Welcome to Emerald Ridge High School Football
2017 Practice Schedule

The following 48 pages provide an updated (8.6.17) football practice schedule. This is only a road map, and changes will likely be made throughout the year. We can assure you that you will be communicated with the most updated practice times as soon as we have changes. It is your responsibility to communicate to your parents any time changes as they occur, as we will do our best to keep the calendar updated. Varsity players, please take into consideration that we will promptly start on the mentioned times; however, our practice end times may vary due to announcements, stretching, gear put-away, and your performance at practice. There may be instances when we have to extend practices if our work was not completed during regular practice times (this is not preferred). Since we are not doing two-a-days, and as a result, we will be very efficient with our practice performance. Ending on time will depend on personal responsibility during practice. In addition, our experience is that some players are slower than others getting off the field which could effect the the time getting to your car. Please keep parents updated as soon and as often as possible. All in all, we should be very close to our end times as stated in this packet.  

As for the JV and Freshman-Team, due to transportation arrangements, we will be committed to end our practice times as stated. This all depends on how fast they can get gear put away. If you take the activity bus, you may be excused at an earlier time - typically you are excused from practice at 4:50PM. This is the players’ responsibility. Just inform the coach prior to leaving practice that you will be taking the activity bus home. If you need to leave practice at certain time please communicate to your coach prior to leaving.
Week 1  OLYMPIA (GANG-GREEN)
Core Value - TEAM
Mind Set - Trust
Head Coach -
Captain - Daniel
Co-Captains - Taylor, Justin
Flag Representative - Jonah
Jersey Color - Green
Pant Color - Green
Sock Color - Green

Week 2 @ Puyallup
Core Value - COMPETE
Mind Set - Preparation
Head Coach -
Captain - Taylor
Co-Captains - Justin, Jonah
Flag Representative - Daniel
Jersey Color - White
Pant Color - Green
Sock Color - White

Week 3 Graham-Kapowsin (GANG-GREEN)
Core Value - SACRIFICE
Mind Set - Courage
Head Coach -
Captain - Justin
Co-Captains - Jonah, Daniel
Flag Representative - Taylor
Jersey Color - Green
Pant Color - Green
Sock Color - Green

Week 4 @ Bellarmine
Core Value - ATTITUDE
Mind Set - Communication
Head Coach -
Captain - Jonah
Co-Captains - Daniel, Taylor
Flag Representative - Justin
Jersey Color - White
Pant Color - Green
Sock Color - White

Week 5 Rogers (GANG-GREEN) Homecoming
Core Value - HUMILITY
Mind Set - Persistence
Head Coach -
Captain - Daniel
Co-Captains - Taylor, Justin
Flag Representative - Jonah
Jersey Color - Green
Pant Color - Green
Sock Color - Green
Week 6 @ Newport - Bellevue
Core Value - TEAM
Mind Set - Next Play
Head Coach -
Captain - Taylor
Co-Captains - Justin, Jonah
Flag Representative - Daniel
Jersey Color - White
Pant Color - Green
Sock Color - White

Week 7 @ Curtis
Core Value - COMPETE
Mind Set - Commitment
Head Coach -
Captain - Justin
Co-Captains - Jonah, Daniel
Flag Representative - Taylor
Jersey Color - White
Pant Color - Green
Sock Color - White

Week 8 South Kitsap - (Senior Night & Pink-Out)
Core Value - SACRIFICE
Mind Set - Acceptance
Head Coach -
Captain - Daniel
Co-Captains - Taylor, Justin
Flag Representative - Jonah
Jersey Color - Green
Pant Color - Green
Sock Color - Green

Week 9 @ Sumner
Core Value - ATTITUDE
Mind Set - Resilient
Head Coach -
Captain - Taylor
Co-Captains - Justin, Jonah
Flag Representative - Daniel
Jersey Color - White
Pant Color - Green
Sock Color - White

Week 10 Playoffs TBD
Core Value - HUMILITY
Mind Set - Self-Evaluation
Head Coach -
Captain -
Co-Captains -
Flag Representative -
Jersey Color -
Pant Color -
Sock Color -
Wednesday, August 16 - HELMETS ONLY
Varsity/Junior Varsity/C-Team Practice
Practice #1 of 46 - Core Value - Team; Mind-Set - Trust
Coach (Olympia)

Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other
Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Trust (your buddies)
Trust and belief go hand in hand; and trust and belief are essential ingredients in toughness. Earn a players trust - push to new levels mentally and physically. Accountability, does not mean blame. It is accepting what you want individually and collectively. Belief is like trust...it is a choice. It is staying focused on the task at hand, not the emotion. We are not tough alone. Never ignore the small things. Never let body language go...it is subtle in communicating to each other and our opponents. Inspire confidence in your players. Adversity is where your belief is tested and where your true toughness is tested. WE will face it, how will we respond? One snap at a time. Trust and know your help is there. Making plays...do your job and the plays will come to you. Condition team to take the tougher path. The journey ... It will take a lot of grit and grind. Believe in each other, in the coaches, and be tough enough to communicate that belief without personal agenda ... All can become champions.

Lesson: Ch 18 Unshakeable Commitment

Evening Session

4:40 - 5:40 TEAM MEETING on ER - PLAYERS NEED TO HAVE ALL CLEARANCE MATERIALS
Green Card from Kase, Gear and Gear Sheets Check for Equipment, Attendance, Expectations - On Field, Off Field, Grades, On Time, Practice Tempo, Nutrition, Sleep, Swim Buddy Placement, Fundraisers, D-Day, Film Sessions Mind-Set - Trusting your buddies. (60 minutes)

5:40 - 5:55 - EXPLAIN Every Day Drills (EDD), Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

5:55 - 6:00 - Mind-Set — Preparation (5 minutes)

1 - 6:00 - 6:05 - Attendance (Helmets on hash marks before practice)

2 - 6:05 - 6:15 - Warm-up on field (music)

3 - 6:15 - 6:35 - Special Teams (Kick Off) 20 minutes

4 - 6:35 - 7:35 - Offense 60 minutes

5 - 7:35 - 8:35 - Defense 60 Minutes

6 - 8:35 - 8:45 - Gear Put away/Conditioning

7 - 8:45 - 9:00 - Static Stretch / Announcements / Highlights

Evening Lock Up:
Thursday, August 17, 2017 - HELMETS ONLY
Varsity/Junior Varsity/C-Team Practice
Practice #2 - Core Value - Compete; Mind-Set - Preparation
Coach (Puyallup)

Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be rewarded for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender

Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Preparation
Preparation leads to confidence and allows you to react quickly under pressure. Everybody has the will to win, but not the will to prepare to win. Toughness does not have to do with physical but the will and concentration necessary to prepare, mentally and physically to play. Work to not check out physically. Not about getting through but getting from a practice. Compete through the end of practice. Have a contingency plan and never leave to chance. Be prepared the night before. Concentrate on one thing at a time to give maximum effort. Tough players keep believing, keep plugging, keep playing. It is harder to quit when you are prepared. One step at a time.

