2016 EASTSIDE FOOTBALL

Attitude – Effort – Character – Commitment

www.ehseagles.com
Forms, Packets, Information

- Info. Sheet (Small Form) - Fill Out Tonight
  - Information & Calendar (Packet)
  - Fundraising & Fees (Packet)
- Eagle TD Club - $50 Off Player Fees if Join TONIGHT!
  - Youth Camp Flyer & Registration

If Need One
- Athletic Policies & Physical Packet
  - Fundraising Email List

Attitude — Effort — Character — Commitment

www.ehseagles.com
A BIG Night!

NFL Draft – Sheldon Rankins

WeBleed GREEN
Coach Hoff
Why Football Matters

Our culture teaches us to judge an activity by how it’s going to make us feel right now. But football doesn’t work that way. The game challenges and pushes us. It’s often uncomfortable. It requires us to be at our best. Isn’t that what we want in our society?

Football is a great sport. Football teams can be, and very often are, the catalyst for good in our schools and our communities. Millions of young men have learned lessons in football that they could only learn through playing this game. Football has saved lives. That is why football matters.
Contact & Communication

Cell: (678)689-5191       HC Office: 678)342-5850
Fieldhouse: (678)342-5851   Eastside HS: (770)784-2920
Email: hoff.troy@newton.k12.ga.us

Twitter: @Coach_THoff

REMINDE Account: EHS Football
*Text the Message @ehsfootball to 81010 or to (404)620-3745
And /Or to receive messages via email, send an email to
ehsfootball@mail.remind.com

www.ehseagles.com
Trainer & Medical Staff
Georgia Orthopedics & Sports Medicine

• Felisha Quist – EHS Athletic Trainer

*Medical Packet: Forms, Physicals & Requirements
MUST HAVE PHYSICAL on FILE & ALL INFORMATION SIGNED & SUBMITTED!

• Renee S. Riley – MD, FAAOS
• Ryan J. Tomlins – MD, CAQ

www.Georgia-Ortho.com (770)788-6534

PHYSICALS: ($20) April 23 @ 8:30AM – Newton HS
Our Culture & Beliefs

- **Foundation**: Atitude, Effort, Character, and Commitment

**Competitive Excellence – In All Areas**

- Learn and apply life lessons of hard work, self-discipline, sacrifice, accountability, and teamwork.
  - **EARN IT!** Nothing worthwhile is given.
  - **TEAM first – WE** will accomplish great things

- Our program is the platform for building better men who are more prepared for life’s challenges
Eagle Rule

#1 Do the Right Thing
Be where you are supposed to be, doing what you are supposed to be doing when you are supposed to be doing it.

*Never Lie
*Never Cheat
*Never Steal

*Don’t Whine
*Don’t Complain
*Don’t Make Excuses

*Be a Great Teammate
(It’s about TEAM, not you)

*Treat Women with Respect
(Treat OTHERS with Respect)

*DON’T QUIT!
(There will be adversity in life, how will you respond?)

*Strive for Competitive Excellence in ALL Areas
(EXPECTATIONS: In classroom, around community, on the field)

Attitude — Effort — Character - Commitment
COMMUNICATION (Coach Hoff)

My Top Priorities as HC
1) Player Safety
2) TEAM

Open Door Policy
- Set Up A Meeting / Call / Email
- YOUR athlete: Not speaking about other players
- 24 Hour Rule (Post Competition)
Open Practice Field / Not Meetings or Film Evaluation
Boundaries: Practice & Game Field Rules
Let them play/compete

I Understand - Not Everyone Will Always Agree
*Please see me & we can handle it the right way
It is my & my staff’s job & responsibility to coach the team & do what we think is best for the team.
Player Expectations

• Demonstrate the highest level of respect toward teammates, coaches, teachers, and staff (EAGLE RULE)

• Be Accountable – Attend & Be On time
  Communicate Ahead of Time. Attendance Required at all practices, and meetings (Winter, Spring, & Summer Workouts).
  
  Player Safety & Team Accountability!

