10

Repeat

Nutrition and Hydration Guide

Athletics and sport is all about performance. It matters not how big or strong an athlete is if he or she cannot perform at an optimum level to compete successfully. Along with physical training—agility, speed, power and strength—another major factor influencing performance is nutrition. What sort of fuel an athlete puts into his body makes a difference in how well he is able to perform*. Equally important, hydration also has a tremendous impact on the physical and mental performance of athletes. The following upside-down pyramid outlines some basic nutritional and hydration guidelines to help improve performance. Basically, we want to eat more from Level 1, and less from Level 3.



In regards to protein intake, it is recommended that an athlete training for strength and speed should consume around .75grams/pound of body weight each day. So if you weigh 200 lbs, you should be eating 150g of protein per day. A sample meal plan: Protein Shake after workout. Egg/Spinach/Tomato scramble mid-morning. Ground up Turkey and Eggs for lunch (with some veggies on the side). Chicken breast, rice, salad for dinner.

* Note: Supplements should never replace good nutrition. However, protein powders are generally accepted to increase protein intake, as is Creatine for strength development. Vitamin supplements are also encouraged because intensive training often drains the body of important nutrients.

Hydration Facts

- Water makes up nearly 90% of the brain and 70% of our body. It is absolutely essential to good performance.
- Without sufficient water, our brain, organs, muscles and nervous system slows down.
 - The mind reacts slower.
 - Muscles move slower.
 - Fatigue sets in earlier.
 - Concentration is shorter.
- Hydration DOs
 - Drink Water
 - Calculate: $\text{Body Weight} / 3 = \text{Number of ounces you should drink daily}$.
 - Double the number on a high-exertion day.
 - 2 hours prior to activity, drink 12-16 ounces
 - 30 minutes prior, drink 8-12 ounces
 - During activity, drink 4-6 ounces
 - Sports Drinks (Gatorade, etc.) are only okay during or at end of intense workouts to replace lost minerals.
- Hydration DON'Ts
 - Drink beverages high in sugar (over 10 grams), i.e. Red Bull, Monster, soda.
 - Drink caffeinated beverages instead of water (caffeine blocks absorption of water)

There are only two pains in life.

The pain of hard work and the pain of regret.

***One is tough, it pushes you, stretches you; but in the end,
we are grateful for it because it makes us a better person.***

This is the pain of hard work.

***The other, the pain of regret, may sometimes never go away
and leaves you empty.***

Sleep Management

In addition to eating and training right, another important component to physical well-being and performance is getting enough sleep. It is during deep sleep cycles that our body's cells regenerate—our muscles and brain actually grows and heals while we experience REM sleep. This is one of the most overlooked areas of training by athletes. You can work hard in the weight room, but if you're not sleeping, you're spinning your wheels.

With plenty of ways to distract and entertain themselves, teenagers today often suffer from sleep deprivation, which can lead to poorer academic and sport performance, as well as depression or other emotional problems. Ideally, according to www.betterhealth.gov, teenagers need 9-10 hours per night.

The following are some ways to prevent sleep deprivation and improve sleep habits:

