



#ALLIN

Golden Tornadoes Soaring to
Excellence

BUILDING CHAMPIONS

On the Field and in Life

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***GOLDEN
TORNADOES
FOOTBALL***

2022 PROGRAM OUTLOOK

COACHING PHILOSOPHY

BUILDING

CHAMPIONS

Champions embody four principles that drive their insatiable desire for success: Discipline, Courage, Integrity and Respect.

Discipline

Doing what is right, when the opportunity to do wrong presents itself. When you're tired or want go against the grain, you continue to do what you were coached to do. Focusing on the "little things" and with great enthusiasm and passion making sure those "little things" are done properly.

Courage

Having the ability to move forward when facing the unknown. Daring to be different, and doing things the right way. Not accepting mediocrity and demanding others around you to change their perception of what is acceptable.

Integrity

Controlling what you can control: Your actions, your level of commitment, your work ethic, your effort. Turning your weaknesses into strengths. Putting in the work necessary to be great!

Respect

Showing your coaches, teammates, officials, opponents and the game the veneration they deserve. Never underestimate any opponent or situation and always be the best version of you in representation of yourself, your family, the school and staff.





TEAM GOALS AND OBJECTIVES

- 01** Win the day
- 02** Be undefeated at home
- 03** Defensively: relentless, everyone to the ball
- 04** Offensively: Utilize athletes and get them in space
- 05** Dominate all phases of the game
- 06** Represent school, parents, program, community, and ourselves with pride
- 07** Go 1-0 every week
- 08** Win AAAA Region 1



KEYS TO SUCCESS

The following keys are necessary in order to build a successful high school football program:

- Strong administrative and faculty support.
- Hiring teachers in the building who also coach football.
- Year-round academic oversight program.
- Strong parental and community involvement and support.
- Cooperation amongst coaches of all sports.
- Year-round strength & conditioning and player development.
- Leadership and character development program.
- Multiple-sport participation among athletes.
- Effective, year-round staff development.
- Strong youth and middle school programs.
- Dedicated, knowledgeable coaches with professional standards.
- Maximize technological capabilities.
- Have fun playing football while building character.



ACADEMIC SUPPORT AND EXPECTATIONS

01 Priorities

Coaches must make the academic success of the football program a top priority. Coaches will oversee a group of players in order to monitor and address academic affairs on a consistent basis.

03 Goals

100% eligibility. 3.0 team GPA average. At least one player on the Academic All-State team every year. Players who want to play collegiate football at any level are academically eligible to do so.

02 Cooperation

Parents, coaches and student-athletes will work as a team to ensure the academic success of our young men.

04 Strategies

Year-round academic monitoring program. All coaches assigned to their position group for monitoring. NCAA eligibility monitoring



STRENGTH TRAINING

One of the most critical aspects of a winning football program is an effective training program. It is imperative to the success of individual athletes as well as the team that we take pride in the weight room.

01 Year-round strength-training and conditioning are essential for these reasons:

- Limits injury
- Builds confidence. Players that are confident in their ability will perform at a much higher level.
- Maximum development of athleticism and speed.
- Teaches life skills: hard work, teamwork, dedication, physical and mental toughness.
- Develops team unity.

02 As a compliment to our strength training, we will also focus on other areas of athletic development:

- Flexibility
- Speed
- Plyometrics/Power/Vertical
- Core strength (Injury prevention)
- Running technique



PROGRAM CONCEPTS

- 01** Complete one community service project each year.
- 02** Staff retreat or cookout with wives and children.
- 03** Goal boards in the locker room for all three phases of the game.
- 04** Cover the locker room in quotes and motivational phrases.
- 05** Film practices.
- 06** Thursday night team meal with coaches, players and families.



COMMUNITY PHILOSOPHY

The football program is part of the community and includes players and their families.

- 01** Players and coaches will fully support other students/athletes
Encourage football players to be multiple-sport athletes
- 02** Team community service project during the off-season
- 03** Support athletic department fundraising
- 04** Support the Booster Club
- 05** Use the success of the football team to contribute to fostering a sense of school pride within the student body
- 06** Open communication between the football staff, parents and administrators



DISCIPLINE PHILOSOPHY

All members of the High School Football program will conduct themselves with dignity and respect. It is the expectation that players, managers, and coaches will take personal responsibility for their actions and how they conduct themselves on and off the field.

01 Minor violations include (but not limited to): Attendance, minor school infraction, missed practice, missed workout, missed meeting, Inappropriate language, and disrespectful toward teammates

- Coaches discretion
- Stay after practice to make up what has been missed
- 100 yds of hit its (up-down every 5 yds on the football field)
- 200 yds of hit its

02 Repeat Minor violations- missing several practices, workouts, meetings, study tables, and disrespectful behavior (Parents will be notified for all repeat minor violations)

- Meeting with head coach
- Meeting with head coach and position coach
- Meeting with Coaching Staff and Players
- Dismissed from the team



DISCIPLINE PHILOSOPHY

03 Major violations –Refuse to follow team rules and expectations, drugs, alcohol, tobacco, or arrest

- Suspension for game
- Dismissed from team

It is vital to encourage positive behavior and good decision making for the success of our program. Players, parents, and coaches must understand that the behaviors we allow, we also encourage. Discipline is one of the foundations of building a successful program.

***Head coach has the ability to make disciplinary decisions on behaviors not listed**



BUILDING CHAMPIONS: ON THE FIELD AND IN LIFE