• Be the best STUDENT-athlete you can be. (Big Picture)

• Be Coachable: get better & move on- Play the Next Play!

• Be responsible citizens and students. We will hold each other accountable.

• Give great effort, and focus on the “little things” (Classroom, Field, Weight Room) COMPETE & Chase Greatness!

• Positive Attitude – No Energy Vampires!

• Earn It! (Work Ethic) Hard work pays off.

• Focus on Task At Hand – what YOU can control
Academic Requirements

Eligibility (GHSA By-Laws)

• Pass **2.5 Credit Hours** previous semester AND Be **On-track** To Graduate

  1\(^{st}\) Year: Eligible in Fall
  2\(^{nd}\) Year: 5 Credit Hours
  3\(^{rd}\) Year: 11 Credit Hours
  4\(^{th}\) Year: 17 Credit Hours
SOCIAL MEDIA & Digital Information

When used responsibly, Social Media can serve many purposes.
• Good way to connect with friends, promote program, & pass information

Social Media Do’s
• Discuss your interests
• Discuss community affiliations/projects that you are involved in
• Post positive comments and pictures of yourself (SPELL CHECK)

Social Media Don’ts
• Don’t criticize officials, players, coaches, or fans of opposing/your team
• Don’t use before, during or immediately after games. (Emotions)
  • Keep it clean. Language, pictures, comments
• Never post anything you would not want a stadium full of people to see

*READ It 3 Times Before Sending / Can’t Take it Back*
You Never Know Who is Watching!
Your child’s success or lack of success in sports does not indicate what kind of parent you are.

But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.
10 Commandments of Parenting Football Players

1. Be Positive  
2. Respect Coaches  
3. Let Child be Himself  
4. Respect the Game  
5. Put School First  
6. Don’t Make Excuses  
7. Don’t be a Know-it All  
8. Cheer Your Brains Out  
9. Be There  
10. HAVE FUN  

Don’t Be an ENERGY VAMPIRE (Jon Gordon)  

I am also a parent & my kids participate in athletics – Not Preaching to you!
Playing Time

*Trust - Accountability – Execution*

Attitude, Effort, Character, Commitment

Work Ethic
Practice Habits
Training / Preparation
Mental / Physical
Assignment Execution
Production & Performance

Execute Assignment - Do Your Job - Consistently Perform

*My & Our Coaches Job*
High School Football

Competition – Playing Time Not Guaranteed, Nor Equal

High School FB Differences

- Competition Level – Rec, Travel, Middle School don’t compare
  - Only 3 High Schools in County (Talent Pool Increases)
    - Practice: Time, Structure, Intensity
  - Offseason – Strength & Conditioning (Prepared / Safety)
    - Objectives Change: Winning / Participation

*JV Philosophy

*Reps May Be Limited (Not Equal Time)
Try to play everyone (May be O, D, and/or Special Teams)
Player Development / Learn to Practice & Prepare
Lettering Policy

Option One: Competition in Varsity Quarters
Play in a total of 10 Quarters in a Varsity Contest
Any type of play in a quarter equals participation in a quarter

Option Two: Offseason Participation (Begins January 2016)
*Option for Players Entering 10th, 11th, & 12th Grade
Minimum of 85% Offseason Attendance
Offseason is from January (Date TBA) until July GHSA Mandatory Days

Areas where attendance will be kept
Offseason Weight Training & Conditioning Workouts (Schedule)
Friday Agility/Drill Workouts (April Schedule)
Spring Ball Practices (May)
Summer Conditioning Workouts (Calendar)
All Required Team Functions
Lettering Policy

*Student athletes must finish the season with the team. Any athlete who quits or is dismissed from the football team will not be eligible for a Varsity Letter.

*Freshman players will only have Option One (10 Varsity Quarters)

*Second (and Third) Sport Athletes: You are neither allowed nor responsible for attendance in offseason participation in football when in-season in a second sport. This also includes the training, conditioning, and tryout periods leading up to that particular sport. This coincides with the Athletic Policy and Practices of Eastside High School. Dates when the athlete is involved in a second sport will not count towards the 85% participation attendance. The only exception is with track athletes where arrangements have been made with coach Iverson, and it is part of the track practice.