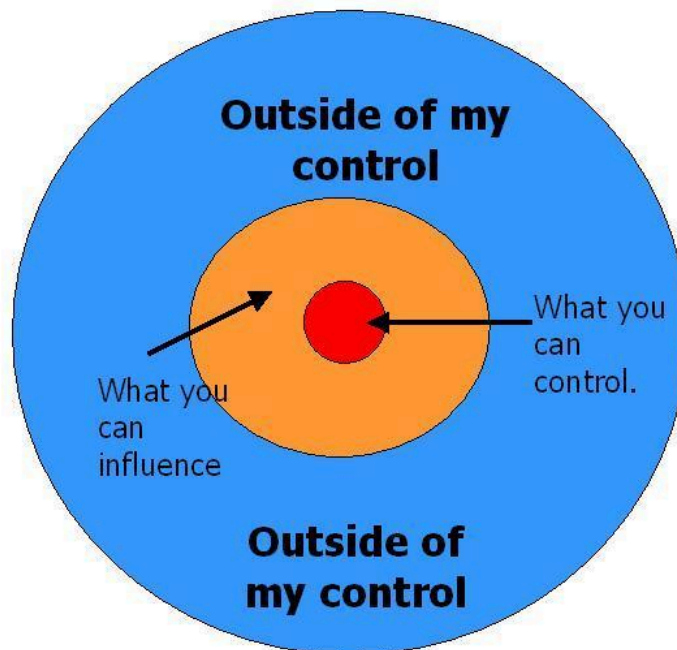
1. Establish a consistent routine so that your body begins to expect sleep at a certain time. Avoid very late nights if possible. Choose to go to bed on time and wake up early to do school work, rather than staying up late.
2. Make your bedroom a quiet place. Turn off all electronics—especially video games—30 minutes before you get in bed. If your home is loud at night, wear earplugs.
4. Keep your room cool (about 68 F) to cool your body. One study showed that sleep happens when the body cools. Wakefulness occurs when the body temperature warms up. And keep your room dark. Put blackout shades in your windows and make sure your door is shut when you go to bed.
5. Try to relax for a bit before going to bed. Doing homework or other stressful activities right before bed time makes it hard to fall asleep. Try reading something you enjoy, writing, drawing, or relax with a hot shower/bath, soft music, yoga or meditation right before bedtime.
6. Eating healthy and avoiding sugar in the evening can help.
7. Avoid long naps in the afternoon. A short 20-30 minute nap is fine, and shouldn't disrupt night time sleep.

Stress Management

It is important to understand that “stress” is not real and is basically just our mind perceiving a threat in the environment. The result of us perceiving a threat creates anxiety in our minds and bodies. That said, there are several tools to help dealing with these perceived stresses.

1. Identify the source of stress. Write down what is giving you anxiety, and try to figure out why. Define it. Brainstorm worst case scenarios, ways to deal with these scenarios and possible positive outcomes.
2. Write down what you can control and what you cannot control. Come to terms with accepting stuff outside of your control, and instead, focus on how you can best respond to those things.
3. Talk about it with others. Sharing our story creates bonds and connections that makes us feel better and more confident in dealing with the stress.
4. Exercise. Run, lift weights, stretch for 30 min. The endorphins are a natural high.
5. Meditate. Set a timer for 4 min. Close your eyes. Take a deep breath in for 4 sec, hold for 4 sec, and exhale for 4 sec. Focus on your breathing. Whenever thoughts enter your head, refocus on your breathing.
6. Serve Others. Check in with a friend. Offer someone assistance. Do something kind for another without them asking.

The 3 Spheres of Control



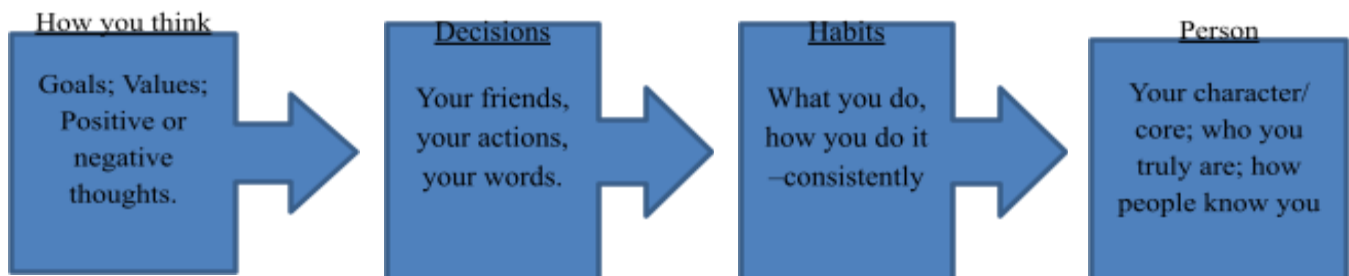
CHOICES DECISIONS CONSEQUENCES

(GREATNESS EXISTS IN THE TINIEST OF DECISIONS)

**“We are what
we repeatedly
do. Excellence,
then, is not an
act, but a habit.”**

— ARISTOTLE

No matter how small, little decisions begin to stack up and form your character:



TIME MANAGEMENT

One key to living a successful life is knowing how to manage your time. We can never get more time out of our days, so we must be smarter in how we use the time we have. There are several strategies that can help you use your time more wisely.

