

**Synopsis of High School
football program with**

Head Football Coach:
NAPOLEON BANKS

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PREFACE

Enclosed is a synopsis of High School Football Program with Napoleon Banks as Head Football Coach. It ranges from the total Head Coaching perspective and assistant coaching agenda that takes to establish a successful program. At its foundation are the integrity, enthusiasm, professionalism, and energy that have marked my career in coaching.

The model represents all my years in the profession. Each year I have added, deleted, updated, reviewed, and revised this model with the hopes of being the best coach of a high school program.

It list my experiences as a head and assistant football coach. It also displays my organizational and work ethic along with my sincere commitment to the student-athlete and good sportsmanship. It will show my dedication to the student academic performance and commitment to making sure they're put in to successful situations.

If this document falls short in any area, it is remiss in not fully explaining why Napoleon Banks and is a perfect fit. I will bring more integrity and confidence that the football program will have positive and productive young men out in the community. I have developed a sense and healthy respect for league and CIF rules and regulations. Honesty, morals and hard work will be paramount ideals I will operate by.

More important than knowing the game of football, I know the coaching and teaching profession and where an athletic program must fit a high school. I enjoy dealing with all constituencies involved with a football program and look forward to playing a leadership role on campus and in the community.

If there were one guarantee, it would be that I would bring good coaches into the football program. The players will be the focal point of the program and I will always work to make them a better person, a better student, and a better football player.

Mission Statement

To provide the youth of our community with a competitive athletic program that instills character, sportsmanship, and teamwork within each individual. Our success will be achieved through quality coaching, inspired play during competition, and intense off-season programs.

FOOTBALL COACHING PHILOSOPHY

My philosophy is deeply seeded in assisting in developing well rounded young men by teaching not only football but the important aspects of life academics and education. Be the best you can be making smart decisions. My job as the coach is to help each member of our team reach his potential as a student, an athlete, and as a person. The challenge of this responsibility is the reason I believe we are in the coaching profession.

The cornerstones of my philosophy are discipline and hard work. Discipline to me, is getting our players to do the right thing. I believe it is my main responsibility to develop each player to his full potential and help achieve their goals on and off the field. I will never lose sight of my main responsibility as a coach.

Furthermore, I believe that the game of football is a great tool to teach some important lessons applicable in all areas of life:

Hard work

Team work

Discipline

Competition

Success

Building the Program

I believe that a great football program starts with the administrators, faculty, and staff working together towards the same goals. Everything that we do within the football program has to be done within the school's philosophy. Everyone must realize that we have all given a commitment of excellence to the school. I truly believe that as long as we keep this in mind and work within the school's philosophy, then we will have an excellent program.

The three most important things to me is that each member of my staff be dedicated, loyal, and honest to the school as well as the athletic department. We will operate this program on good, honest, principles and we will do what is right and proper. We must realize that we are here to assist the student-athletes in getting an education first and to coach football second.

My staff and I will run a disciplined program. I believe that there is a fine line between discipline and harassment. I feel that discipline breeds success and harassment breeds' contempt. Before disciplining an athlete, we will ask ourselves these three questions: 1) Will it make him a better person 2) Will it make him a better student? 3) Will it make them a better athlete? If the answer is "yes," then we must do what is best for him. I truly believe you can run a disciplined program that the athletes will accept, as long as they know that what we are doing is what's best for them and that we honestly care about them. We must love our players as they are our own children. When they know the discipline is in their best interest, and we care about them as a person, they will be on their way to success.

CODE OF CONDUCT

I. BE HONEST AT ALL TIMES

We must be the type of person that people can trust. Telling the truth is very important to me as a football coach and a man. If you can trust me, and I can trust you, we will not only succeed on the field, but also in life. The words I TRUST YOU are and will be a big part of our success.

II. Never embarrass your family, school, teammates, coaches, or YOURSELF.

In other words, act right. Carry yourself in a first class manner. We all like to have fun, but make sure that you do nothing that would ever cause embarrassment to your family, school, teammates, coaches, or yourself. Treat others like you want to be treated and develop yourself as a total person on and off the field.

III. DO YOUR BEST

If there is one rule to follow on and off the field, I feel that this is a major key to success. You should have an attitude of truly striving to do the very best that you can in everything you do. If you do your very best, no one else can ever ask any more of you. Doing your best means you are committed to excellence for life.