*Camp Attendance: Attending an athletic camp (example: College Football Camp) will count as being present toward the 85% participation. (Be sure to notify coach Hoff of the specific camp, dates, and times)
2016 Season & Beyond

• Play Smart, Physical, TEAM Football
• Improve EVERY DAY (FOCUS)
• Competitive Excellence (ALL areas)
• Region Presence (Game #11)
Coaching Staff

**Offense**
- Jay Cawthon (OC/QB)
- Frankey Iverson (WR)
- Charles Jordan (RB/SC)
- Brett Miller (TE/OL)
- Calif Carnes (WR/QB)
- Troy Hoff (OL)

**Defense**
- Nathan Ogle (DC/LB)
- Jeremy Ross (DL)
- Erik McMillan (DB)
- Justin Wray (Safeties)

*I am fortunate to be surrounded by great men & coaches. You don’t know how effective these guys are and the amount of work that they do both on & off of the field. I feel very good about the additions to our program & the EHS Family. We have high standards & expectations!*
2016 Calendar

 PACKET (Full Calendar)

• Spring Ball 2016 (May 2-6, 9-13)
  After School – 6:15pm
  • Summer Workouts (May 31)
  • Optional Week / Dead Week
    • 7 on 7 Competitions
  • EHS Youth Camp (June 20-22)
    • EHS Camp (July 18 & 19)
  • GHSA Conditioning Period (July 25-29)
    • Fundraising / Fees
  • In-Season / Game Schedules
Equipment & Gear

• Safety & Performance

Riddell Speed Helmets (5 Star Rated)
$265 / Helmet

Shoulder Pads
$200 - $400 (Custom)/Pair
Player Fees (Packet)

$300 Player Fee

Covers Cost: Game Day Shirt, Practice Shorts, Compression Shirt, Sweat Suit, Food/Meals, Gear, Equipment, and Newton County Athletic Fee

• Pay by Credit or Debit Card: *My Payment Plus (Electronic Payment Method Accepted by EHS) [www.mypaymentplus.com]

*Checks to: EAGLE TD CLUB*

Due Dates

• $100 by June 30
• $200 by July 29
• $300 (Full Payment) By August 12
2016 Fund Raising Opportunities (Packet)

Each player can cover and exceed the cost of the fee through participation

- $20 Donation / ShoppingBoss (10)
  10$ per Donation Credited Toward Fees

- EHS Youth FB Camp: 1 Camper
  $40 / Camper Registered

- Discount Card Sales: 20 Cards
  $5/card credit

- Business / Personal Sign Sales: 1 Sign
  $50 For Sale / $25 Renewal by July 1

- Corporate Advertising Packages
  5% Of Package Toward Fees
Fundraising Information (Packet)

$20 Donation / ShoppingBoss
10$ per Donation Credited Toward Fees

Digital Campaign – NEED EMAIL LISTS!
  • Excel File (Email Copy)
  • Email Me Your List
    • Hard Copy

Business / Personal Sign Sales
  (Form in Packet)

Corporate Advertising Packages
  5 Tiers / Agreement (Packet)
  GOAL: Sell 1 $500 Tier 2 (TD CLUB)
Fundraising Incentives

**Gold Card Sales**
- Exclusive Item for Selling 20 Gold Cards
- Top Seller Prize / Drawing for 20+ Sellers

**Overall (Total $) Incentives**
- Level 3 (Above $450 Raised) – Shoes ($100 Max)
- Level 2 (Above $400 Raised) – Hoodie
- Level 1 (Above $350 Raised) – Performance T-Shirt
EAGLE TD CLUB

• Become a member of The Touchdown Club & get involved $50 Off Fees TONIGHT!

• **Donate 2 Items & Work 2 Events** Sign-up tonight & you will be contacted for your date and event to work.
  • **Sell at least 1 $500 Corporate Package**

*EXPECTATIONs & ESSENTIAL Components!