A few tips to managing your time better:

1. Get important tasks done first, and reward yourself with some “down time” after it is accomplished
2. use a calendar daily, and plan ahead
3. set times and routines for specific things to do (homework, eat, rest, etc.)
4. prioritize things to do with lists (urgent, not urgent). Work first, play later.
5. learn how to say NO
6. eliminate distractions
7. get plenty of sleep

The following chart is an example at how to prioritize the things you need to do.

Day			
Priority	Hour	Specific Task	Min
1.			
2.			
3.			
4.			
5.			
6.			

Notes:

Your **BIG ROCKS** are your values—the things that are most important to you.



Your **LITTLE ROCKS** are the things that get in the way of being true to your values—your big-rock “barriers”.



"Everything is either an
opportunity to grow
or an obstacle to
keep you
from growing.

YOU
GET TO
CHOOSE."

~Dr. Wayne Dyer

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



CRITICAL LAYOUTS

RBHS Football Drug Testing

The Football Program is committed to encouraging our players to remain drug and alcohol free. As such, we offer a voluntary drug testing program, explained below.

By signing below, I _____ acknowledge that as an athlete at Rancho Bernardo High School and a member of the RBHS Football Program, I am governed by District Policy, CIF Regulations, school rules, and the Athletic Handbook. I must also honor my teammates, coaches, school, family, and community by doing the right things, and carrying myself with class and integrity. I understand the Poway Unified School District rules below and that these rules are in effect 24 hours a day/7 days a week while we are in season.

I understand that the RBHS Football Team conducts random drug testing during the season; that it can happen at any time and that some players may be tested for *Alcohol, Amphetamines, Barbiturates, Benzodiazepines, Cocaine, Methadone, Opiates, PCP, Ecstasy, Marijuana, Spice* and *Bath Salts*. I will strive to remain drug free and will support my teammates in the same effort.

Any violation of the following acts outside of school functions, during the sport season of your participation will be grounds for immediate dismissal from participation for the remainder of the season or a minimum of 4 weeks – which may carry over into the next season of sport.

These rules will apply 24 hrs a day 7 days a week for athletes in season.

1. Possessing, using, having consumed, or being under the influence of alcohol, narcotics, dangerous drugs, other controlled substances, or intoxicants of any kind, including anabolic steroids at a school or at a school function will result in application of District sanctions
2. Offering, arranging or negotiating to sell any drug paraphernalia as defined in Section 11014.5 of the Health and Safety Code.
3. Transferring, selling, distributing, offering, arranging or negotiating to sell, or possessing quantities sufficient to suggest the intent to purvey, give or sell to other students substances which are, or purported to be, alcohol, dangerous drugs, other controlled substances, or intoxicants of any kind including anabolic steroids.

DRUG-FREE COMMITMENT

WHEREAS, mind-altering drugs and alcohol distract from productive activities, may become addictive, impair a user's ability to think and act in a responsible manner and;

WHEREAS, it is highly dangerous to use another person's prescription drug or an illegal drug due to unintended side effects, addiction, or overdose and;

WHEREAS, underage drinking inhibits brain development and it is illegal for persons under the age of 21 to consume alcohol,

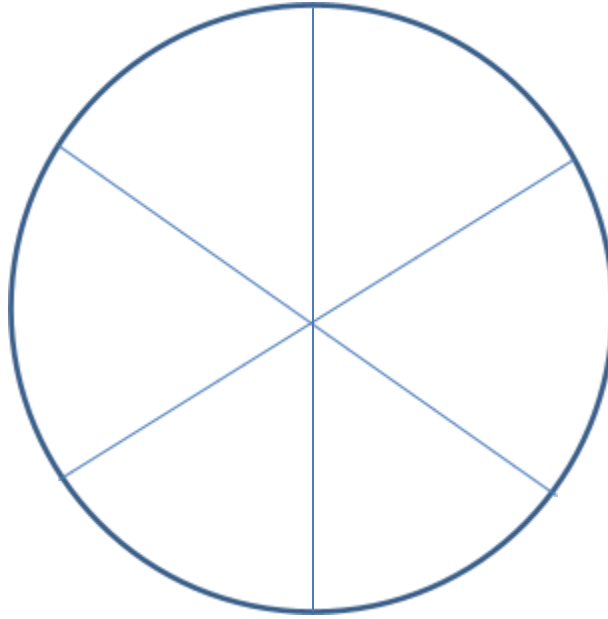
WHEREAS, street drugs and medications that were not prescribed to me are illegal to use and possess,