ACADEMIC PHILOSOPHY

There is no question in my mind that the role of a football coach is that of an educator first. Obviously, our main priority is that each student-athlete graduate with a school diploma that will put him on track towards his long career goals.

I believe that each member of our football team should look at himself as a student who happens to play football. I am convinced that football can be a tremendously positive part of our players' education.

Provide a disciplined and structured academic support program from freshman orientation to graduation and beyond. To include but not limited to:

- a. Academic and career counseling
- b. Mandatory study tables
- c. Study skills development
- d. Mandatory class attendance
- e. Weekly academic meetings with coaching staff
- f. Tutoring help

Players monitored closely, not only to assure that they are making expected/acceptable progress towards education requirements; in addition to show that we are about them as students.

Coaching staff actively involved with our student-athletes, not only on the football field, but off the field as well including a competent assistant as our team academic liaison which responsibilities will include:

- a. To be a liaison with the faculty and staff
- b. To coordinate class scheduling and graduation requirements
- c. To establish weekly two weekly meetings to monitor progress
- d. To guild student-athletes to available and appropriate help
- e. To organize and supervise a study table and tutoring

The lessons learned on the field, such as teamwork hard work, competition, discipline, and sacrifice, will be very valuable educational experiences when our student-athletes have to compete in the "real world."

OUR GOAL IS 100% GRADUATION FOR ANY ATHLETE WHO STAYS IN OUR PROGRAM FOR 4 YEARS

Academics

In our current society, the value of an education cannot be stressed enough. I truly consider it to be an obligation as a coach, to make sure that we counsel, guide, and give the student athlete the best possible support system. For if it were not for students, there wouldn't be any need for coaches. Let us never forget that a student's education is the first priority.

Plan Academically

1. Help build good students.
2. Those who are shaky in basic classes – improve them.
3. Insist they go to class. Failure to do so = curfew – run.
4. Keep parents notified. They have a more vested interest than we do.
5. Don't let them quit a class. This causes them to quit other things.
6. Run a good disciplined study hall.
7. Provide best tutors possible, but don't let it be a crutch.
8. Keep communication with their teachers open

ACADEMIC PHILOSOPHY – GOALS

Our philosophy towards academics is very simple. The number one priority for our student-athletes is to get a high school diploma. The administration, football coaching staff, and academic staff will do everything possible to provide you the opportunity to earn you high school diploma. It must be important to you to accomplish this goal, and you must be willing to do the work that is required to receive your diploma.

We want for each of our individual players to set their academic goals very high. We also want to establish some team academic goals that will insure us of success in academics as a team.

- A. Establish Team G.P.A. of a 2.3 (We will base this on the previous semester).
- B. In the Fall/Spring semester, all incoming freshmen will establish a G.P.A. of 2.5
- C. Eliminate all players from academic probation status.
- D. Eliminate the need for summer school to attain eligibility.
- E. Have 5 members of the football team achieve academic honors during the academic year (AD Honor Roll)
- F. Have 100% of our seniors receive their high school diploma.

Responsibilities to Academics

1. STUDENT - ATHLETE

- To inform teachers of illnesses, family deaths, surgery schedules or any reason for absences from class.
- To meet with academic counselor to plan a class schedule prior to each semester.
- To inform counselor or staff for tutoring assistance. Be prepared to provide the tutor with a syllabus of the course you are concerned about.
- To inform the counselor or staff of any academic difficulties. Ask for assistance (you cannot say you didn't receive help if you do not ask for it.)

2. ACADEMIC RESPONSILITIES

- a) To attend all classes. (No class cuts are allowed.)
- b) To keep relevant course information such as assignments, exam dates, grading criteria for each class.
- c) To get the supplies as soon as possible.
- d) To inform instructors of expected absences prior events that requires missing class and to arrange for any makeup work necessary.
- e) To complete assignment and take examinations when they are scheduled.
- f) To obtain any notes from teacher or students in class due to absences.
- g) To attend study sessions with proper materials.
- h) To abide by all rules and regulations established by CIF and LAUSD regarding the appropriate behavior of students.

Academic Progress Report

Name: _____ **Course:** _____

Instructor _____ **Days:** _____ **Time:** _____

Directions: Please complete the following evaluation for each student – Athlete in your class.

1. ATTENDANCE:

Does student attend class regularly?

