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A **AMBITION**

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HUMILITY

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CONDITION

CONFIDENCE

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COMRADERY

Thankfulness

TALENT

SEASON 2

MAKING A CHAMPION

SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER.

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Sequence w/Film

Season 2

Week 1 – Humility – Staying Humble

Week 2 – Endurance- jacks Heat

Week 3 – Confidence –Jmacs

Week 4 – Comraderie- Mulkey FIRE

Week 5 - Honesty- Owing Failure

Week 6 - Ambition – Aaron Rogers

Week 7 – Conviction –Rocky & Son

Week 8 – Cooperation

Week 9 – Hope- Pursuit of Happiness

Week 9 – Passion- haywards heart

Week 10 – Thankfulness- earn it / Pvt.Ryan

Making a Champion

Goal Sheet

GOALS MUST BE *SPECIFIC AND MEASURABLE.*

PURPOSE

GOALS

	General Thoughts	Short-Range Goals	How I Plan to Accomplish My Short-Range Goals	Dreams	How I Plan to Accomplish My Dreams
Personal Family	The family is the basic social unit of our society. My family is very important to me.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Spiritual Moral	Above all else, I realize that my spiritual beliefs and my moral values will shape my life. I will do what is right!	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Caring Giving	How I function as a total person in society is important. I will give back to my community.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Health Fitness	One of the greatest gifts we have is our health. My physical conditioning is a controllable commodity. I will develop lifetime fitness habits.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Your Team	I am part of a great team. I count on my teammates, and they are counting on me. I will achieve great things for the team.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Academics Career	I am in school to achieve academically and obtain a valuable degree. I want to grow both productively and profitably in my career.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.

HUMILITY

IN Thought and ACTION

*the quality or condition of being humble;
modest opinion or estimate of one's own importance,*



LIFE THEME

Question:

What or who are the five most important things in your life?

Truth:

Putting others in front of yourself shows a sense of security in who you are, a great step toward manhood and real masculinity.

Execution:

Evaluate your relationships start putting others wants and feelings in front of your own. Think of practical way you can put others first.

Live out the idea “I am Second....”

FOOTBALL THEME

Question:

What is more important Team success or your success?

Truth:

A group of individuals focused on others (teammates) will not only win more games but also in the end receive more individual recognition.

Execution:

Dedicate this game to another person and play for them. Be a great blocker on offense and on defense don't get bored doing your job.

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Watch Season 2 ..Week 1 Video.....Write thoughts on Back

“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”

Success is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that your are capable of becoming.

JOHN WOODEN

ENDURANCE

the ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions

Mental-Moral- Toughness..... Dissipation (Wasting Away) must be eliminated.

MENTAL Conditioning must be endured accepted and most importantly be allowed to create Growth!!



LIFE THEME

Question: Are you mentally and morally tough. What are examples?

Truth:

Every person gets knocked down or fails but MEN get up and keep fighting for what they believe in.

Execution:

Never quit, never say I Can't!!!!

FOOTBALL THEME

Question: Why is it important for our Team that you are an individual of mental and moral toughness.

Truth: The opposite of courage in our society is not cowardice, it is conformity... **Rollo May**

Execution: Lead with conviction ..
Do NOT Waiver....

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JOHN WOODEN

CONFIDENCE

Full trust; belief in the powers, trustworthiness, or reliability of a person or thing

RESPECT WITHOUT FEAR. MAY COME FROM BEING PREPARED AND KEEPING ALL THINGS IN PROPER PERSPECTIVE. TRUSTING IN GOD, TRUSTING THOSE AROUND YOU AND TRUSTING IN YOURSELF....

LIFE THEME



Question: Do you live confidently?

Thought: Nothing can be done without hope and confidence. Helen Keller

Truth: This world is starving for men to stand up and lead Emotionally, Morally, Spiritually and Physically.

Execution: Take time to define your self in regards to the items above and then CONFIDENTLY STAND FIRM!!!

