

LOYALTY

WORK ETHIC

DETERMINATION

Discipline

Sincerity

FAMILY

Initiative

ENTHUSIASM

FOCUS

Destiny

**Success built on a Foundation
of Character...**

“Wooden”

Sequence w/Film

Season 1

Week 1 – Loyalty - Lombardi

Week 2 - Family- Rudy 1& 2

Week 3 – Determination – Tom Brady

Week 4 – Work Ethic- Urlacher

Week 5 – Discipline- I can I must

Week 6 – Enthusiasm- I am a Champion

Week 7 - Sincerity – How bad do you want it

Week 8 – Destiny –Powerful Beyond Measure

Week 9 – Initiative.

Week 10 – Focus Jordan

Loyalty

To your Beliefs and to those depending upon you.

Life

Question #1

What are your Core Beliefs and do you stand firm?

Question #2

How do you demonstrate loyalty to your family and friends.

Football Theme

Question #1

List 3 ways you have demonstrated loyalty to your team.

Question #2 What is the difference between a group of loyal young men focused on a common goal vs. a group of individuals that look for personal glory?.

TRUTH: SAYING YES and making a commitment to being LOYAL, whether to a person or belief system, will come with a sacrifice. It will require a **NO** to other relationships and/or opportunities.

Go to: WWW.COACHMERTZ.COM

Watch 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.

A genuine consideration for others, eagerness to sacrifice personal interests of glory for welfare of all.

Life Theme

Question #1

Who is a family member or friend that you serve or care for?

Question #2

When's the last time you sacrificed for and/or celebrated a brother or sister's success? How about thanked mom or dad for how the bust their tail to provide for YOU! I challenge you today to not just serve as you are expected but go above and beyond in a way that shows you are a team player, a contributor, a MAN!

Football Theme

Challenge #1

Think of a team mate that is struggling right now.

Now intentionalize an action plan to help him be a success. It may take awhile to make it happen.... stick it out and show true team spirit.

Go to: Rudy video—Gets to Play in his Final Game!!!

Watch Video Week 2Write thoughts on Back

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Determination

Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.

Life Theme

Question: Have you ever quit something you started? If no... how about walking away emotionally while your body is still physically present?

Thought: Persistence is a dying quality in our country...

Truth: Intententness or Determination is the quality that will not allow you to quit. Our society is brainwashed into the idea of immediate gratification.

Execution: Invest in long term goals....

Football Theme

Question: Have you set goals for this season? Are you still invested emotionally, spiritually and physically?

Thought: Surround yourself with men who are driven and have strong character...Success will be around the corner.

Truth: Persistent players often overcome talented individuals that lack determination.

Execution: Hold yourself accountable for your goals do not accept failure.

Go to: www.COACHMERTZ.com

Watch Video Week 3.....Write thoughts on Back

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Work Ethic

Consistent hard fought effort

LIFE THEME

Question

What do you want to accomplish as a man
say 20 years down the road...

Relationships, Job, Home, Car, Toys

What will it take to get there?

EDUCATION, Time, Sacrifices

How much competition do you anticipate?

Do you expect to excel? Why?

Truth

All men have a desire to succeed but few men
have the **Work Ethic** to realize that SUCCESS!!

Execution

Fill out the attached Goal Sheet ...Then are
you Ready? FOLLOW THROUGH!!!

FOOTBALL THEME

Question

What do you want to accomplish as a Player
this Year and next... Personally & for the
Team

What will it take to get there?

Weight room, summer commitment??

How much competition do you anticipate?

What is mediocrity & is it acceptable to you?

Truth

All men have the will to win few men have the
will to prepare to win!!

Execution

Fill out the attached Goal Sheet ...Then are
you Ready? FOLLOW THROUGH!!!

Go to: www.coachmertz.com

Watch Week 4 Video.....Write thoughts on Back

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JOHN WOODEN

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.

Discipline

Practice self discipline and keep emotions under control. Good judgment and common sense are essential.