Yes or No

Number of absences if applicable Excused: _____

Unexcused _____

Does student participate actively in class? Yes or No

Has the number of absences impacted negatively on the student's performance?

Yes or No

2. ASSIGNMENTS SUBMITTED:

☐ Promptly ☐ Always After Deadline ☐ Has Failed To Submit required Assignments

3. INDIVIDUAL ASSISTANCE:

☐ The Student has met with the Teacher about his / her grades

☐ The student has requested tutorial services

☐ The student is capable of performing without individualized assistance

4. ACADEMIC PERFORMANCE:

The student's present average in the course: ☐ A ☐ B ☐ C ☐ D ☐ F

Test Scores: _____ Homework Scores: _____ Other Grades: _____

COMMENTS / RECOMMENDATIONS:

Teacher's Printed Name: _____

Teacher's Signature: _____

Office Hours: _____ Office Ext: _____

STUDY HALL

WHERE TBA

WHEN MONDAY – WEDNESDAY EVENINGS (TIME: TBA)

WEDNESDAY – THURSDAY AFTERNOONS (TIME: TBA)

WHO The following are required to attend:

1. All first semester freshmen or FIRST Semester transfers.
2. All students on probation.
3. All students with a GPA below 2.50
4. Any student whose GPA is below his predicted average.
5. Any student – athlete who's Coach requires his attendance.

RULES AND REGULATIONS

1. The same cut rules apply to Study Hall as those which apply to regular class attendance and will be dealt with in the same manner.
2. **Study Hall is for Studying only.** It is not a social or recreation period.
3. Come to Study Hall prepared to study. Know what you plan to accomplish in Study Hall each session. **DO NOT come to Study Hall with nothing to do.**
4. Should you need to miss study hall for any reason, you should clear this with your coach the day you must be absent. You WILL NOT be excused unless permission is granted.
5. No cell phones or electronic devices etc. are permitted in the Study Hall. Study Hall is for studying only.
6. No food, beverages, or any other items which might soil or damage furnishings.
7. Observe all tutoring regulations and procedures should you need individual tutoring. This includes requesting tutors in advance.
8. All unexcused absences and disciplinary problems will be reported to the appropriate authorities.
9. Study Hall is required of all summer school athletes who must attend summer school due to: academic problems, lack of hours, low GPA, or failure to meet satisfactory progress.

Football Coaching Staff

Head Coach: Napoleon Banks

Offensive Coordinator/QBs:	Napoleon Banks
Defensive Coordinator/DB's:	Devon Montgomery
Varsity Offensive Line Coach:	Joe Galeai
Varsity Receivers Coach:	Irving Booker
Varsity Running Backs Coach:	Javon Moore
Varsity outside Linebackers Coach:	Gregory Giron
Varsity Special teams:	Napoleon Banks
Junior Varsity Head Coach:	Carlton Rashard
Junior Varsity Offensive line Coach:	Luzon Byrd
Junior Varsity Receivers Coach:	Lawrence Singleton
Junior Varsity Linebackers Coach:	Tony Ryan
Junior Varsity Defensive Line Coach:	Luzon Byrd
Junior Varsity Defensive Backs Coach	Alex Jaco

WHAT YOU CAN EXPECT FROM THE HEAD COACH AND STAFF

1. To be completely honest and loyal to administration, staff, coaches players and parents.
2. To provide the leadership and training necessary to achieve our / your goals.
3. To provide an environment that will encourage you to obtain a valuable education and to get a higher education.
4. To assist you in learning to use your talent to the absolute outer limits of your capabilities.
5. To provide you with the opportunity to develop your physical and mental skills along with your abilities.
6. To make all decisions predicated on what is best for the team and then is best for the individual.
7. To be available to you, we have an “open door” policy, which makes it possible for you to see us at any time, for any reason.
8. To be firm, but fair and consistent in all our dealings.
9. To care about your development as a total person both on and off the football field, as well as, in and out of the classroom.

Prejudice

I will in no way tolerate anything that even resembles prejudice on this team. I believe that “God created all people equal,” and we will love our neighbor as ourselves. I do not condone preferential treatment. People who work hard, love their teammates, and try to do what is right will please the coaches. All I expect and the players expect is to be treated fair and honest down the line and to know in your heart you care and love them as a person. The book of Proverbs never talks about hate, but talks about loving and caring for your neighbors.

