

**CB WEST
FOOTBALL**



CB WEST FOOTBALL

**2020 SEASON KICKOFF
INFORMATION MEETING**

*Energy
Effort
Execution*

MEETING PURPOSE

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01

ESTABLISH EXPECTATIONS

02

WINTER AND SPRING SCHEDULE

03

METHODS OF COMMUNICATION

04

PARENTS CLUB

#TWW



STAFF INTRODUCTION

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HEAD COACH

- TOM ROWAN

ASSISTANT COACHES

- CHRIS MCGUIRE
- CORY AMSLER

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Execution

PROGRAM STAPLES

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- ✓ COMMITMENT
- ✓ ACCOUNTABILITY
- ✓ SACRIFICE
- ✓ TEAMWORK

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EXPECTATIONS

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OUR VISION FOR THIS PROGRAM IS TO BE ELITE

IN ORDER TO BE ELITE YOU MUST DO THINGS
DIFFERENTLY THAN THE REST

THE DIFFERENCE LIES IN THE SMALL DETAILS OF THE
PROCESS IN BECOMING ELITE

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THE EXPECTATION IS ALL IN

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BEING ALL IN MEANS INVESTING ALL OF WHO YOU ARE
INTO WHAT YOU PURSUE

BEING ALL IN ORGANICALLY BECOMES A MINDSET

BEING ALL IN BECOMES THE COMPASS WHICH GUIDES
THE DECISION MAKING IN YOUR LIFE REGARDING YOUR
PURSUIT TO BE ELITE

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BEING ALL IN MEANS...

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✓ FULLY COMMITTED

✓ IF YOU'RE ABLE TO BE THERE YOU ARE THERE

✓ CONSISTENTLY ACCOUNTABLE

✓ DO THE RIGHT THING THE WAY IT IS SUPPOSED TO BE DONE WHEN IT IS SUPPOSED TO BE DONE

✓ ACCEPTING OF SACRIFICE

✓ BEING ELITE REQUIRES GIVING UP WHAT OTHERS ARE WILLING TO
✓ TIME. NUTRITION. LIFESTYLE

✓ INVESTED IN YOUR TEAMMATES

✓ WHAT WE'RE BUILDING IS BIGGER THAN YOU BUT YOUR ROLE IS VITALLY
CRITICAL TO OUR FAMILY

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SPRING SCHEDULE

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- **SPRING LIFTING BEGINS**
 - MARCH 2ND
 - EVERY MONDAY AND WEDNESDAY
 - 530 TO 630
- **INSTALL BEGINS**
 - MARCH 30TH
 - SCHEDULE REMAINS MONDAY AND WEDNESDAY
 - MONDAY SCHEDULE IS 4 TO 6
- **SUMMER SCHEDULE**
 - MAY 11TH
 - MONDAY TUESDAY WEDNESDAY
 - ALL DAYS GO TO 3 TO 6

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ALL ONE PROGRAM

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- WE ARE THE ONLY PROGRAM IN THIS AREA THAT TREATS THE 9TH GRADE PROGRAM IN THIS FASHION
- YOU RECEIVE THE SAME COACHING AS OUR JV VARSITY
- WHAT HAS THIS RESULTED IN
 - 16 AND 2
 - 24 AND 6 AS A PROGRAM LAST YEAR

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MISCELLANEOUS ITEMS

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- **THE IMPORTANCE OF NUTRITION AND HYDRATION**
 - CHOCOLATE MILK AFTER LIFTS
 - OWN WATER JUG WITH NAME
 - NUTRITIONAL DECISIONS REFLECT ALL IN MINDSET
 - ELITE PEOPLE DO THINGS DIFFERENTLY
- **RESPECT THE BRAND**
 - CB WEST GEAR ONLY
- **PROPER HYGIENE**
 - TAKE CARE OF YOURSELF
- **STRESS PLUS REST**
 - EQUALS GROWTH
 - VALUE SLEEP

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COMMUNICATION

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9TH GRADE PLAYERS

SEND A TEXT TO

81010

TEXT THIS MESSAGE

@hd6996

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COMMUNICATION

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9TH GRADE PARENTS

SEND A TEXT TO

81010

TEXT THIS MESSAGE

@babhc9

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2020 YOUTH CAMP

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- ✓ JUNE 22 TO THE 25
- ✓ EARLY SIGN UP TO MARCH

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FINAL THOUGHTS

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EVERYONE WANTS TO BE ELITE

BUT

ARE YOU WILLING TO DO WHAT IT
TAKES TO BE ELITE

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PROVE IT

E³

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Execution

PARENTS CLUB

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INTRODUCTION
FUNDRAISING INFO
PLAYER ADS

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FUNDRAISING

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SEASON GOAL

- WE ARE BUDGETING 2020 FUNDRAISING INCOME TO BE AT 30 000 DOLLARS OR MORE

WHERE DOES THAT MONEY GO

- THURSDAY NIGHT DINNERS AND FOOD FOR TEAM GATHERINGS
- BANQUET PRODUCTION AND ATTENDANCE COACHES AND PLAYER GIFTS FOR EACH CLASS
- CONFERENCE JACKETS FOR ALL TEAM MEMBERS THIS YEAR
- HUDL SIDELINE IN GAME COMPETITIVE ADVANTAGE
- HARDSHIPS FOR SCHOLARSHIPS OR DONATIONS
- HELMET DECALS AND OTHER INCENTIVES

SO WE NEED YOUR HELPTHE MORE WE FUNDRAISER THE BETTER EXPERIENCE WE GIVE OUR PLAYERS



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FUNDRAISING

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FUNDRAISERS THIS YEAR

- GOLD CARDS APRIL TO MAY BIGGEST PROFIT LETS SELL A LOT
- CHIPOTLE APRIL AND OCTOBER
- WAWA HOAGIE COUPONS MAY TO JUNE
- DRIVE 4 UR SCHOOL LATE AUGUST
- CARWASH JULY

ALSO... PROGRAM ADSSPONSORSHIPS GIVE US A GREAT FUNDRAISING PROFIT

**PLEASE CONSIDER PLACING AN AD THIS SEASON OR YOUR PLAYER
9TH THRU 12TH GRADE AND ASK LOCAL BUSINESSES TO SPONSOR OUR TEAM**

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HELP WELCOMED

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- **THANK YOU IN ADVANCE FOR YOUR SUPPORT**
- **REMIND GOOGLE FORM WITH VOLUNTEERING INTEREST**

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