I PROMISE

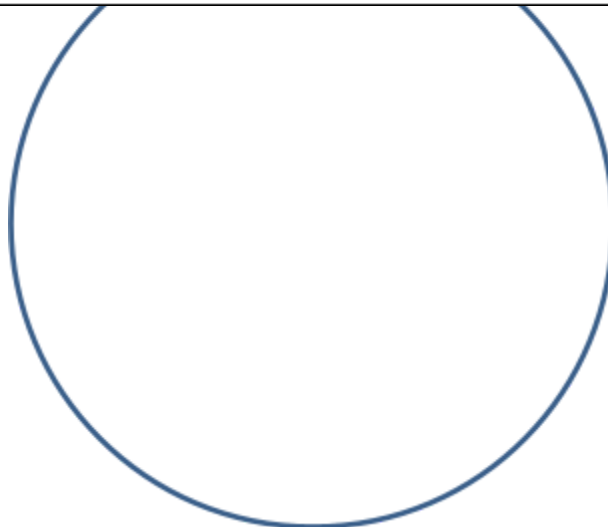
To treat myself and those around me with respect by refusing to use or to condone the use of illegal drugs, medications not prescribed to the user, and underage drinking.

Values Circle Chart

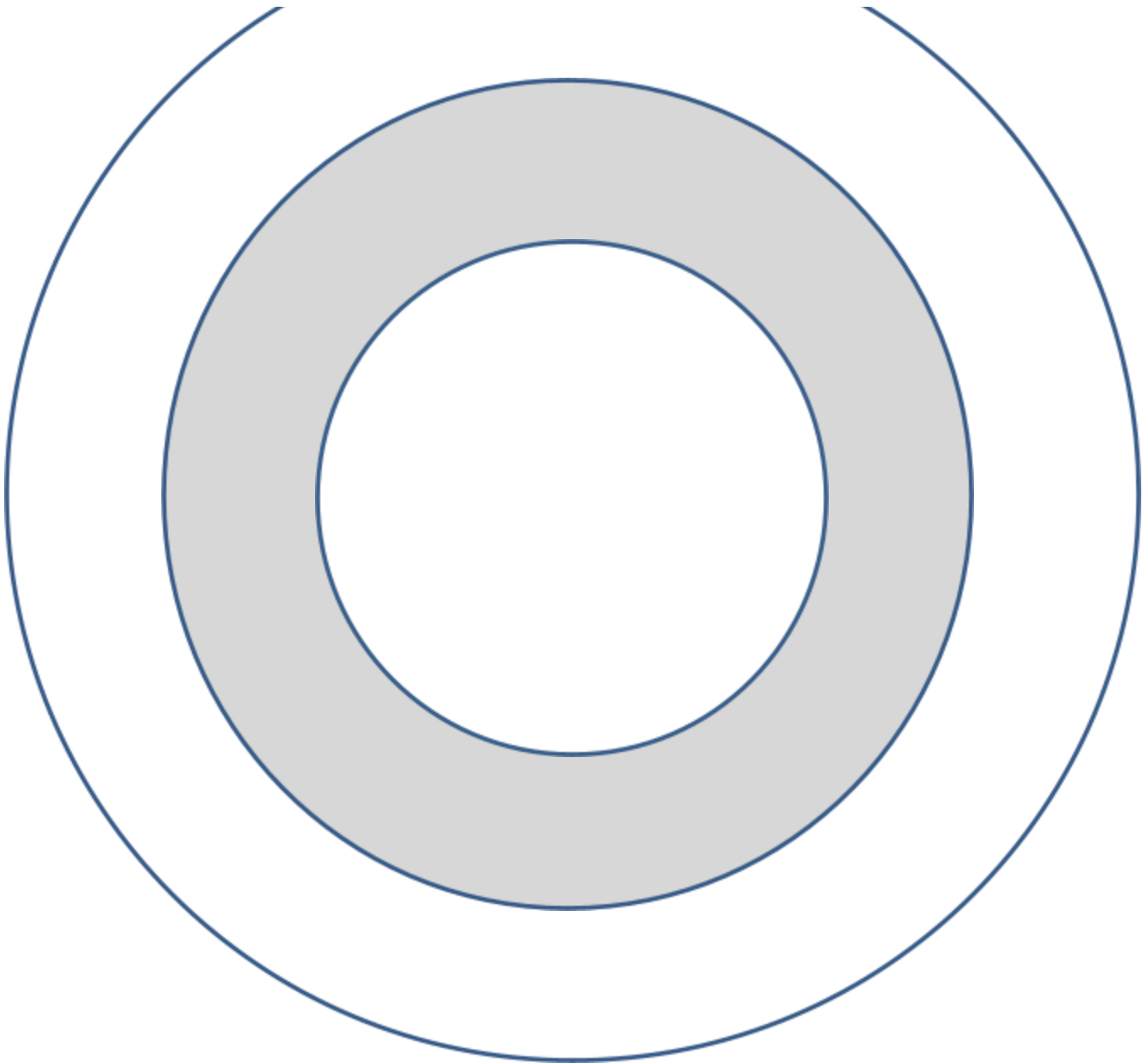
In the chart below write the six things in your life that are most important to you right now. This can be anything. There are no wrong answers; it's about you. Examples include: sleeping, family, football, music, church.