Attitude

It is important that each member of my staff has a positive attitude and enjoys their job. I would hope that you as an assistant coach would wake up in the morning and enjoy coming to work. This is extremely important to me. Also, I hope you’ll feel free to come to me with any problems that may be bothering you. No matter how intense and demanding this job may be, your religious beliefs and your family’s happiness is still the most important thing. There will not be a problem that we can’t resolve if we work together and remain positive.

Football Coaching Staff Policy

- 1) Loyalty to the head coach and our program is paramount, make sure we uphold this at all times. Anything other than that will not be tolerated.
- 2) What goes on in this field house stays in this field house!!!
 - A. Any differences we have needs to be settled here.
 - B. If not settled, then the head coach will make the final decision.
- 3) Be on time!!! (Call and inform the head coach if you are going to be late.)
- 4) Be in uniform (blue shorts and gray shirt).
 - A. If cold or inclement weather, make sure you have either blue or grey sweats.
- 5) No cell phones during coaching time unless authorized by the head coach.
- 6) Execute the drills and techniques as it is stated exactly on the practice schedule. If not completed during the allotted time period, then move on to the next drill unless authorized by the head coach.
- 7) Don't ever leave an event unless authorized by the head coach.
- 8) Each one of you has an assigned duty as a football coach; make sure you execute it to the best of your ability.
- 9) Follow through on assigned tasks in a timely matter.
- 1) Make sure you know everything there is to know about your coaching assignment within our system. (If you don't know then ask!!)
- 11) No profanity use with the players.
- 12) Coach with enthusiasm!!
- 13) Do not do anything to embarrass, our football team nor you out in the community.
- 14) Violation of any terms of the contract will result in the following:
 - 1st offense - verbal reprimand
 - 2nd offense - growth plan
 - 3rd offense - leave with pay, non-renewal for following year.

I _____ agree to all the terms of this contract and will fully uphold them to the best of my ability.

Sincerely,

Coach Banks

Signature_____ Date_____

EXPLANATION OF ATHLETICS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the action of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Locations and times of practices and contests. (Check website)
3. Team requirements, e.g., practices, special equipment, out-of-season conditioning.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.

As your children become involved in the programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support. It is very difficult to accept your child not playing as much, when, or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes regardless of the score of the game or the personal feelings of the student-athletes' parents. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things should be left to the discretion of the coach.

Examples include team strategy, other student-athletes, playing time, etc.

There are situations that may require a conference between the coach and the parent. These meetings are encouraged. It is important that both parties involved have a clear understanding of the other's position. **There will not be a conference regarding playing time without the student-athlete and coach present.**

When these conferences are necessary, the following procedures should be followed to help promote resolution:

EXPLANATION OF ATHLETICS (continued)

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic office. A meeting will be set up for you.
3. **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director. A meeting with the Athletic Director, Principal, Superintendent, or School Board will not be granted until a personal meeting with the coach and parent has occurred. Retaliation by a coach is unacceptable in the athletic program and will not be tolerated. It will also not be accepted as a reason for a parent to avoid a personal meeting with the coach in question.

Since research indicates that a student involved in extracurricular activities has greater success during adulthood, the athletic programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

Football Expectations

1. Teach our athletes life lessons as well as the game of football. As coaches we have ample opportunity to impact athlete's lives. Coaches will set the bar higher and expect our athletes to act like men and help them become prepared to enter life's obstacles head on knowing that they are capable of conquering them.
2. Athletes will be model students in the classroom. The goal is always to obtain an education first. Athletics is a way for some kids to express themselves and showcase their talents, however none of that is possible without school, so with that being said are students are expected to go to tutorials and maintain passing grades throughout the season.
3. Total effort and a positive attitude in the classroom and on the field. Obtain a valuable education and to graduate on time.
4. Develop a feeling of unity and a "spirit of family" with your teammates. To be totally loyal to your school, administration teammates and coaches.
5. Discipline and dedication are vital to all sports. Football is a team sport and our athletes must learn through hard work, discipline, and dedication, anything is possible, but you have to have faith that the person next to you worked just as hard and will be reliable and accountable when his number is called upon.
6. Develop an attitude of truly striving to be the
VERY BEST THAT YOU CAN BE in everything that you do.
7. Develop yourself as a total – person: on and off the field, in and out of the game of football.
8. To be completely honest in all our dealings.
9. To practice and play to the maximum of your potential at all times.
10. We will accomplish this with our efforts in practice on Monday, Tuesday and Wednesday. Great effort on Friday nights is not enough. We must pay the price during the practice week.
11. EXECUTE! This is accomplished with prompt, daily attendance with maximum effort at practice!

