

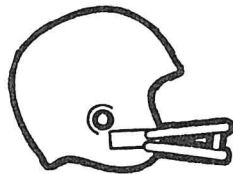




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## Some Thoughts on Football from Former Cougar Chad Paulson



MOUNTAIN VIEW COUGAR FOOTBALL is a right of passage, a voluntary entrance into manhood. The choice is made to trust teammates and coaches, believing that the sweat and pain is worth the gains. The gains are not just wins but competing and finding fulfillment in giving every ounce of energy you have, allowing yourself to look in the mirror every day and know that you did your best.

Nothing is given to you, everything received is earned. The highest honor is a black hat (black helmet)... varsity football. Everyone knows that if you have on a black hat you are the best of the best. When you slide the helmet on, you are accountable to all your teammates and coaches. You have

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the chance to be perfect, giving everything to perform your assigned duties which have been practiced diligently a thousand times. Your job is covered and the other ten guys on the field know they need only worry about their assignment.

I learned through Cougar football not to ask what it will take, rather do what it takes to get the job done. After the hardest practice of the week and the third lap around the track for conditioning, never ask are we done or how many laps are left – get on the line and prepare to run the next lap as hard as your body will allow. Lessons were learned on the field that I will carry with me for the rest of my life. Never give up, be disciplined, work hard and do your job the best you can regardless of anyone else.

Football is never easy. I have seen kids quit, cry, curse out coaches and truly believe another lap would kill them. But that is what

gives you the greatest satisfaction, persevering in practice and games. After giving your heart and soul, accomplishing unimaginable goals, a belief is instilled deep within that you truly can do anything.

I know that the person I am today and all the successes and awards I have attained can be attributed to the coaches and players that pushed me to be the best and forced me to develop my character out of pride and responsibility to Mountain View Cougar Football.

I will never forget the lessons about life I learned on the football field and will always encourage young people to take part in the valuable tradition that is Mountain View Football.

**Chad Paulson**

*Oregon State University senior running back  
and Mountain View graduate*

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