Lesson: Chapter 8 Compassionate Competitor - Brooks Hall of Fame Speech

4:40 - 4:55 - Every Day Drills (EDD) Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

4:55 - 5:00 - Mind-Set — Preparation (5 minutes)

1 - 5:00 - 5:05 - Attendance (Helmets on hash marks before practice)

2 - 5:05 - 5:15 - Warm-up on field (music)

3 - 5:15 - 5:35 - Special Teams (Kick Off) 20 minutes

4 - 5:35 - 6:35 - Offense 60 minutes

5 - 6:35 - 7:35 - Defense 60 Minutes

6 - 7:35 - 7:45 - Gear Put away/Conditioning

7 - 7:45 - 8:00 - Static Stretch / Announcements / Highlights

Evening Lock Up:
D-DAY RISE UP
Friday, August 18, 2017 - HELMETS ONLY
Varsity/Junior Varsity/C-Team Practice
Practice #3 - Core Value - Sacrifice; Mind-Set - Courage
Coach (Graham-Kapowsin)

Focus:
Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Pay the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: Sacrifice - Others Before Self
Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Courage
Confidence and courage, the kind to play without fear or doubt, are most often derived from the strength of your group. Take the challenge and do so without fearing the negative consequences. When you have time to think you mind can take you places you would rather it not go. Only let the positive enter the mind and spirit. The mind-set of I am catching this, versus don't miss. Even when the improbable happens, it is not impossible. The courage to play again after you fail. Being tough is being able to accept what comes with winning and losing.

Lesson: Chapter 17 Unshakable Courage 7:40AM - 11:35AM VARSITY ONLY
7:40AM - 11 AM MEET AT EMERALD RIDGE VARSITY PRACTICE ONLY
8:40AM - 8:55AM - Every Day Drills (EDD) Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

7:40AM - 8:00AM - Mind-Set — Communication (5 minutes)

1 - 9:00AM - 9:05AM - Attendance (Helmets on hash marks before practice)

2 - 9:05AM - 9:15AM - Warm-up on field (music)

3 - 9:15AM - 9:35AM - Special Teams (Kick Off) 20 minutes

4 - 9:35AM - 10:35AM - Offense 60 minutes

5 - 10:35AM - 11:35AM - Defense 60 Minutes

*******************************************************************
4:40 - 5:00 - Pre-Practice, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

5:05 - 6:30 - Pictures*******BRING SOMETHING TO EAT*******COULD CHANGE**********

6:30 - 6:40 - Mind-Set - Courage

6:40 - 8:25 - PHASE I, PHASE II, PHASE III

8:25 - 9:40 - D-Day - 4th Quarter Competition

9:40 - 9:55 - Gear Put-Away Static Stretch / Announcements / Highlights

Evening Lock Up:
Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become
Character Requires Commitment and Perseverance
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Communication
Vital in healthy relationships. The team aspect is the most difficult to embrace and requires a selfless communicator. A tough player will play “team” man to man defense. It is 11 as 1. The me diminishes the we. Communicating assures others you have their back. When 11 communicated it brings a confidence that intimidates. If you don’t communicate it means you are into yourself. Quit being selfish. Talk. May not be natural, but it is a skill that must be emphasized everyday, every play. You must be tough enough to say tough things when it is necessary. Messages need to be communicated with respect. Communication includes listening.

Lesson: Chapter 10 Rise Above the Line - FILM PRACTICE

8:40AM - 8:55AM - Every Day Drills (EDD), Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

8:55AM - 9:00AM - Mind-Set — Communication (5 minutes)

1 - 9:00AM - 9:05AM - Attendance (Helmets on hash marks before practice)

2 - 9:05AM - 9:15AM - Warm-up on field (music)

3 - 9:15AM - 9:35AM - Special Teams (Kick Off) 20 minutes

4 - 9:35AM - 10:35AM - Offense 60 minutes

5 - 10:35AM - 11:35AM - Defense 60 Minutes

6 - 11:35AM - 11:45AM - Gear Put away/Conditioning

11:45AM - 12:00PM - Static Stretch / Announcements / Highlights

Morning Lock Up:
Monday, August 21, 2017 - FULL GEAR  
Varsity/Junior Varsity/C-Team Practice  
Practice #5 of 46 - Core Value - Humility; Mind-Set - Persistence  
Coach (Rogers) Homecoming Black-out

Focus:  
Extraordinary Results. It is what we expect from a bunch of ordinary players and coaches. We have been empowered to perform astonishing deeds through faith and belief. Sense the revelation and pursue it with a reckless abandonment. Humility in surrounding our rights gains us power.

Mission:  
Quote: "It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better."  Tony Dungy

Core Value: HUMILITY - Serve First, No Recognition  
Character Requires True Humility  
A humble heart is a teachable heart Be teachable by starting out each day with an "Empty Cup." No one reaches their full potential without the help of others. Be thankful and be eager to put others before you.

Mind-Set Toughness: Persistence  
It is the ability to keep going without giving up or giving in. Are you willing to endure. Working out...not to do the same job comfortably, but to improve your capacity. It is not being optimistic, but about perseverance. Never give in, never quit. I am not going to give in, to that I was too tired, or it was too hard. Navy Seal - when you are knocked down you are conditioned it's unacceptable...it becomes a habit to fight. Rise Up - it is a perspective that should have balance. It is a choice of two paths. Do it or don't do it...but stop crying about it.