GAME PLAYING POLICIES

It is necessary to establish some basic guidelines regarding those who practice, those who start games, those who play in games, and those who will dress out for games.

1. **Unexcused Absence from Practice:** If a player has an unexcused practice during “game week” he will not start in the upcoming football game. His status will be evaluated by the Head Coach to determine if he will dress out and play in that game.
2. **Injury Policy:** If a player is injured, upon his return to action, he will be given an immediate opportunity to compete for the position on the depth chart at which he was listed at the time of his injury.
3. **Injury - Missing Practice During Game Week:**
 - a. If a player does not practice on both Tuesday and Wednesday of “game week”, he will not start the game on Friday.
 - b. If a player does not practice on Tuesday, Wednesday and Thursday of game week, the Head Coach will make a decision as to whether that player will dress out for the upcoming game. Under no circumstances will that player start in the upcoming game.
 - c. If a player misses practice on Monday due to an injury, but does practice on Tuesday, Wednesday, and Thursday, that player can start in the upcoming game. (Same if a player practices, Monday, Tuesday, Wednesday, but misses on Thursday due to an injury.)
 - d. If a player practices on Tuesday and Wednesday, but misses both Monday and Thursday, the Head Coach will evaluate his position as a starter.
4. **Player Who Leaves The Team – But Is Allowed To Return:**

If a player voluntarily leaves the team and is permitted by the Head Coach to return, that player will return under the conditions set – up by the Head Coach. These conditions will be appropriate to fit the situation. Any such player will return at the bottom of the depth chart and be subjected to appropriate disciplinary measures as set – up by the Head Coach, Athletic Director and Administration.

RECRUITING

Some parents who have students participate in sports want their children to have an opportunity to obtain a college scholarship. We definitely encourage this and want to help facilitate our athletes during the recruiting process. It is not guaranteed that our athletes will have this opportunity. Some of the characteristics that recruiters look for in our athletes that are innate include:

- 1) Height
- 2) Speed (depending on position)
- 3) Frame-the ability to get bigger

Some characteristic can be acquired through hard work, repetition, and dedication includes:

- 1) Good character
- 2) Coach - able
- 3) Agility
- 4) Instincts
- 5) Weight
- 6) Strength
- 7) Intelligence (academically)
- 8) Work ethic
- 9) Successful play on the field

Ultimately the two most important factors that will provide our student-athletes an opportunity to be recruited will their **1) athletic and 2) academic performance.**

We will provide as much information possible as evidence of their athletic performance which will include:

- 1) DVDs
- 2) Statistics
- 3) Honors and awards

As evidence of their academic performance, we will provide the following information:

- 1) Transcripts (Unofficial from coaches) and (Official from counselors)
 - a. SAT/ACT scores
 - b. GPA
 - c. Class rank
 - d. TAKS scores

RECRUITING (CONTINUED)

I will keep parents and student athletes informed of the eligibility requirements for the Division I and Division II level. Division I FBS (Football Bowl Subdivision) colleges offer full scholarships. Division I FCS (Football Championship Subdivision) offer full and partial scholarships. Division II and NAIA (National Association of Intercollegiate Athletics) offer partial scholarships. Division III offer academic scholarships.

Note: NAIA and Division III academics requirements are based on the specific school's entrance requirements.

When the recruiters evaluate the previous information provided, then it will be up to them to determine whether or not the athlete is scholarship worthy. **The coaches' recommendation** will have a have a grave impact on the athlete as well.

