

WAHLERT CATHOLIC

GOLDEN EAGLES

FOOTBALL



Exceptional Club

If it is not important to you, you will find an excuse.

If it is important to you, you will find a way!

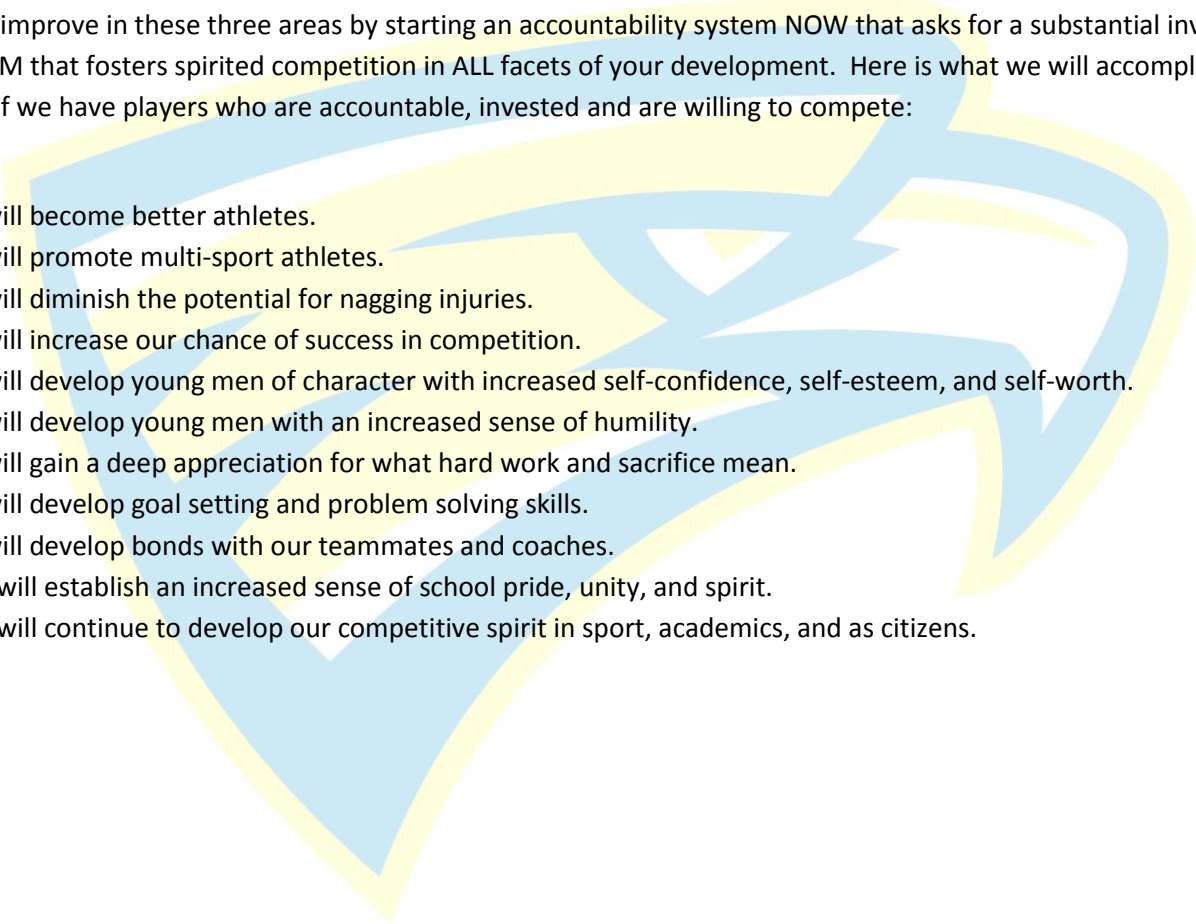
NO EXCUSES! FIND A WAY!

Do you have what it takes to be Exceptional?

If we are to improve next football season, our football program needs improvement in the following areas:

1. Accountability
2. Investment
3. Competition

We will improve in these three areas by starting an accountability system NOW that asks for a substantial investment by our TEAM that fosters spirited competition in ALL facets of your development. Here is what we will accomplish this off-season if we have players who are accountable, invested and are willing to compete:

1. We will become better athletes.
 2. We will promote multi-sport athletes.
 3. We will diminish the potential for nagging injuries.
 4. We will increase our chance of success in competition.
 5. We will develop young men of character with increased self-confidence, self-esteem, and self-worth.
 6. We will develop young men with an increased sense of humility.
 7. We will gain a deep appreciation for what hard work and sacrifice mean.
 8. We will develop goal setting and problem solving skills.
 9. We will develop bonds with our teammates and coaches.
 10. We will establish an increased sense of school pride, unity, and spirit.
 11. We will continue to develop our competitive spirit in sport, academics, and as citizens.
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The Plan

***We train together as a program.**

***November 2016 – May 2017 workouts are held after school, Monday – Friday, 3:00 PM – 4:30 PM.**

***Coaches will communicate if these days and times change!**

***Strength & Conditioning (SAC) students can get two lifts in during the week while in class.**

***Summer schedule – Monday, Tuesday, Thursday, Friday 6:00-8:00 am.**

***Multi-sport athletes SHOULD lift!!!**

***Attendance is taken.**

What seems like asking a lot is normal in the schools that
WIN!