Lesson: Chapter 11 Rise Above Adversity

Evening Session - MANAGERS WILL FILM PRACTICE

4:40 - 4:55 - Every Day Drills (EDD), Specialties, Field Set Up (pads, water, cameras, music)  
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

4:55 - 5:00 - Mind-Set — Persistence (5 minutes)

1 - 5:00 - 5:05 - Attendance (Helmets on hash marks before practice, wear sneakers)

2 - 5:05 - 5:15 - Warm-up on field (music)

3 - 5:15 - 5:35 - Special Teams (Kick Off) 20 minutes

4 - 5:35 - 6:35 - Offense 60 minutes

5 - 6:35 - 7:35 - Defense 60 Minutes  
7:35 - 7:40 - VARSITY TRANSITION TO WEIGTH ROOM

6 - 7:35 - 7:45 - Gear Put away JV AND FRESHMAN  
7:40 - 8:30 - VARSITY IN WEIGTH ROOM

7:45 - 8:00 - JV AND FRESHMAN Static Stretch / Announcements / Highlights  
JV AND FRESHMAN WILL BE DONE AT 8:00PM

Evening Lock Up: JV STAFF AND FRESHMAN STAFF
Tuesday, August 22, 2017 - FULL GEAR
Varsity/Junior Varsity/C-Team Practice
Practice #6 - Core Value - Team; Mind-Set - Next Play
Coach (Newport-Bellevue)

Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other
Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Next Play

Lesson: Chapter 12 Rise Above Self

Evening Session

4:40 - 5:10 - FILM STUDY/MIND SET IN CHOIR ROOM - WE START WATCHING FILM AT 4:40 PM
VARSIY, JV, AND FRESHMAN 15 MINUTES O & 15 MINUTES D

5:10 - 5:20 Transition to Field & Set Up - Hustle

5:20 - 5:35 Every Day Drills (EDD) Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

1 - 5:35 - 5:40 - Attendance

2 - 5:40 - 5:50 - Warm-up on field (music)

3 - 5:50 - 6:10 - Special Teams (Kick Off) 20 minutes

4 - 6:10 - 7:10 - Offense 60 minutes

5 - 7:10 - 8:10 - Defense 60 minutes

6 - 8:10 - 8:20 - Gear Put away/Conditioning

7 - 8:20 - 8:30 - Static Stretch / Announcements / Highlights

Evening Lock Up:
Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be reward for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender

Character Requires A Courageous Heart

Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Commitment

Lesson: Chapter Start the Revolution

Evening Session - MANAGERS WILL FILM PRACTICE

4:40 - 4:55 - Every Day Drills (EDD), Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

4:55 - 5:00 - Mind-Set — Persistence (5 minutes)

1 - 5:00 - 5:05 - Attendance (Helmets on hash marks before practice, wear sneakers)

2 - 5:05 - 5:15 - Warm-up on field (music)

3 - 5:15 - 5:35 - Special Teams (Kick Off) 20 minutes

4 - 5:35 - 6:35 - Offense 60 minutes

5 - 6:35 - 7:35 - Defense 60 Minutes
7:35 - 7:40 - VARSITY TRANSITION TO WEIGTH ROOM

6 - 7:35 - 7:45 - Gear Put away JV AND FRESHMAN
7:40 - 8:30 - VARSITY IN WEIGTH ROOM

7:45 - 8:00 - JV AND FRESHMAN Static Stretch / Announcements / Highlights
JV AND FRESHMAN WILL BE DONE AT 8:00PM

Evening Lock Up: JV STAFF AND FRESHMAN STAFF
Thursday, August 24, 2017 - FULL GEAR
Varsity/Junior Varsity/C-Team Practice
Practice #8 - Core Value - Sacrifice; Mind-Set - Acceptance
Coach (South Kitsap)

Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become
Character Requires Commitment and Perseverance
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Acceptance

Lesson: Chapter 15 Spread the Revolution

Evening Session

4:40 - 5:10 - FILM STUDY/MIND SET IN CHOIR ROOM - WE START WATCHING FILM AT 4:40 PM VARSITY, JV, AND FRESHMAN 15 MINUTES O & 15 MINUTES D

5:10 - 5:20 Transition to Field & Set Up - Hustle

5:20 - 5:35 Every Day Drills (EDD) Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

1 - 5:35 - 5:40 - Attendance

2 - 5:40 - 5:50 - Warm-up on field (music)

3 - 5:50 - 6:10 - Special Teams (Kick Off) 20 minutes

4 - 6:10 - 7:10 - Offense 60 minutes

5 - 7:10 - 8:10 - Defense 60 minutes

6 - 8:10 - 8:20 - Gear Put away/Conditioning

7 - 8:20 - 8:30 - Static Stretch / Announcements / Highlights

Evening Lock Up:

********************************************************************6-9:30PM BBQ JAMBOREE TOMORROW.********************************************************************

Evening Lock Up:
Focus:
Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Paid the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: SACRIFICE - Others Before Self

Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Resilience

Lesson: Chapter 16 Unshakable Confidence

6:00 - 6:20 - SET UP FIELD

6:20 - 6:30 - ATTENDANCE

6:30 - 6:50 - WALK-THROUGHS

6:50 - 7:00 - WARM-UPS

7:00 - 9:00 - JAMBOREE

Evening Lock Up:
Focus:
Extraordinary Results. It is what we expect from a bunch of ordinary players and coaches. We have been empowered to perform astonishing deeds through faith and belief. Sense the revelation and pursue it with a reckless abandonment. Humility in surrounding our rights gains us power.

Mission:
Quote: "It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better." Tony Dungy

Core Value: HUMILITY - Serve First, No Recognition
Character Requires True Humility
A humble heart is a teachable heart Be teachable by starting out each day with an "Empty Cup." No one reaches their full potential without the help of others. Be thankful and be eager to put others before you.

Mind-Set Toughness: Self-Evaluation

Lesson: Chapter 9 Servant Leader

11:30 - 12:30 - FILM STUDY/MINDSET IN CHOIR ROOM VARSITY, JV, AND FRESHMAN

12:30 - 12:40 TRANSITION TO FIELD

12:40 - 12:55 Every Day Drills (EDD), Specialties, Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up;  Snappers, Holders, Kickers, Punters, Returners - 20 Reps

1 - 12:55 - 1:00 - Attendance

2 - 1:00 - 1:10 - Warm-up on field (music)

3 - 1:10 - 1:20 - Special Teams 10 minutes

4 - 1:20 - 2:05 - Offense 45 minutes

5 - 2:05 - 2:50 - Defense 45 Minutes

6 - 2:50 - 2:55 - Gear Put away

7 - 2:55 - 3:00 - Static Stretch / Announcements / Highlights
Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other
Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Trusting your buddies
Trust and belief go hand in hand; and trust and belief are essential ingredients in toughness. Earn a players trust - push to new levels mentally and physically. Accountability, does not mean blame. It is accepting what you want individually and collectively. Belief is like trust...it is a choice. It is staying focused on the task at hand, not the emotion. We are not tough alone. Never ignore the small things. Never let body language go...it is subtle in communicating to each other and our opponents. Inspire confidence in your players. Adversity is where your belief is tested and where your true toughness is tested. WE will face it, how will we respond? One snap at a time. Trust and know your help is there. Making plays...do your job and the plays will come to you. Condition team to take the tougher path. The journey ... It will take a lot of grit and grind. Believe in each other, in the coaches, and be tough enough to communicate that belief without personal agenda ... All can become champions.