FOOTBALL THEME

Question: Do you play every down confident you will create a **GREAT OUTCOME...**

Truth: We will not reach our potential if we don't move confidently.

Execution: Trust in your teammates... trust in your coaches and perform with Confidence the task at hand.

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JOHN WOODEN

COMRADERIE

*a spirit of family and trust existing
between friends*

Comes from mutual esteem, respect and devotion. Like marriage, it must not be taken for granted but requires joint effort.

Life Theme

Question

Is what makes a great experience or event more about the Event or those that you share it with?

Thought

Life is full of winning and losing, mountains and valleys what you take from those experiences are the relationships. LIFE is about Relationships.

Truth

Many people at the TOP are lonely and miserable...
Drugs, sex, possessions.. but 0% TRUE JOY

Execution

Don't live life for a trophy a ring or a promotion all those things are good but being a good friend
Husband Son is true achievement.



Football Theme

Question

What is the most memorable time in your football career? Who was there to share the moment with you?

Thought

This game is shallow without a sense of team, an understanding of family.

Truth

The team goals and your selfish personal goals will not be met without the realization of friendship and FAMILY.....ALL for one and one for all.....

Execution

FORGET YOURSELF.... REALIZE your are simply 1 of many on a TEAM that means more than YOU!

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“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”

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JOHN WOODEN

HONESTY

IN Thought and ACTION - Preserves Character

*truthfulness, sincerity, or frankness.
freedom from deceit or fraud.*

LIFE THEME



Question

How does it feel to be lied to? Do you lie to avoid consequences?

Thought

Lying is weak! it simply shows weakness in your character an inability to be accountable or responsible for thoughts and actions.

Truth

Being truthful may come at a cost friends, successes and even pay raises!

Execution

Write down three things that may challenge your Honesty....

FOOTBALL THEME

Question: Do You think that you can be your best with out obeying your coach and truthfully follow his directions.

Thought: Being Honest with yourself creates a real peace with in... It shows a confident image to others.

Truth: Don't Sacrifice Being Truthful (a Stand up guy) for a temporary escape from accountability...

Execution: Ask a trusted friend, coach or adult to evaluate your honesty...

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Watch Season 2 ..Week 5 Video.....Write thoughts on Back

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JOHN WOODEN

AMBITION

for noble goals

an earnest desire for some type of achievement or distinction, as power, honor, fame, or wealth, and the willingness to strive for its attainment:



LIFE THEME

Question 1 :

What is your greatest desire? What gets you fired up in the morning?

Question 2 :

What are 3 Life (NOBLE) Goals that you have for yourself. **NOBLE** (of an exalted moral or mental character or excellence)

Truth:

A good plan violently executed now is better than a perfect plan executed next week.

George S. Patton

FOOTBALL THEME

Question 1 :

**How ambitious are you at practice?
How ambitious are you game day?**

Question 2:

What should THE Noble Goal for our program be...
OUR ULTIMATE ACHIEVEMENT...

Thought:

Dream Big & Do the Work!

A pint of sweat, saves a gallon of blood.
George S. Patton

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Watch Season 2 ..*Week 6 Video*.....Write thoughts on Back

“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”

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JOHN WOODEN

CONVICTION:

a fixed or firm belief

Saying YES to something, often Requires a NO to something else,
Conviction will Cost You something!

LIFE THEME

Question: What do you want to say yes to that may require a NO down the road?

Thought: Saying yes to something like a marriage commitment means you will have to say no to other opportunities in life.

Truth: Big time Commitments are the beginnings of Great Accomplishments. BUT they will come with needed sacrifices.

Execution: Hold fast to your Commitments have the strength to say no to that which is not BEST...



FOOTBALL THEME

Question: Does excellence in Football come at an expense?

Thought: A group of young men applying conviction toward a single goal can accomplish much good.

Truth: It is not a scheme that wins games but heart felt execution of “THE CHOOSEN SCHEME” that experiences VICTORY!

Execution: Follow your Coach, be an example for your teammates AND play with CONVICTION!