Life Theme

Question: Have you seen those in authority lose control of their emotions? What did you think of them? How did they handle the emotionally charged situation?

Truth: Real Men use DISCIPLINE to keep their emotions, speech and behavior in check.

Football Theme

Question: Football cannot be played at a high level without significant emotion or passion how do you **Elevate** and then control your emotions throughout a game.

Execution: As a Teammate learn to inspire your comrades to play with great emotion and then incorporate DISCIPLINE to achieve our team goals.

Go to: www.CoachMertz.com

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

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Enthusiasm

Brushes off upon those with whom you come in contact.
You must truly enjoy what you are doing.

Life Theme

Question and Thought

How will you approach life's challenges
weak & limp or bold & forceful?
Create Enthusiasm from **within**
and Bring IT!

Truth

Experiences LIVED with great
enthusiasm are never a LOSS!

Execution

Enthusiasm is a choice! Choose to
embrace the challenges of today.

NO EXCUSES

Go to: www.CoachMertz.com
Watch Video Week 6..
Write thoughts on Back

Football Theme

Question

Can our TEAM reach its potential without
ENTHUSIASM? (INSPIRED PLAY)

Question

LEVEL 1 As an individual are you enthusiastic about
the challenges football presents?
LEVEL 2 As a teammate do you elevate those around
you with **your** enthusiasm.

Truth

A GAME PLAYED with great enthusiasm creates intense
battles and memorable experiences!

Execution

You may have to force it, you may not feel it, but challenge
your self to come off the hook with enthusiasm for 30 min...
Try it for one practice and notice the impact on your
teammates....

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Sincerity

freedom from deceit, hypocrisy

Life Theme

Question 1 : Are you a sincere man or do you behave one way at church or at home and a different way around the boys? If so WHY?

Question 2 : Will you accept insincerity, being a hypocrite, an acceptable outcome of your character?

Question 3 :
What is the cost of SINCERITY?
What is the ***Gain?!***

Football Theme

Who in our program has the most sincere love and passion for the **FAMILY**.

Name a player or a coach and explain how they have lived out this sincerity.

Go to: www.CoachMertz.com

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

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Destiny

Fight.....Determination... Journey

Life Theme

#1.) Who are you destined to be?

#2.) Will you let your situation determine your destiny or do you dare to grasp the competitive greatness with in you and create your own future?

A life worth living surrounded by people worth loving...

Football Theme

#1.) How has the game of football impacted your view of yourself.

#2.) Do you think this football program including the coaches, players and experiences (practices, games and bus rides) have impacted your destiny as a future Husband, Father and Friend?

ABOUT Question #1: Who you are is not what you do your profession or accomplishments... its your motives... its what's in your heart...

Go to: www.CoachMertz.com

Watch Video Week 8...Write thoughts on Back

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Initiative

Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.

Life Theme

Question: Is there a lot of people experiencing the success you want for yourself?

Thought: You may have to think “of the box”...

Truth: If it was easy everyone would do it!!

Execution: Be your own Man
Do your own thing... Lead...

Football Theme

Question: Being a Champion will take a unique and uncommon effort.

Thought: How can you separate from the competition with Initiative and daring.

Truth: Successful people take initiative and do the things others are too lazy or scared to do.

Execution: Sell OUT....turn over the stones and go to WORK!!!!

Go to: www.CoachMertz.com

Watch Video Week 9...Write thoughts on Back

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Focus

Just being yourself. Being at ease in any situation. Never fighting yourself.

Life Theme

Question 2: Do you ever find yourself trying to be someone you are not?

Impress the Ladies??

Impress Friends??

Truth: Not following your gut and behaving in a way to impress others... is the way of the WEAK... not the way of **MEN** who lead others....

Football Theme

Question 1: Are you at peace with your role on this team?

How do you balance being a person of POISE (Steadiness and stability) but continue to push your self to become even better..... avoid complacency.

Go to: www.Coachmertz.com

Watch Video Week 10.....Write thoughts on Back

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