SOCCER MAY BE ON FIELD TILL - 5:00PM

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCCER WILL BE ON FIELD PRIOR TO OUR PRACTICE

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning

7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other

Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Trusting your buddies
Trust and belief go hand in hand; and trust and belief are essential ingredients in toughness. Earn a players trust - push to new levels mentally and physically. Accountability, does not mean blame. It is accepting what you want individually and collectively. Belief is like trust...it is a choice. It is staying focused on the task at hand, not the emotion. We are not tough alone. Never ignore the small things. Never let body language go...it is subtle in communicating to each other and our opponents. Inspire confidence in your players. Adversity is where your belief is tested and where your true toughness is tested. WE will face it, how will we respond? One snap at a time. Trust and know your help is there. Making plays...do your job and the plays will come to you. Condition team to take the tougher path. The journey ... It will take are lot of grit and grind. Believe in each other, in the coaches, and be tough enough to communicate that belief without personal agenda ... All can become champions.

FULL GEAR - TAKE AWAY TUESDAYS

2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
QB/Center/WR - Warm-Up; Snappers, Holders, Kickers, Punters, Returners - 20 Reps

1 - 2:55 - 3:00 Attendance

2 - 3:00 - 3:10 Warm-up (music)

3 - 3:10 - 3:30 Special Teams 20 minutes

4 - 3:30 - 4:30 - Offense 60 minutes

5 - 4:30 - 5:30 - Defense 60 minutes OFF FIELD AT 5:30 SHARP FOR SOCCER

6 - 5:30 - 5:40 - Gear Away/Conditioning/SOCCER ON FIELD AT 5:30PM

7 - 5:40 - 5:50 Static Stretch / Announcements / Highlights BACK OF ENDZONE
Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other

Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Trusting your buddies
Trust and belief go hand in hand; and trust and belief are essential ingredients in toughness. Earn a players trust - push to new levels mentally and physically. Accountability, does not mean blame. It is accepting what you want individually and collectively. Belief is like trust...it is a choice. It is staying focused on the task at hand, not the emotion. We are not tough alone. Never ignore the small things. Never let body language go...it is subtle in communicating to each other and our opponents. Inspire confidence in your players. Adversity is where your belief is tested and where your true toughness is tested. WE will face it, how will we respond? One snap at a time. Trust and know your help is there. Making plays...do your job and the plays will come to you. Condition team to take the tougher path. The journey ... It will take are lot of grit and grind. Believe in each other, in the coaches, and be tough enough to communicate that belief without personal agenda ... All can become champions.

FULL GEAR - FOCUS WEDNESDAYS

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCcer will be on field prior to our practice

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:30 Offense 60 minutes

5 - 6:30 - 7:30 - Defense 60 minutes

6 - 7:30 - 7:40 - Gear Away/Conditioning

7 - 7:40 - 7:50 Static Stretch / Announcements / Highlights
OLYMPIA WEEK 1 THURSDAY

181st DAY FOR TEACHERS PRACTICE SCHEDULE
August 31, 2017 - Thursday HAPPY BIRTHDAY KRISTA ERATH
Varsity/Junior Varsity/C-Team Practice
Practice #14 - Core Value - Team; Mind-Set - Trust
Coach (Olympia)

1/2 RACK - Hay in the Barn

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 2:55 - 3:00 - Attendance
3 - 3:00 - 3:10 - Warm ups
4 - 3:10 - 3:40 - Special Teams
5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays
6 - 3:44 -3:48 - Offense
7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays
8 - 3:52 - 3:56 - Offense
9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays
10 - 4:00 - 4:04 - Offense -
11 - 4:04 - 4:08 - Defense - Goal line
12 - 4:08 - 4:12 - Offense -
13 - 4:12 - 4:16 - Defense - End of Game/Half
14 - 4:16 -4:20 - Offense - 4 minute Drill
15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out
16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements
17 - 4:40 - 6:00 Dinner
Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be rewarded for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender
Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Preparation
Preparation leads to confidence and allows you to react quickly under pressure. Everybody has the will to win, but not the will to prepare to win. Toughness does not have to do with physical but the will and concentration necessary to prepare, mentally and physically to play. Work to not check out physically. Not about getting through but getting from a practice. Compete through the end of practice. Have a contingency plan and never leave to chance. Be prepared the night before. Concentrate on one thing at a time to give maximum effort. Tough players keep believing, keep plugging, keep playing. It is harder to quit when you are prepared. One step at a time.

Lesson: Chapter 8 Compassionate Competitor - Brooks Hall of Fame Speech

MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy
2 - 3:00 - 4:00 - Defense Film (30) Offense Film (30)
3 - 4:00 - 4:05 - Transfer to Weight Room
4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines
5 - 4:10 - 4:50 - Varsity - Weight room - Homework Club
6- 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be rewarded for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender
Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Preparation
Preparation leads to confidence and allows you to react quickly under pressure. Everybody has the will to win, but not the will to prepare to win. Toughness does not have to do with physical but the will and concentration necessary to prepare, mentally and physically to play. Work to not check out physically. Not about getting through but getting from a practice. Compete through the end of practice. Have a contingency plan and never leave to chance. Be prepared the night before. Concentrate on one thing at a time to give maximum effort. Tough players keep believing, keep plugging, keep playing. It is harder to quit when you are prepared. One step at a time.

Lesson: Chapter 8 Compassionate Competitor - Brooks Hall of Fame Speech

FULL GEAR - TAKE AWAY TUESDAYS - Soccer Home Olympia

1 - 2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)

3 - 3:00 - 3:10 Warm-up (music)

4 - 3:10 - 3:30 - Special Teams (20 minutes)

5 - 3:30 - 4:15 - Offense (45 min)

6 - 4:15 - 5:00 - Defense (45 min)

7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be rewarded for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender

Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Preparation
Preparation leads to confidence and allows you to react quickly under pressure. Everybody has the will to win, but not the will to prepare to win. Toughness does not have to do with physical but the will and concentration necessary to prepare, mentally and physically to play. Work to not check out physically. Not about getting through but getting from a practice. Compete through the end of practice. Have a contingency plan and never leave to chance. Be prepared the night before. Concentrate on one thing at a time to give maximum effort. Tough players keep believing, keep plugging, keep playing. It is harder to quit when you are prepared. One step at a time.

