

Cavalier Pride



**COMMITMENT, ACCOUNTABILITY,
LEADERSHIP, LOVE**

FOOTBALL LEADERSHIP PROGRAM

Players will earn “Pride Points” for everything they do this
Off-season

Player Goals:

**Make 90% of the OFF Season workouts in class or after school
(Nov-August)**

**Attend Monthly Leadership Meetings
(Announcements will be made)**

Remain Eligible through grades and attendance

Attend 100% of Spring Practice in May

Attend 3 Team Volunteer Trips

Attend the Summer Mini-Camp

CAVALIER PRIDE FOOTBALL LEADERSHIP PROGRAM

“As iron sharpens iron, so one man sharpens another.”
- Proverbs 27:17

“Success is uncommon and not to be enjoyed by the common man. I’m looking for uncommon people because we want to be successful, not average”
- Tony Dungy

“The Harder you work, the Harder it is to Surrender”
- Vince Lombardi

MISSION

To develop commitment, accountability, leadership, and love within our program by fostering a competitive environment that provides our players with the opportunity to succeed or fail based on the choices they make in the athletic, academic, civic and social realms of life.

This system is in place to promote accountability and commitment.
Everything we do either adds to or takes away from the Team.

THE PROGRAM

Seniors and Coaches will choose 5 teams from all the returning players in the program with our *PRIDE TEAM DRAFT*. Each team will have seniors as captains, but all players are accountable to each other. Once that is done, the teams will be scored every day on performance. The team and individual totals will be posted every Monday morning. The scoring will consist of three areas: Weight Room, Academic, and Program Builders. This will continue throughout the entire off-season, and we will tally the points and announce the winning teams at the end of Summer Camp.

Team 1	Team 2	Team 3	Team 4	Team 5
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THE SCORING

Name		1st Sem	2nd Sem		Pride	Interest	Winter	Spring	Sem Weight	Leadership	3 total	FCA Camp &	200 pts	Mini	Lift-A-Thon	Summer	Total
		Wtbn	Wtbn	Banquet	Draft	MEETING	Sport	Sport	Room Pts	Meetings	Volunteer	College Visits	Spring Pract.	Camp	Fundraiser	Points	Points
Devin	Aiken		200			50	200		690	100	300	300	200	300	100	80	2520
Brandon	Alderman										300			200	100	240	840
Holden	Aldridge	200	200	50		50		200	840	150	200	500	190	300	100	220	3200
Harrison	Aldridge													300		120	420
Carson	Allen										400			300	100	240	1040
Tate	Beaver	200	200	50	50	50		200	900	150	400	650	200	300	100	240	3690
Jacob	Belton										100				100	240	440
Andrew	Bishop		200	50		50	200		730	100	300		180	300	100	120	2330
Corbin	Bishop		200			50	200		640	150	300		160	200			1900
Preston	Bohannon										300			300	100	160	860
Cooper	Butts	200		50		50	200		730	100	300	300	200	300	100	140	2670
Carson	Butts										400			300	100	240	1040

(Points kept in Excel File and updated weekly)

WEIGHT ROOM POINTS

Positives (+)	Points
Top Lifter of the week	
Top 10 Max on Lift or Run	
Top 5 Max on Lift or Run	
Leadership Award	
Negatives (-)	Points
Loser effort during WO	
Miss a WO	

Note: disruptive behavior, refusal to be coached, as well as anything else the coach deems detrimental to the overall team will result in Losing Effort.

ACADEMIC POINTS

Positives (+)	Points
A on Report Card	+ 20 per A
B on Report Card	+ 10 per B
C on Report Card	+ 0 per C
Negatives (-)	Points
D on Report Card	- 10 per D
F on Report Card	- 20 per F
Lunch Detention/Teacher report	- 10 per day
ISS	- 20 per day
OSS	- 30 per day

PROGRAM BUILDERS: Community Service

*Any School, Church or Community sponsored event

Campus Clean up	TBA (8am- 12 Pm)
Lift-A-Thon	TBA (end of May)
Youth Football Camp	TBA (Aug.)
Team Volunteer Events	TBA (Summer and Season)
<i>(Pts. added to next years Leadership Program)</i>	

- Each Player must do at least 3
- The Lowest scoring team will have to work with the coaching staff on cleaning, repairing and painting the Stadium before the start of summer workouts.
- Removal of Teammate: If a particular teammate continues to be a negative distraction for any one team the captain can request for a removal. For a teammate to be removed it must be a unanimous decision by the captains of all 5 teams as well as approval by the coaching staff. The removal of a Teammate will result in a 1000-point deduction from the team requesting the removal.

Top Individual Points:

- 1st in line for equipment
- Earn your Leadership
- Locker Choice
- Jersey Number

Top Team Points:

- 1st in line for Food or special events
- Accountability T-Shirt and recognition at Awards Banquet "Pride Team"



2019 Guide for “Earning” Points

Points awarded:

- 200 Spring Weightlifting class
- 200 Finish a Winter Sport
- 200 finish a Spring Sport
- 50 Volunteer = Must do 3!!
- Report Cards
 - A = 20
 - B = 10
 - C = 0
 - D = -10
 - F = -20
- -50 for each day In-School Behavior
- 50 Attendance for off-season meetings
 - Pride Team Draft (Seniors)
 - Interest Meeting
 - Leadership Meetings
- 20 Spring Practice Attendance
- 10 Summer Workout Attendance
- 50 Summer Volunteer Events
- 200 Attend Team FCA Camp
- 50 Lift-A-thon Fundraiser
- 50 Fundraiser Card Sales
- 50 Football Camps (prior approval)
- 50 End of Season Awards Banquet Attendance

Bonus Days:

- 20 During workdays and holidays there will be “open weight room” for bonus points
- 50 Volunteer Clean up days