Now, divide the empty circle below, make your own pie showing what portion of your time you currently get to spend on these things, as well as what is taking up other parts of your day. Answer this question: Do your values and how you spend your time align? Are you spending too much or too little time on certain things? How should you change it?



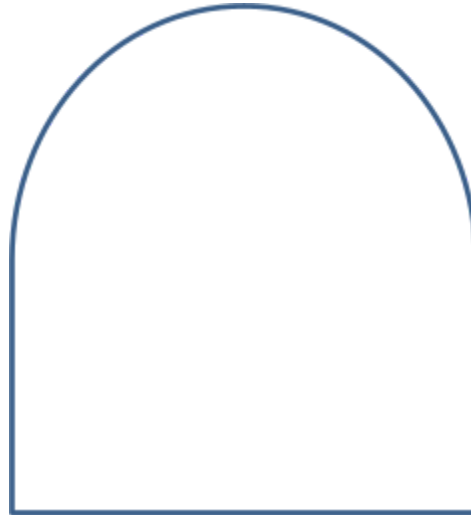
Now put those 6 things in the inner circle. These are your **CORE VALUES**. Complete the outer two rings.
Inside the middle circle are things that may be important to you, but less important to you than your core values. On the outside are things you can do without, or things that other people want you to do.



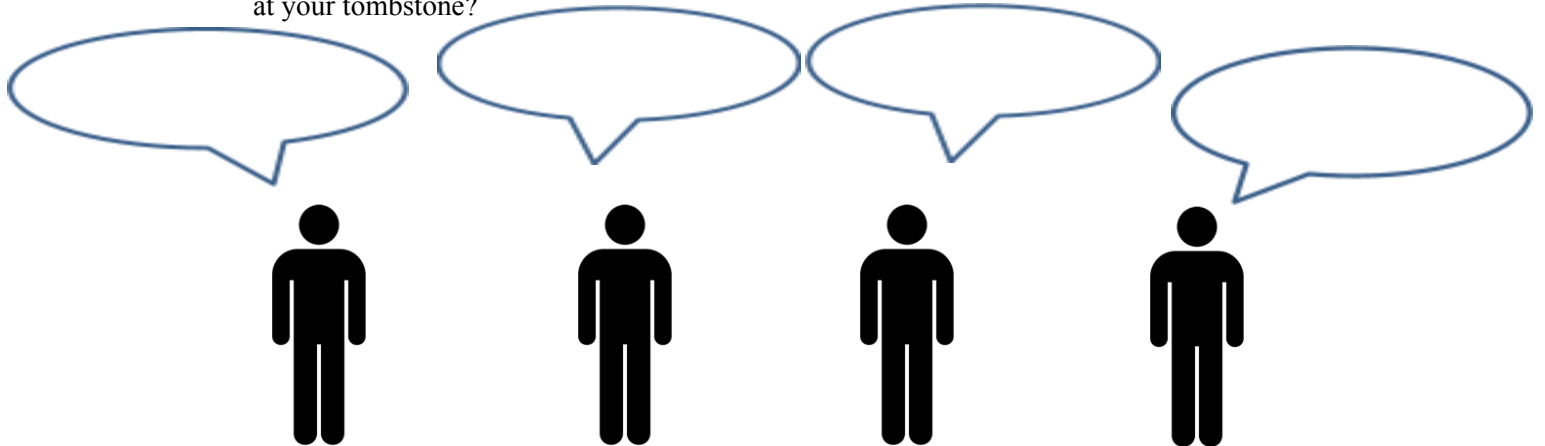
Your Tombstone

Imagine it is a few days after your death, and people—your family and close friends—are gathered at your tombstone to say goodbye and pay their respects.

- 1) Write down below what you want to be written on your tombstone. A few simple words or phrases describing you and what people think of you. Put your name on the top.



- 2) Now, what are some things you hope your friends and family would say about you as they stood at your tombstone?



- 3) Now, compose a 30-word mission statement, explaining your purpose (why you exist) as a young man. Base this statement on your values, what gives you joy, and how you want to be remembered.

GOAL SETTING

Basics steps to establishing goals that work:

1. All Goals should be Specific, Measurable, Attainable, and Timely.
 - a. Specific: the more narrow your goals, the easier it is to track whether you accomplish it. For example, a goal of eating less than 10grams of fat each day is easier to track than a goal of eating healthy.
 - b. Measurable: Similarly, establishing goals with a quantity is easier to track than goals without a quantity. For example, having a goal to complete the review section in my math book each week, rather than having a goal of trying harder in math.
 - c. Attainable: We want to set goals that push our limits, but are not out of reach. A goal to run a 4.1 40 yard dash is probably not realistic. But we also don't want to set goals that are too easy to attain. For example, improving my squat max by 10 lbs this off-season is far to easy.
