

CONESTOGA



TRUST - IMPACT - RELENTLESS – COMPETE

Program Philosophy

It is the philosophy of the Conestoga Cougar Football Program that each individual gives their best effort in all areas of life, school, and sport. Our success will be measured by our words, behaviors, attitude, and effort. We strive to be the best individuals and athletes we are able to be. The sport of football will be taught in a safe and fair manner. We strive to grow as individuals and develop our ability to play football throughout the entire season. Our coaches will be expected to give their best effort during game preparation, coaching at practice and coaching during games. All players, coaches, opponents, and officials will be treated with respect and fairness. We are a team and will do everything with the goal of bettering the team in all things.

Our Team Beliefs:

- **Trust:** firm belief in the reliability, truth, ability, or strength of someone or something; player to player, coach to coach, player to coach, coach to player and anyone in direct contact with our team
- **Impact:** have a strong effect on someone or something; make a positive impact with everyone through your attitude, actions and words
- **Relentless:** showing or promising no abatement of severity, intensity, strength, or pace; never give up no matter the situation or outcome
- **Compete:** strive to gain or win something by defeating or establishing superiority over others who are trying to do the same; make those around you and yourself better at all times

Team Expectations

It is our top goal to represent our families, community and school district with a product that they/we can take pride in. We will do this with the below expectations:

1. **Improve Daily - Build and Earn Trust:** better today than yesterday, better tomorrow than today; personal growth drives team growth → “Being Elite” *It is vital that your child attends practice and games no matter if healthy or injured,

the fastest way to negatively affect playing time is not showing up or not communicating an absence, the best way to positively affect playing time is showing up and giving your best effort

2. **Display Elite Behavior:** behavior produces results; bad behavior will produce bad results, average behavior will produce average results, and elite behavior will produce elite results; we must have elite behavior in the classroom, on the game and practice field, at home and in public
3. **Be Safe and Have Fun:** utilize proper technique and play by the rules, obey school rules, and have fun while doing it
4. **Be Accountable and Dependable - Build and Earn Trust:** attend and be on time to all activities and be reliable on and off the field, accept feedback from coaches and offer feedback to teammates, complete all academic work and always be eligible academically, “Better Together” - be present, positive and encouraging member of the team
5. **Relentless Effort, Positive Attitude and Compete:** give best effort at all times and maintain a positive attitude no matter the situation or outcome, compete with and for each other to improve everyone around us
6. **Be a Good Citizen and Teammate - Impact:** respect facilities, equipment, peers, teammates, coaches, teachers, parents and officials; every event is an opportunity to make a impact on those involved

Player Led

It is the mission of our coaches to provide a program and experiences for each player to grow as a person and athlete along with empowering them to lead themselves and the team. We as coaches understand that a team only goes as far as the players will take it. We can assist them in the process, but they will be the only ones taking the field during practice and games. With this mindset we must empower each player to be a part of the team and take ownership of the program. With this goal of empowering each player to take ownership we have developed activities to pass the torch to them on their journey. The players all agreed that we are impacted by everyone around us and their words on and off the field. They know that our success on the football field will depend not only on their preparation and ability to play football, but also the trust and support provided by teammates, coaches, family members and everyone that surrounds us. As we achieve success, support is easy to come by, but during the more difficult times support is even more impactful to get us back on the path of success.