Various Committees

*Food / Meal Committee – **Chaired by Coach Hoff**
  Help with Pre-Game and Post-Game meals / JV Snacks
*Facilities / Trailer Transportation / Chain Gang
  * Join the Eagle Mom’s Club
  * Spirit Wear Assistant (Work Tent)

Attendance (Games & Functions): **BE THERE! WE can’t do this without YOU**
RECRUITING

PERFORM: Film & Transcript Don’t Lie
Character & Work Ethic = Next 2 Questions

Ability Level & Measurable: Size, Speed, Performance

**Academic Eligibility**
*NCAA Sliding Scale – Core GPA / Test Score

D1 Requirements / D2 Requirements / NAIA Requirements

NCAA Eligibility Center

Data Base -FREE: [http://www.collegeprospectnetwork.com](http://www.collegeprospectnetwork.com)

Camps & Combines (Reputable)
Coaches / Recruiting Fairs / HUDL
ACT / SAT

• Juniors take the test this Summer
  (Spring / Summer Before your Junior Year)
• Seniors – Get Registered NOW!
  (You should already have AT LEAST 1 score on file)

* HIGHER SCORES = Increased Opportunities
  Check the Research & Experience it for YOURSELF

Minimum test scores are required not only for eligibility, but also acceptance by the institution. This isn’t an option if you want to have any chance at all of playing college football, or even attending college.


Birmingham Southern Example
“We are looking for young men who have a 3.0 core GPA and a 1000+ SAT or 22 ACT”

See Me With Questions
(Also speak with counselors, check websites, and speak with our assistant coaches)

www.actstudent.org  www.sat.collegeboard.org
Opportunities

1,093,234 high school players

6.5% will play in college

1.6% of college players drafted by the NFL
Many D1 kids from these states played more than FB in HS.

<table>
<thead>
<tr>
<th>State</th>
<th>FB Commits</th>
<th>Multi-Sport</th>
<th>%</th>
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<tbody>
<tr>
<td>TX</td>
<td>417</td>
<td>357</td>
<td>86%</td>
</tr>
<tr>
<td>FL</td>
<td>402</td>
<td>314</td>
<td>78%</td>
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<tr>
<td>CA</td>
<td>361</td>
<td>260</td>
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<tr>
<td>GA</td>
<td>246</td>
<td>189</td>
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<tr>
<td>OH</td>
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<td>129</td>
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<tr>
<td>LA</td>
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<td>89%</td>
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<tr>
<td>Total</td>
<td>1690</td>
<td>1342</td>
<td>79%</td>
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2014 info from @trackfootball
Practice / Schedule / Locker Room

- Varsity / JV Game Schedule (Travel)

- Practice (Times / Structure / Calendar)
  Practice During Breaks (Times-Calendar)
  Practice Match-ups: Maturity, Talent, Ability

- Hazing / Rookies
  Not Part of Culture of Our Program

- Locker Room – Gear, Shoes, etc.
  Lock box, coaches office, name on/in shoes
  *Accountable for YOUR gear
  (Shoes/Gear/Cloth on floor almost DAILY!)
Game & Pract. Gear / Summer

Game Gear
• Under shirts – (Issued) GREEN / GRAY / BLACK
  • Leggings & Socks - BLACK

*Cleats - Eastbay Team Store Option*
(Team Colors: Black / Green / Silver)
No All White – TEAM Colors

Practice Gear (TEAM COLORS)
Shorts: Team Issued or Black/Green/Gray/Silver
Socks: White/Black/Green/Gray/Silver

Summer Workouts / Conditioning: Required (ALL Players)
Begins May 31 (Calendar / Times / Etc.)

Summer Food Program (BOLD Ministries)
*FREE / Eat on Site – be out by 12:30*
Questions
Please don’t hesitate to contact us with questions. I will be available after the meeting as well as our booster club officers.

THANK YOU for your Time & Commitment to EHS Football - GO EAGLES!

**Attitude – Effort – Character - Commitment**