 - d. Timely: It is important to set goals along a timetable or schedule. This will give you a deadline to keep you on track. An easy way to do it is to start the goal by saying, "By the end of...". Make sure to give yourself enough time to accomplish your goal, but not too much time. Once you've accomplished it, you can always set a new one!
2. It is important to start with the end in mind. Figure out what you want to be able to do; then come up with a step by step plan on how you will go about doing it. These are called process goals. The process goals are shorter, more specific goals that will help get you to where you want to be.
3. Figure out obstacles or things that can prevent you from accomplishing your goals, and why they are obstacles.
4. Lastly, figure out people or resources that can help you accomplish your goals, or overcome those obstacles.

**A GOAL
WITHOUT A
PLAN IS JUST A
WISH.**

Sample Goal Sheet

Performance Goal 1

Performance Goal 2

Performance Goal 3

(What I want to be able to do by the season—should be realistic but challenging)

Football

Off-Field/Class

Weight Room

Play at least half of the game on either defense, offense or special teams

Have over a 3.0 GPA

Make 935 lbs club



Process Goals



Process Goals



Process Goals

(What I am going to do to get there—must be specific and measurable)

Go as hard as I can on each running rep. Work on my speed 3 days/week, and my agility 2 days/week. Stretch for 30 minutes every day.

Attend tutorial every week to get help from my teachers in struggling classes. Get in study groups to prepare for tests.

Don't miss a workout, set or rep. Do more than is required. Make sure I rest appropriately.

During Spring Practice, learn my positions as good as possible, so coaches will trust me to get the job done. Watch film once/week.

Get organized by using a planner to keep track of assignments, and manage my time better.

Eat like a caveman to add muscle. 30-50 grams of protein each day. Eat 6 small meals throughout the day. Limit junk food to 1/week

Obstacles:

I don't like getting up early to work out.

I struggle with chemistry.

