

# PANTHER FOOTBALL

## **CORE PRINCIPLES:**

Century Football is committed to develop exceptional young men on and off the football field. Our program will center on each character, mental discipline, leadership, academics, fundamentals, teamwork, strength, and conditioning. We will earn the respect of our community, peers, and football programs around Minnesota. Century Football will:

1. Treat everyone with respect
2. Develop PEOPLE not players
3. Promote Personal Challenge
4. Focus on athletes exceeding our goals rather than surpassing the performance of others
5. Be fundamentally sound
6. Be the best we can be on each given day
7. Century football players will be: responsible, committed, school/community leaders, sportsmen, and have a great work ethic.
8. HAVE FUN!!

## **The makeup of a Century Football Player:**

Toughness- Football is a game of blocking, tackling and fundamentals. We out HIT our opponents. This does not take superior talent but it does take superior attitude.

We are not just physically tough but mentally tough! A major component of being mentally tough is overcoming adversity and a determination to improve.

Conditioning- If we are to be more physical than someone for 4 quarters we must be in better shape. Being in better shape gives us a chance to succeed.

Attitude- Believe in what we do and who we are!

## **Season Objectives:**

Have fun playing the game

Become the best TEAM possible

Represent our school with class

**\*\*Become Better people\*\***