Lesson: Chapter 8 Compassionate Competitor - Brooks Hall of Fame Speech

FULL GEAR - FOCUS WEDNESDAYS

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCGER WILL BE ON FIELD PRIOR TO OUR PRACTICE

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning

7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
September 7, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #18 - Core Value - Compete; Mind-Set - Preparation
Coach (Puyallup)

1/2 RACK - Hay in the Barn Soccer @ Puyallup

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 2:55 - 3:00 - Attendance
3 - 3:00 - 3:10 - Warm ups
4 - 3:10 - 3:40 - Special Teams
5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays
6 - 3:44 - 3:48 - Offense
7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays
8 - 3:52 - 3:56 - Offense
9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays
10 - 4:00 - 4:04 - Offense - 
11 - 4:04 - 4:08 - Defense - Goal line
12 - 4:08 - 4:12 - Offense - 
13 - 4:12 - 4:16 - Defense - End of Game/Half 
14 - 4:16 - 4:20 - Offense - 4 minute Drill 
15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out
16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements
17 - 4:40 - 6:00 Dinner
September 11, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #19 of 46 - Core Value - Sacrifice; Mind-Set - Courage
Coach (Graham-Kapowsin)

Focus:
Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Pay the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: Sacrifice - Others Before Self
Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Courage
Confidence and courage, the kind to play without fear or doubt, are most often derived from the strength of your group. Take the challenge and do so without fearing the negative consequences. When you have time to think you mind can take you places you would rather it not go. Only let the positive enter the mind and spirit. The mind-set of I am catching this, versus don't miss. Even when the improbable happens, it is not impossible. The courage to play again after you fail. Being tough is being able to accept what comes with winning and losing.

Lesson: Chapter 17 Unshakable Courage

MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy

2 - 3:00 - 4:00 - Defense Film (30) Offense Film (30) FILM MAY GO LONGER SHORT WEEK.

3 - 4:00 - 4:05 - Transfer to Weight Room

4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines

5 - 4:10 - 4:50 - Varsity - Weight room

6- 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
Focus: Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Pay the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: Sacrifice - Others Before Self

Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Courage
Confidence and courage, the kind to play without fear or doubt, are most often derived from the strength of your group. Take the challenge and do so without fearing the negative consequences. When you have time to think you mind can take you places you would rather it not go. Only let the positive enter the mind and spirit. The mind-set of I am catching this, versus don’t miss. Even when the improbable happens, it is not impossible. The courage to play again after you fail. Being tough is being able to accept what comes with winning and losing.

Lesson: Chapter 17 Unshakable Courage

FULL GEAR - TAKE AWAY TUESDAYS - Girls Soccer Game @ Bellarmine

1 - 2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)

3 - 3:00 - 3:10 Warm-up (music)

4 - 3:10 - 3:30 - Special Teams (20 minutes)

5 - 3:30 - 4:15 - Offense (45 min)

6 - 4:15 - 5:00 - Defense (45 min)

7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
September 13, 2017

*****1/2 Field with Soccer - FAIR DAY - PRE-GAME******

Varsity/Junior Varsity/C-Team Practice
Practice #21 - Core Value - Sacrifice; Mind-Set - Courage
Coach (Graham-Kapowsin) - Courage  11:40 - 2:30

1/2 RACK - HAY IN THE BARN WEDNESDAY - Share Field w/Soccer

1 - 11:40 - 11:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 11:55 - 12:00 - Attendance
3 - 12:00 - 12:10 - Warm ups
4 - 12:10 - 12:40 - Special Teams - we will have to be creative!!!
5 - 12:40 - 12:44 - Defense - Favorite Runs - Scripted Plays
6 - 12:44 - 12:48 - Offense
7 - 12:48 - 12:52 - Defense - Favorite Routes - Scripted Plays
8 - 12:52 - 12:56 - Offense
9 - 12:56 - 1:00 - Defense - 3rd Long - Scripted Plays
10 - 1:00 - 1:04 - Offense -
11 - 1:04 - 1:08 - Defense - Goal line
12 - 1:08 - 1:12 - Offense -
13 - 1:12 - 1:16 - Defense - End of Game/Half
14 - 1:16 - 1:20 - Offense - 4 minute Drill
15 - 1:20 - 1:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out
16 - 1:25 - 1:40 - Back of End Zone - Static Stretch/Announcements
17 - 1:40 - 3:00 Dinner ????
September 15, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #22 - Core Value - Sacrifice; Mind-Set - Courage
Coach (Graham-Kapowsin) - Courage

COME IN LIFT AND RUN FILM
2:40 - 4:30PM
September 18, 2017  
Varsity/Junior Varsity/C-Team Practice  
Practice #23 of 46 - Core Value - Attitude; Mind-Set - Communication  
Coach (Bellarmine)

Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become  
Character Requires Commitment and Perseverance  
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Communication  
Vital in healthy relationships. The team aspect is the most difficult to embrace and requires a selfless communicator. A tough player will play “team” man to man defense. It is 11 as 1. The me diminishes the we. Communicating assures others you have their back. When 11 communicated it brings a confidence that intimidates. If you don’t communicate it means you are into yourself. Quit being selfish. Talk. May not be natural, but it is a skill that must be emphasized everyday, every play. You must be tough enough to say tough things when it is necessary. Messages need to be communicated with respect. Communication includes listening.

Lesson: Chapter 10 Rise Above the Line

3:00 - 5:00 Soccer No Practice  
MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy
2 - 3:00 - 4:00 - Defense Film (30)  Offense Film (30)
3 - 4:00 - 4:05 - Transfer to Weight Room
4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines
5 - 4:10 - 4:50 - Varsity - Weight room - Homework Club
6- 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
September 19, 2017 - BACK TO SCHOOL NIGHT FOR BALLOU
Varsity/Junior Varsity/C-Team Practice
Practice #24 - Core Value - Attitude; Mind-Set - Communication
Coach (Bellarmine)

Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become
Character Requires Commitment and Perseverance
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Communication
Vital in healthy relationships. The team aspect is the most difficult to embrace and requires a selfless communicator. A tough player will play “team” man to man defense. It is 11 as 1. The me diminishes the we. Communicating assures others you have their back. When 11 communicated it brings a confidence that intimidates. If you don’t communicate it means you are into yourself. Quit being selfish. Talk. May not be natural, but it is a skill that must be emphasized everyday, every play. You must be tough enough to say tough things when it is necessary. Messages need to be communicated with respect. Communication includes listening.

Lesson: Chapter 10 Rise Above the Line

FULL GEAR - TAKE AWAY TUESDAYS - Share 1/2 field with Soccer JV/C Grass

1 - 2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)
3 - 3:00 - 3:10 Warm-up (music)
4 - 3:10 - 3:30 - Special Teams (20 minutes)
5 - 3:30 - 4:15 - Offense (45 min)
6 - 4:15 - 5:00 - Defense (45 min)
7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become
Character Requires Commitment and Perseverance
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Communication
Vital in healthy relationships. The team aspect is the most difficult to embrace and requires a selfless communicator. A tough player will play "team" man to man defense. It is 11 as 1. The me diminishes the we. Communicating assures others you have their back. When 11 communicated it brings a confidence that intimidates. If you don’t communicate it means you are into yourself. Quit being selfish. Talk. May not be natural, but it is a skill that must be emphasized everyday, every play. You must be tough enough to say tough things when it is necessary. Messages need to be communicated with respect. Communication includes listening.