***The lessons you will learn and the relationships you will make will last a lifetime!**

An Exceptional Golden Eagle

Wahlert Catholic Golden Eagles Football Off-Season Accountability System

Each member of the Wahlert Catholic Golden Eagles football program will receive points for the following activities. We have adopted this program to create a culture of accountability, hard work, perseverance, and success. The level of points earned reflects all components of what it means to be an **Exceptional Golden Eagle**. The point system reflects each player's level of commitment. Work ethic, diligence, and camaraderie will result in developing individuals who are dedicated to the TEAM.

Point System

1,250 points available for returners – players could earn more than 1,250 points IF they go above and beyond in the weight room, classroom, service hours, etc.

How to Earn Points

November – May

80 points – for completing a winter sport (basketball or wrestling) / 40 points for completing bowling

80 points – for completing a spring sport (track and field, soccer, tennis)

5 points – attend Fall Sports Banquet on November 21, 2016

5 points – return signed Exceptional Club commitment form by December 5, 2016

2 points – attend after school strength & conditioning workouts / enrolled in Strength & Conditioning class (approximately 190 points possible from November 28, 2016 until May 26, 2017).

-Workouts can be completed in SAC, after school, or during other sports practices.

4 points – for working out four days a week

40 points – for 90%+ attendance at after school strength & conditioning workouts (awarded on 3/3/17 & 5/26/17)

5 points- for every "A" grade earned at progress checks on 12/6, 2/21, 3/28, 5/2

10 points – for every "A" grade earned at semester grades on 1/17 and 5/31

10 points – stewardship work completed outside of Wahlert Catholic High School requirements (must be approved by Coach Zajac and communicated via email) – could be worth more depending on work completed

5 points - all maximum lift testing completed during designated testing weeks

10 points – increase in maximum lift during testing week (10 points per lift including bench press, hang clean, back squat)

3 points – attend a leadership development workshop (offered weekly January-May)

June-August – more detailed point values will be shared in the spring

3 points - Attend Strength & Conditioning Sessions – 1.5 points for completing strength session/1.5 points for completing conditioning session

10 points - Attend Summer Skills Sessions

80 points - Begin & Finish baseball

60 points - Bonus for attending 90% of Strength & Conditioning Sessions

5 points per day - Attend Wahlert Catholic Football Camp

5 points per day - Attend Wahlert Catholic Football Practice

***If you participate in service opportunities (mission trips, serving mass, parish events, etc.), it is your responsibility to communicate in an email to Coach Zajac about the work completed, dates, times, and contact information for the supervisor.

How to Lose Points

- 5 points – unexcused tardy
- 10 points – unexcused class absence
- 20 points – unexcused full day absence
- 10 points – detention
- 5 points – for every conduct point
- 10 points – for every unexcused absence from team meetings/functions
- 10 points – for every “D” grade earned at progress checks on 12/6, 2/21, 3/28, 5/2
- 20 points – for every “NC” grade earned at progress checks on 12/6, 2/21, 3/28, 5/2
- 20 points – for every “D” grade earned at semester grades on 1/17 and 5/31
- 40 points – for every “NC” grade earned at semester grades on 1/17 and 5/31
- 50 points – any school suspension

Important Notes

- *Returning players have 1,250 points available. Newcomers have 245 points available.
- *If any points are lost during the season, player will face additional disciplinary action in accordance with the Wahlert Catholic Golden Eagles Football Program Handbook.
- *Players can receive “bonus points” for going above and beyond expectations, based on coach discretion.
- *It is your responsibility to check in with the football coach who is supervising the weight room.
- *We ask that players attend the weight room four days a week and perform the prescribed workout. We will create an individual workout plan for all players.
- *Players lifting during another sport’s practice MUST sign the clipboard on the desk in the weight room!
- *If players are in the weight room but are not performing the workout prescribed by the coaching staff, they will not receive the points possible.

Dear Parents and Players of the Wahlert Catholic Golden Eagles Football Program,

High achieving football programs across Iowa, and the country, take part in robust off-season training programs. For us to become a high achieving football program, we must do the same! In order for Wahlert Catholic High School to compete at a high level, our athletes must get bigger, stronger, and faster.

The summer strength & conditioning program (starting Wednesday, May 31 2017) will be supervised by Coach Zajac, Coach Stanton, and other members of the football coaching staff. This program will be intense and incorporate all the fitness components of speed, strength, agility, and power as we develop our athletes. This not only will produce measurable gains in strength, speed, and explosion but will develop TEAM accountability, investment, and competition.