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Watch Season 2 ..Week 7 Video.....Write thoughts on Back

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JOHN WOODEN

COOPERATION

With all levels of your TEAM. Listen if you want to be heard.
Be interested in finding the best way, not in having your own way.



Life Theme

Fact: cooperation requires humility and an understanding of a larger goal
willingness to submit to authority

Question: Are you too insecure to move on directives given by authority if you don't understand the WHY? Or outcome?

Truth: It takes courage and humility to work with others and submit to authority..

Football Theme

Question: How much of YOU are you willing to give up to cooperate with the Goals of this TEAM.

Thought: It is amazing how much can be accomplished when no one cares who gets the credit.

Truth: What can be accomplished by a TEAM will always outshine and be more significant than that which is accomplished by an individual.

Execution: Know your Roll.. Take Pride in your Roll... Be your best... with this purpose... That WE become our best!!

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Watch Season 2 ..*Week 8 Video*.....Write thoughts on Back

“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”

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JOHN WOODEN

HOPE

Never Quit..... Dream Big, Think Big



Life Theme

Question: Who do you know that is a dreamer? Or an individual that thinks BIG... outside of the box....Do you admire or do you scoff their dreams...

Action: You must believe in yourself...do not listen to the negative people or the doubters. YOU must not ever lose HOPE! Hold firmly to your dreams.

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

Confucius

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Watch Season 2 ..*Week 10 Video*.....Write thoughts on Back

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JOHN WOODEN

Football Theme

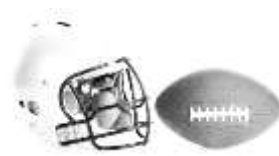
Question: Have you ever lost hope? Thinking the opponent is just to big, to fast, to strong....

Truth: Don't let anyone limit you or your potential as a player and teammate you can accomplish greatness as long as you continue to believe and have HOPE. **DO NOT FEAR ADVERSITY!!!**

“Only in the darkness can you see the stars.”
Martin Luther King Jr.

PASSION

IN Thought and ACTION



Life Theme

Question 1 : What is the benefit or advantage of living life with PASSION?

Question 2 : Why do some people live life unexcited and unmotivated? Is that how you wish to live?

Truth:

There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.

Nelson Mandela

any powerful or compelling emotion or feeling, as love or hate.

Football Theme:

Question 1 : What is the benefit or advantage of **PLAYING** with PASSION?

Truth : As you grow and get older in your football experience you will find that it is not a fast a 40yd dash or a big Bench Press that allows you to identify great players. But rather in watching game tape you will identify greatness by those that sprint snap to whistle with reckless abandon.

I do play football no-holds-barred. Any edge I can get, I'll take.

Joe Greene

If passion drives you, let reason hold the reins.

Benjamin Franklin

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Watch Season 2 ..Week 9 Video.....Write thoughts on Back

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JOHN WOODEN

THANKFULNESS

IN Thought and ACTION

feeling or expressing gratitude;
appreciative.



Life Theme

Question 1: What are you thankful for?
Relationships? Opportunities? Material Things?

Two Choices:

Live a life with an attitude of gratitude?
Or live a life of bitterness? You Choose...

Just the facts:

Psalms 139:14 says you are fearfully and
wonderfully made! There is no one like you!
You are a one of a kind unique and special
regardless of any negative feeling you may
have... You must KNOW that you have great
stuff to add to this World...

Be true to yourself, help others, make each day your masterpiece,
make friendship a fine art, drink deeply from good books -
especially the Bible, build a shelter against a rainy day, give thanks
for your blessings and pray for guidance every day.

John Wooden

Football Theme:

Task 1: Name a few things that you are
thankful for as a result of playing football.
-Friends, Mentors, Memories???

Next Level: What have others sacrificed
in order to allow you to play this game?
Money? Time? Thought?

Task 2: Go say thank you to one or more
people that have allowed you to experience
the game of football.

When you practice gratefulness, there is a
sense of respect toward others.

Dalai Lama

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JOHN WOODEN