



## Eastside Football: Incoming 9<sup>th</sup> Grade Football Players

I am very excited about the prospect of you joining the Eastside Football Program. As head coach it is my focus to provide leadership that creates a culture and environment that holds all accountable for their Attitude, Effort, Character, and Commitment. The foundation for any successful football program is an understanding and commitment by all who work with the student-athletes to shape them into the vision the staff has for the team and program.

The foundation of our program is built on core values that give student-athletes the best opportunity to be successful in all aspects of life. The development of student-athletes in these critical areas is our mission and the football program provides the platform for this great opportunity. We hope that you partner with us in this responsibility as we look forward to the 2016 season.

**We have high expectations for our student-athletes as we hold them accountable for the following:**

### Attitude

Being a positive teammate & coachable athlete

### Effort

Demand your best effort in all that we do (classroom, training/weight room, competition)

### Character (Behavior / Conduct)

Respect for authority (Administration, Faculty, Staff, Coaches) – Handbook rules / team rules

### Commitment

Accountable for attendance as well as your role/responsibilities as a member of the TEAM

### Academics

Top priority – eligible and on track to graduate

## Off Season Strength & Conditioning

It is our goal to train our athletes with intensity & consistency to develop their bodies, minds, and spirits not only for the field of competition, but also for life after football. The strength & conditioning of our team is a vital piece of this puzzle. We combine many aspects of preparation with our priority being a functional power-building speed program. Our focus is on rate of force development, efficiency of movement, increased work capacity, construction and development of the body, team and individual toughness, leadership, and accountability. Our program gives us an opportunity to teach our athletes, to help them grow as football players, as students, and as young men.

### Goals & Objectives

- Develop Effort & Mental Toughness – FINISH Every Rep & Every Drill
- COMPETE Every Day (Lifts, Drills, Team/Group Competitions)
- Prepare Mentally & Physically for Up-temp No-huddle attack (O & D)
- Increase functional strength & power: Explosive Athletes!
- Increase flexibility, agility, and overall speed: application in all areas to competition
- To Prevent Injury – compete at a high level throughout season (Preparing for 15 Game Varsity Schedule)
- WIN the 4<sup>th</sup> Quarter – Prepare to WIN GAMES! (FINISH)

(OVER)

**TROY HOFF - HEAD FOOTBALL COACH**

**EASTSIDE HIGH SCHOOL – 10245 EAGLE DRIVE – COVINGTON, GA 30014**

**CELL (678)-689-5191 / OFFICE (678)-342-5850 / HOFF.TROY@NEWTON.K12.GA.US**



## **Strength & Conditioning for Incoming 9<sup>th</sup> Grade Football Players**

- Workouts Begin February 22 (Monday) @ the EHS Football Field House
- Workout days will be Mondays, Tuesdays, & Wednesdays from 6PM – 7:15PM
- Must have an updated physical on file to participate (Bring Copy)
- Workouts are only for those zoned & attending EHS next year
- Dress in workout attire – shorts, t-shirts, athletic shoes, etc.
- Workouts will be conducted by EHS Football Coaching Staff

## **2016 Workout Schedule**

Week #1: February 22, 23, 24
Week #2: Feb 29, March 1, 2
Week #3: March 7, 8, 9
Week #4: March 15, 16 (OFF 14 <sup>th</sup> )
Week #5: March 21, 22, 23
Week #6: March 28, 29, 30
SPRING BREAK April 4-8 (OFF)
Week #7: April 11, 12, 13
Week #8: April 18, 19, 20
Week #9: April 25, 26
<b>-APRIL 27 Parent Meeting 7PM</b>

**-May: Schedule TBA**

**-Summer Schedule: Distributed @ Parent Meeting**

\*Attendance – to maximize your development it is important that you consistently attend workouts

\*Athletes are not responsible for attendance when in-season in a second sport. I and our staff are strong proponents of athletes competing in multiple sports. Let us know and we will work with your schedule.

\*Please pick up athletes by 7:15. Coaches will monitor, but also have other duties & responsibilities during the week

## **Incoming 9<sup>th</sup> Grade Parent / Athlete Meeting**

- Wednesday April 27 @ 7M (EHS Cafeteria)

Please make plans to attend the parent meeting. It is required that at least one representative for each player is present as information and schedules will be shared for the 2016 season. **Those that join the Touchdown Club on this night will also receive a \$50 discount on player fees! This is a great time for you to get involved with EHS Football.**

## **Contact Information**

Cell: (678)689-5191 HC Office: 678)342-5850 Main Football Office: (678)342-5851 Eastside HS: (770)784-2920

Email: [hoff.troy@newton.k12.ga.us](mailto:hoff.troy@newton.k12.ga.us)

Twitter: @Coach\_THoff

Team Website: [www.ehseagles.com](http://www.ehseagles.com)

## **REMIND Account: Join EHS Football**

1) Send Your Text to 81010 or to (404)620-3745

2) Text the Message @ehsfootbal

And /Or to receive messages via email, send an email to [ehsfootbal@mail.remind.com](mailto:ehsfootbal@mail.remind.com)

- **Subscribe to REMIND to receive information, notices, and communication about EHS Football**
  - I will use this account to send mass messages to those involved with our program

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