As well as improving our physical skills, we will continue to demand that our players show a commitment to the other aspects we see as important to developing a strong program. A focus on accountability, building relationships, academics, integrity, competition, and stewardship will be part of the off-season process. Players will receive both rewards and consequences in each of these areas. As a member of the Wahlert Catholic Golden Eagles Football Program, we are held to a high standard. We not only want to be seen as successful on the field but also in the classrooms, our parishes, our homes, and our community.

If you have any questions about the Wahlert Catholic Golden Eagles Football **Exceptional Club**, please contact Coach Zajac.

Do not be satisfied! Work together, sweat together, and grow together. TEAM!

Go Golden Eagles,

Travis Zajac
Head Football Coach
Wahlert Catholic High School
tzajac@holyfamilydbq.org

Exceptional Club – Rankings & Benefits

LEVEL	PERCENTAGE	STATUS & BENEFITS
<p align="center">SUPERIOR Golden Eagle</p>	<p align="center">90% + 1,125 points + (returners) 221 points + (newcomers)</p>	<p>*Captain eligible *2 conditioning exemptions during pre-season practice *SUPERIOR Golden Eagle T-Shirt & Award Recognition *Athletic Program recognition *Priority gear distribution; meals; team functions.</p>
<p align="center">DEDICATED Golden Eagle</p>	<p align="center">80% - 89% 1,000 – 1,124 points (returners) 197-220 points (newcomers)</p>	<p>*Captain eligible *1 conditioning exemption during pre-season practice *DEDICATED Golden Eagle T-Shirt *Athletic Program recognition *Secondary gear distribution</p>
<p align="center">Would of. . .</p>	<p align="center">70% - 79% 875 – 999 points (returners) 172 - 219 points (newcomers)</p>	<p>*1 day of MAKE-UPS (additional conditioning) during pre-season practice. *Must pass conditioning test before receiving gear.</p>
<p align="center">Could of. . .</p>	<p align="center">60% - 69% 750 – 874 points (returners) 148 – 171 points (newcomers)</p>	<p>*2 days of MAKE-UPS (additional conditioning) during pre-season practice. *Must pass conditioning test before receiving gear.</p>
<p align="center">Should of. . .</p>	<p align="center">50% - 59% 625 – 749 points (returners) 123 – 170 points (newcomers)</p>	<p>*3 days of MAKE-UPS (additional conditioning) during pre-season practice. *Must pass conditioning test before receiving gear.</p>
<p align="center">If only. . .</p>	<p align="center">49% or less 624 or less (returners) 122 or less (newcomers)</p>	<p>*4 days of MAKE-UPS (additional conditioning) during pre-season practice. *Must pass conditioning test before receiving gear.</p>

2017 Wahlert Catholic Golden Eagles Football Off-Season Commitment Detail

We are asking for the following commitment from everyone involved with Golden Eagles Football:

Coaching Staff:

1. Conduct off-season program.
2. Evaluate players from 8th -11th grade.
3. Provide opportunity for players to improve technique and knowledge during the off season.
4. Build positive relationships with players.

Parents:

1. **Support and Demand** your child's efforts to successfully complete the **Exceptional Club** Off-season Program.
2. Support the efforts of the coaching staff to improve the overall quality of Wahlert Catholic Golden Eagles Football.
3. Find out your child's goals and desires concerning Wahlert Catholic Golden Eagles Football.

Players:

1. Participate in our off season training program.
2. Participate in multiple sports.
3. Give us your best (workouts, classroom, community, family)
4. Discuss with parent and coach your goals and desires for the upcoming season.

Off Season Program – As a coaching staff our goal is to not only win games but also to develop young men of character. As coaches, we can provide the opportunity to increase player's football I.Q., increase player's strength, and improve overall speed, but it is up to the player to take advantage of the opportunity.

Player's effort and commitment will be measured through attendance and participation (see off season point system). We will also be measuring improvement over the off season (see off season testing). We expect every football player to participate in our off-season program that will improve their abilities and character.

Players will not receive credit for working out in their basement, YMCA, BBA, Merge, etc. The team bonding and sacrificing with your teammates are as important as the training being done. If transportation is an issue, please communicate with Coach Zajac and we will find a solution to any transportation difficulties.

We are encouraging our players to participate in multiple sports! If they are in a sport that will not make time to lift in season, we suggest they find out why. Being bigger, faster, and stronger will help every athlete at Wahlert Catholic High School. While we all want to win, we also must share in the work that is ahead of us. Players are asked to sacrifice three to four hours of their 168 hours they have during the week. Parents are asked to support their child by finding out his goals and checking progress over the following months. Coaches are asked to provide the opportunity for athletes to increase speed, size, strength, and knowledge while building the character of each player. If we all do our part, we will enter the 2017 season with an opportunity to be vastly improved!

If you have any questions or concerns, please do not hesitate to contact me.

Today's preparation will determine tomorrow's success.