Lesson: Chapter 10 Rise Above the Line

FULL GEAR - FOCUS WEDNESDAYS

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCCER WILL BE ON FIELD PRIOR TO OUR PRACTICE

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning

7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
September 21, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #26 - Core Value - Attitude; Mind-Set - Communication
Coach (Bellarmine)

1/2 RACK HAY IN THE BARN Soccer @ Curtis

1 - 2:40 - 2:55 - Every Day Drills (EDD) Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 - Attendance

3 - 3:00 - 3:10 - Warm ups

4 - 3:10 - 3:40 - Special Teams

5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays

6 - 3:44 - 3:48 - Offense

7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays

8 - 3:52 - 3:56 - Offense

9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays

10 - 4:00 - 4:04 - Offense -

11 - 4:04 - 4:08 - Defense - Goal line

12 - 4:08 - 4:12 - Offense -

13 - 4:12 - 4:16 - Defense - End of Game/Half

14 - 4:16 - 4:20 - Offense - 4 minute Drill

15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out

16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements

17 - 4:40 - 6:00 Dinner
September 25, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #27 of 46 - Core Value - Humility; Mind-Set - Persistence
Coach (Rogers)

Focus:
Extraordinary Results. It is what we expect from a bunch of ordinary players and coaches. We have been empowered to perform astonishing deeds through faith and belief. Sense the revelation and pursue it with a reckless abandonment. Humility in surrounding our rights gains us power.

Mission:
Quote: "It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better.” Tony Dungy

Core Value: HUMILITY - Serve First, No Recognition
Character Requires True Humility
A humble heart is a teachable heart. Be teachable by starting out each day with an "Empty Cup." No one reaches their full potential without the help of others. Be thankful and be eager to put others before you.

Mind-Set Toughness: Persistence
It is the ability to keep going without giving up or giving in. Are you willing to endure. Working out...not to do the same job comfortably, but to improve your capacity. It is not being optimistic, but about perseverance. Never give in, never quit. I am not going to give in, to that I was too tired, or it was too hard. Navy Seal - when you are knocked down you are conditioned it’s unacceptable...it becomes a habit to fight. Rise Up - it is a perspective that should have balance. It is a choice of two paths. Do it or don’t do it...but stop crying about it.

Lesson: Chapter 11 Rise Above Adversity

MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy

2 - 3:00 - 4:00 - Defense Film (30) Offense Film (30)

3 - 4:00 - 4:05 - Transfer to Weight Room

4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines

5 - 4:10 - 4:50 - Varsity - Weight room

6 - 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
September 26, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #28 - Core Value - Humility; Mind-Set - Persistence
Coach (Rogers)

Focus:
Extraordinary Results. It is what we expect from a bunch of ordinary players and coaches. We have been empowered to perform astonishing deeds through faith and belief. Sense the revelation and pursue it with a reckless abandonment. Humility in surrounding our rights gains us power.

Mission:
Quote: "It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better.” Tony Dungy

Core Value: HUMILITY - Serve First, No Recognition
Character Requires True Humility
A humble heart is a teachable heart Be teachable by starting out each day with an "Empty Cup." No one reaches their full potential without the help of others. Be thankful and be eager to put others before you.

Mind-Set Toughness: Persistence
It is the ability to keep going without giving up or giving in. Are you willing to endure. Working out...not to do the same job comfortably, but to improve your capacity. It is not being optimistic, but about perseverance. Never give in, never quit. I am not going to give in, to that I was too tired, or it was too hard. Navy Seal - when you are knocked down you are conditioned it’s unacceptable...it becomes a habit to fight. Rise Up - it is a perspective that should have balance. It is a choice of two paths. Do it or don’t do it...but stop crying about it.

Lesson: Chapter 11 Rise Above Adversity

FULL GEAR - TAKE AWAY TUESDAYS - Soccer Home South Kitsap

1 - 2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)

3 - 3:00 - 3:10 Warm-up (music)

4 - 3:10 - 3:30 - Special Teams (20 minutes)

5 - 3:30 - 4:15 - Offense (45 min)

6 - 4:15 - 5:00 - Defense (45 min)

7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
Focus:
Extraordinary Results. It is what we expect from a bunch of ordinary players and coaches. We have been empowered to perform astonishing deeds through faith and belief. Sense the revelation and pursue it with a reckless abandonment. Humility in surrounding our rights gains us power.

Mission:
Quote: "It's about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better.” Tony Dungy

Core Value: HUMILITY - Serve First, No Recognition
Character Requires True Humility
A humble heart is a teachable heart. Be teachable by starting out each day with an "Empty Cup." No one reaches their full potential without the help of others. Be thankful and be eager to put others before you.

Mind-Set Toughness: Persistence
It is the ability to keep going without giving up or giving in. Are you willing to endure. Working out…not to do the same job comfortably, but to improve your capacity. It is not being optimistic, but about perseverance. Never give in, never quit. I am not going to give in, to that I was too tired, or it was too hard. Navy Seal - when you are knocked down you are conditioned it’s unacceptable…it becomes a habit to fight. Rise Up - it is a perspective that should have balance. It is a choice of two paths. Do it or don’t do it…but stop crying about it.

Lesson: Chapter 11 Rise Above Adversity

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCCER WILL BE ON FIELD PRIOR TO OUR PRACTICE

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning

7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
September 28, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #30 - Core Value - Humility; Mind-Set - Persistence
Coach (Rogers)

1/2 RACK HAY IN THE BARN - 2:45 - 6:00  Soccer @ Sumner

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 - Attendance

3 - 3:00 - 3:10 - Warm ups

4 - 3:10 - 3:40 - Special Teams

5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays

6 - 3:44 - 3:48 - Offense

7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays

8 - 3:52 - 3:56 - Offense

9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays

10 - 4:00 - 4:04 - Offense -

11 - 4:04 - 4:08 - Defense - Goal line

12 - 4:08 - 4:12 - Offense -

13 - 4:12 - 4:16 - Defense - End of Game/Half

14 - 4:16 -4:20 - Offense - 4 minute Drill

15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out

16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements

17 - 4:40 - 6:00 Dinner
October 2, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #31 of 46 - Core Value - Team; Mind-Set - Next Play
Coach Newport

Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other

Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Next Play

Lesson: Chapter 12 Rise Above Self

MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy

2 - 3:00 - 4:00 - Defense Film (30)  Offense Film (30)

3 - 4:00 - 4:05 - Transfer to Weight Room

4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines

5 - 4:10 - 4:50 - Varsity - Weight room

6- 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
Focus:
The full armor. Stand firm then with the belt of truth buckled around your waist.