SUMMER FOOTBALL OFF - SEASON SCHEDULE

June

4 - 8 th	Olympians Football Camp	Monday - Friday
11 - 15 th	Olympians Football Camp	Monday - Friday
18 - 21 st	Summer Pride-Week 1	Monday - Thursday
25 - 28 th	Summer Pride-Week 2	Monday - Thursday

July

2 - 3 rd	Summer Pride - Week 3	Monday - Tuesday
4 th	Holiday	Wednesday
5 - 6 th	Summer Pride - Week 3	Thursday - Friday
9 - 12 th	Summer Pride - Week 4	Monday - Thursday
23 - 26 th	Summer Pride - Week 5	Monday - Thursday
30 - 31 st	Summer Pride - Week 6	Monday - Tuesday

August

1 - 3 rd	Summer Pride - Week 6	Wednesday - Friday
6 - 10 th	Football Camp (Incoming 9 th Graders)	Monday - Friday
13 - 17 th	1 st Week of Full Contact	Monday - Friday
15 th	Freshmen Parent Meeting	Wednesday
13 th	1 st Day of Full Pads	Friday
20 th	Meet the Olympians (Scrimmage)	Saturday
27 th	Prepare for game 1	Monday

ACADEMIC ELIGIBILITY

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student had earned the cumulative number of credits in state-approved courses.

1. Beginning the 9th grade year- student must be promoted from the 8th to the 9th grade.
2. Beginning the 10th grade year-student must have at least 5 credits toward graduation.
3. Beginning the 11th grade year-student must have at least 10 credits toward graduation or during the preceding twelve months, he/she must have earned 5 credits.
4. Beginning the 12 grade year-student must have at least 15 credits toward graduation or during the preceding twelve months, he/she must have earned 5 credits.

A student participating in activities will be suspended from participation in games after grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class.) This suspension continues for three weeks. The student will become eligible if passing all classes with a grade equal to or greater than 70.

OFF-SEASON SCHEDULE

January 7 - 11	Introduce Olympians Pride Camp
January 14 - 25	Olympians Pride Camp
February 11 - 15	Testing
February 18 - March 28	Weight room-Linemen group, back group, alternate days.
April 1 - April 11	½ weights / football skills
April 15 - May 13	Spring ball, weight room- lineman group, back group
May 20 - 21	Final testing

Note: Character building lectures will be done during the first 15 minutes of off-season workout.

Weight room schedule:

Open daily: 2:45 p.m. - 4:30 p.m. Monday-Thursday

Six week cycle:

Weeks 1-3

Weeks 4-6

Bench Press/Incline bench

4X10@ 75% light

4X8 @ 85% light

4X6 @ 85% heavy

4X4 @ 95% heavy

Squat/Power Clean

4X10 @70% light

4X8 @ 80% light

4X6 @ 80% heavy

4X4 @ 90% heavy

Absence Policy:

- A. If an athlete is going to be absent, he must call or speak personally to a varsity coach. That coach will determine if the absence is excused or unexcused.
- B. Not calling in or speaking to a coach is an automatic unexcused absence. The reason for the absence becomes irrelevant.
- C. An excused absence will require 5 gassers for make-up running.
- D. An un-excused absence will require 10 gassers for make-up running.
- E. Absences must be made up as soon as possible or the first day an athlete is physically able.
- F. If an athlete accumulates 100 gassers without any attempt to make them up, he will be removed from the program

FUND RAISER

ADVERTISEMENTS

Stadium banners:

1 year membership	\$700.00
1 year membership with banner 3' x 8' banner	\$800.00

Note: Banners will be permanently placed at the stadium to be viewed at all sporting events throughout the year which includes all middle school, 9th grade (A & B), Junior varsity and varsity football games. All Panther girls and boys soccer teams will play their games at our stadium as well; including Track and Field.

MESSAGE BOARD ADVERTISEMENTS

1 game	\$50.00
All 4 home games	\$200.00

Note: The message board will be in operation only at the Panther varsity football home games.

FOOTBALL PROGRAM ADVERTISEMENTS

Full page	\$200.00
1/2 page	\$100.00
1/4 page	\$65.00
1/8 page	\$35.00

Note: The football program will be sold only at varsity football home games.

(Fund Raiser continued)

For the banner and/or message board advertisement, make check or money order payable to:

HIGH SCHOOL.

For the football program advertisement, make check or money order payable to:

HIGH SCHOOL.

Our address is:

JOG-A-THON

20 laps (Each player get a pledge to sponsor them per lap)

Example: \$1 x 20 laps = \$20

\$5 x 20 laps = \$100

SELL T-SHIRTS AT GAMES

Sale T-shirts for \$10/each

Estimated cost to manufacture T-shirt: \$5/Each

(Bring in \$5 profit)

Example: 20 shirts sold = \$100