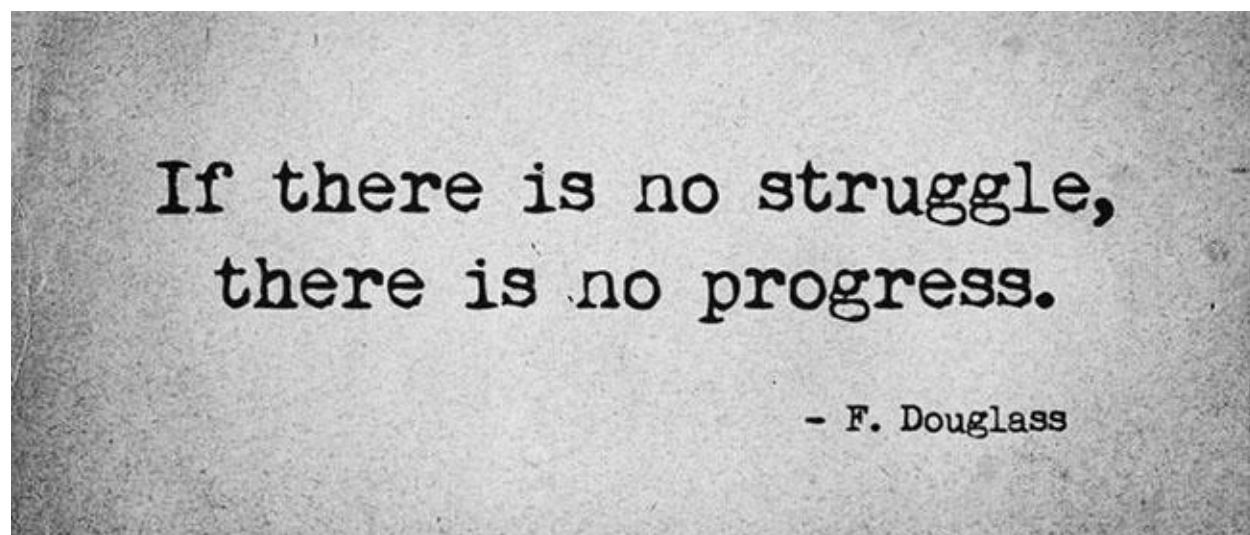
I have a sweet tooth.

People/Resources who can help me overcome these obstacles and achieve my goals:

Set three alarms, and ask my buddy to call to make sure I'm awake. Go to bed earlier.

Only eat sweets on Saturdays; and if I do, do 25 burpees for punishment.

Get a tutor at the Bronco center.



(so embrace the suck)

Treat Women with Respect

Being a REAL man is all about treating women with respect— plain and simple. Always be respectful and always be a gentleman. You can tell just about everything you need to know about a man by the way he treats a woman.

~ A Real Man ~

A Real Man treats women with respect.

A Real Man always acts like a gentleman.

A Real Man is always polite, courteous, and considerate of women.

A Real Man opens doors, holds umbrellas, and pays honest compliments when they are due.

A Real Man always carries himself with class.

A Real Man always speaks respectfully to women.

A Real Man always speaks respectfully *about* women.

A Real Man is never rude or offensive to women. He never uses derogatory language, nor does he tolerate others to do so either.

A Real Man listens to women.

A Real Man especially listens to his mother.

A Real Man takes care of his mother and all the women in his life.

A Real Man protects his sister, watches out for his girlfriend, and takes care of his female friends.

A Real Man respects the strength, courage, and intellect of women.

A Real Man treats women as equals, not as subservient inferiors.

A Real Man treats women as human beings, not as objects for his own personal gain or pleasure.

A Real Man always does right by the women in his life: whether they are his family, friends, girlfriend, or wife.

A Real Man always does right by his family.

He is there to be a father to his children, he sets a good example for the next generation, and he invests himself fully in his personal relationships.

A Real Man always makes time for what is important, and he always makes time for *who* is important.

A Real Man helps make the world a more respectful place by his words and his deeds.

A Real Man helps make the world a safer place for women.

A Real Man makes the world a better place for all people.

~

A Real Man makes the world a better, safer, more honest, and more respectful place in which to live.

~

A Real Man respects all women at all times.