Mission:
Develop student-athletes who are committed to personal excellence and team success

Core Value: TEAM - Honor Each Other

Character Requires a Servant-Minded Optimist
Relationships define the character of the person. They influence our decisions, they encourage personal excellence, and they give you courage to fight for excellence. Relationships will prosper when they are united under a commonality of truth, loyalty, and love.

Mind-Set Toughness: Next Play

Lesson: Chapter 12 Rise Above Self

FULL GEAR - TAKE AWAY TUESDAYS - Soccer @ Olympia

1 - 2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)

3 - 3:00 - 3:10 Warm-up (music)

4 - 3:10 - 3:30 - Special Teams (20 minutes)

5 - 3:30 - 4:15 - Offense (45 min)

6 - 4:15 - 5:00 - Defense (45 min)

7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
Focus:
Extraordinary Results. It is what we expect from a bunch of ordinary players and coaches. We have been empowered to perform astonishing deeds through faith and belief. Sense the revelation and pursue it with a reckless abandonment. Humility in surrounding our rights gains us power.

Mission:
Quote: “It’s about the journey--mine and yours--and the lives we can touch, the legacy we can leave, and the world we can change for the better.” Tony Dungy

Core Value: HUMILITY - Serve First, No Recognition

Character Requires True Humility
A humble heart is a teachable heart Be teachable by starting out each day with an "Empty Cup." No one reaches their full potential without the help of others. Be thankful and be eager to put others before you.

Mind-Set Toughness: Persistence
It is the ability to keep going without giving up or giving in. Are you willing to endure. Working out...not to do the same job comfortably, but to improve your capacity. It is not being optimistic, but about perseverance. Never give in, never quit. I am not going to give in, to that I was too tired, or it was too hard. Navy Seal - when you are knocked down you are conditioned it’s unacceptable...it becomes a habit to fight. Rise Up - it is a perspective that should have balance. It is a choice of two paths. Do it or don’t do it...but stop crying about it.

Lesson: Chapter 11 Rise Above Adversity

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCCER WILL BE ON FIELD PRIOR TO OUR PRACTICE

1 - 4:55 - 5:00 Attendance
2 - 5:00 - 5:10 Warm-up (music)
3 - 5:10 - 5:30 Special Teams 20 min
4 - 5:30 - 6:15 Offense 45 minutes
5 - 6:15 - 7:00 - Defense 45 minutes
6 - 7:00 - 7:10 - Gear Away/Conditioning
7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
Newport Thursday - Next Play

October 5, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #34 - Core Value - Team; Mind-Set - Next Play
Coach Newport

1/2 RACK HAY IN THE BARN - Soccer Home Puyallup

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 - Attendance

3 - 3:00 - 3:10 - Warm ups

4 - 3:10 - 3:40 - Special Teams

5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays

6 - 3:44 - 3:48 - Offense

7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays

8 - 3:52 - 3:56 - Offense

9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays

10 - 4:00 - 4:04 - Offense -

11 - 4:04 - 4:08 - Defense - Goal line

12 - 4:08 - 4:12 - Offense -

13 - 4:12 - 4:16 - Defense - End of Game/Half

14 - 4:16 - 4:20 - Offense - 4 minute Drill

15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out

16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements

17 - 4:40 - 6:00 Dinner
October 9, 2017

Varsity/Junior Varsity/C-Team Practice
Practice #35 of 46 - Core Value - Compete; Mind-Set - Commitment
Coach Curtis

Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be reward for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender

Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Commitment
Lesson: Chapter Start the Revolution

MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy
2 - 3:00 - 4:00 - Defense Film (30)  Offense Film (30)
3 - 4:00 - 4:05 - Transfer to Weight Room
4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines
5 - 4:10 - 4:50 - Varsity - Weight room - Homework Club
6- 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be rewarded for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender
Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Commitment
Lesson: Chapter Start the Revolution

TAKE AWAY TUESDAY Soccer Home Bellarmine

1 - 2:40 - 2:55 Every Day Drills (EDD) Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)

3 - 3:00 - 3:10 Warm-up (music)

4 - 3:10 - 3:30 - Special Teams (20 minutes)

5 - 3:30 - 4:15 - Offense (45 min)

6 - 4:15 - 5:00 - Defense (45 min)

7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
October 11, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #37 - Core Value - Compete; Mind-Set - Commitment
Coach (Curtis)

Focus:
Work ethic. We are not to be people pleasers. We aren’t to work while others watch, then slack off when alone. We will be reward for the good we do.

Mission:
Provide an inspirational and motivational environment where preparation, practice, and hard work generate opportunities for success.

Core Value: COMPETE - Never Surrender
Character Requires A Courageous Heart
Champions LOVE competition. The challenge is becoming more disciplined, more intense, more prepared. Competition brings out the best in us. The harder the battle, the greater the adversity, the stronger we become. Competing is giving it our best in everything we do, the classroom, our relationship, and on the field. As an Emerald Ridge football player and coach, we will strive to compete in everything we do.

Mind-Set Toughness: Commitment
Lesson: Chapter Start the Revolution

FULL GEAR - COMPETITION WEDNESDAYS

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

SOCcer WILL BE ON FIELD PRIOR TO OUR PRACTICE

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning
October 12, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #38 - Core Value - Compete; Mind-Set - Commitment
Coach (Curtis)

1/2 RACK HAY IN THE BARN - (No School) Soccer @ Rogers

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 2:55 - 3:00 - Attendance
3 - 3:00 - 3:10 - Warm ups
4 - 3:10 - 3:40 - Special Teams
5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays
6 - 3:44 -3:48 - Offense
7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays
8 - 3:52 - 3:56 - Offense
9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays
10 - 4:00 - 4:04 - Offense -
11 - 4:04 - 4:08 - Defense - Goal line
12 - 4:08 - 4:12 - Offense -
13 - 4:12 - 4:16 - Defense - End of Game/Half
14 - 4:16 -4:20 - Offense - 4 minute Drill
15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out
16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements
17 - 4:40 - 6:00 Dinner
MENTAL TUESDAY - HOMEWORK CLUB - Choir Room SHARE WITH SOCCER FR/JV

1 - 2:40 - 3:00 - MindSet - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy

2 - 3:00 - 4:00 - Defense Film (30) Offense Film (30)

3 - 4:00 - 4:05 - Transfer to Weight Room

4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines

5 - 4:10 - 4:50 - Varsity - Weight room

6 - 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights
October 18, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #40 - Core Value - Sacrifice; Mind-Set - Acceptance
Coach Erath (South Kitsap)

Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become
Character Requires Commitment and Perseverance
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Acceptance

SOCCER WILL BE ON FIELD PRIOR TO OUR PRACTICE

FULL GEAR - COMPETITION WEDNESDAYS

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning

7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
October 19, 2017

Varsity/Junior Varsity/C-Team Practice
Practice #41 - Core Value - Sacrifice; Mind-Set - Acceptance
Coach (South Kitsap)

Focus:
The challenge of communicating, especially with those who refuse to listen will stretch us. Simple Language, One Theme, Describe Through Visuals, Strike the Heart and the Head.

Mission:
Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.

Core Value: ATTITUDE - As You Think, You Become
Character Requires Commitment and Perseverance
Attitude is choosing the right attitude in any given situation, on the field and in everyday life. The game of football has so many different turning points, some good and some bad. Just like in life, when you get a curve ball thrown your way, you can choose a positive attitude, or you can let circumstances get you down and have a negative attitude. As a part of the Emerald Ridge football team, as coaches and players, we will choose to have a great attitude in everything that we do realizing that we get the opportunity to be a part of something special.

Mind-Set Toughness: Acceptance

FULL GEAR Soccer Home Curtis

1 - 2:40 - 2:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 2:55 - 3:00 Attendance (Helmets on hash marks before practice)

3 - 3:00 - 3:10 Warm-up (music)

4 - 3:10 - 3:30 - Special Teams (20 minutes)

5 - 3:30 - 4:15 - Offense (45 min)

6 - 4:15 - 5:00 - Defense (45 min)

7 - 5:00 - 5:15 - Gear Away/Static Stretch/Announcements
October 20, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #42 - Core Value - Sacrifice; Mind-Set - Acceptance
Coach (South Kitsap) Senior Night / Pink Out October 21, 2017

1/2 RACK HAY IN THE BARN 2:45 - 6:00

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 2:55 - 3:00 - Attendance
3 - 3:00 - 3:10 - Warm ups
4 - 3:10 - 3:40 - Special Teams
5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays
6 - 3:44 -3:48 - Offense
7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays
8 - 3:52 - 3:56 - Offense
9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays
10 - 4:00 - 4:04 - Offense -
11 - 4:04 - 4:08 - Defense - Goal line
12 - 4:08 - 4:12 - Offense -
13 - 4:12 - 4:16 - Defense - End of Game/Half
14 - 4:16 -4:20 - Offense - 4 minute Drill
15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out
16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements
17 - 4:40 - 6:00 Dinner
October 23, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #43 of 46 - Core Value - Attitude; Mind-Set - Resilience
Coach (Sumner)

Focus:
Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Paid the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: SACRIFICE - Others Before Self

Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Resilience

Lesson: Chapter 16 Unshakable Confidence

MENTAL MONDAY - HOMEWORK CLUB - Choir Room

1 - 2:40 - 3:00 - MindSet Monday - Preparation, Applebees, GoldCards, Note Cards - Swim Buddy

2 - 3:00 - 4:00 - Defense Film (30)  Offense Film (30)

3 - 4:00 - 4:05 - Transfer to Weight Room

4 - 4:05 - 4:10 - Warm-up Upper Gym / Attendance Lines

5 - 4:10 - 4:50 - Varsity - Weight room

6- 4:50 - 5:00 Light Conditioning/Static Stretch / Announcements / Highlights

JV/FRESHMAN - GAMES
October 24, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #44 - Core Value - Attitude; Mind-Set - Resilience
Coach Anderson (Sumner)

Focus:
Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Paid the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: SACRIFICE - Others Before Self
Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Resilience

Lesson: Chapter 16 Unshakable Confidence

FULL GEAR - TAKE AWAY TUESDAYS - Soccer @ South Kitsap

1 - 2:40 - 3:00 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

2 - 3:00 - 3:05 Attendance (Helmets on hash marks before practice, wear sneakers)

3 - 3:05 - 3:15 Warm-up (music)

4 - 3:15 - 4:00 - Offense (45 min)

5 - 4:00 - 4:45 - Defense (45 min)

6 - 4:45 - 5:05 - Special Teams (20 min)

7 - 5:05 - 5:30 - Conditioning/Gear Away/Static Stretch/Announcements - Back of end zone
October 25, 2017
Varsity/Junior Varsity/C-Team Practice
Practice #45 - Core Value - Attitude; Mind-Set - Resilience
Coach (Sumner)

Focus:
Courage fueled by faith. Taking a stand. Chase after qualities the will build character and integrity. It will require an attitude of perseverance, character, and integrity. Work tough. Paid the price to get the job done.

Mission:
Create a dynamic program that generates school pride and tradition within the community.

Core Value: SACRIFICE - Others Before Self
Character Requires Selflessness
As an Emerald Ridge football player or coach, I will sacrifice for the betterment of my team. My purpose on this team is to put my teammates before myself, and let go of all personal pride or ego that may consume me. On or off the gridiron, I will sacrifice for my teammate to grant them the glory. In the end, my sacrifice will make my jaguar brother a better man.

Mind-Set Toughness: Resilience

Lesson: Chapter 16 Unshakable Confidence

SOCCER WILL BE ON FIELD PRIOR TO OUR PRACTICE

4:40 - 4:55 Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)

1 - 4:55 - 5:00 Attendance

2 - 5:00 - 5:10 Warm-up (music)

3 - 5:10 - 5:30 Special Teams 20 min

4 - 5:30 - 6:15 Offense 45 minutes

5 - 6:15 - 7:00 - Defense 45 minutes

6 - 7:00 - 7:10 - Gear Away/Conditioning

7 - 7:10 - 7:20 Static Stretch / Announcements / Highlights
HAY IN THE BARN  2:45 - 6:00  Soccer Home Sumner

1 - 2:40 - 2:55 - Every Day Drills (EDD), Field Set Up (pads, water, cameras, music)
2 - 2:55 - 3:00 - Attendance
3 - 3:00 - 3:10 - Warm ups
4 - 3:10 - 3:40 - Special Teams
5 - 3:40 - 3:44 - Defense - Favorite Runs - Scripted Plays
6 - 3:44 - 3:48 - Offense
7 - 3:48 - 3:52 - Defense - Favorite Routes - Scripted Plays
8 - 3:52 - 3:56 - Offense
9 - 3:56 - 4:00 - Defense - 3rd Long - Scripted Plays
10 - 4:00 - 4:04 - Offense -
11 - 4:04 - 4:08 - Defense - Goal line
12 - 4:08 - 4:12 - Offense -
13 - 4:12 - 4:16 - Defense - End of Game/Half
14 - 4:16 - 4:20 - Offense - 4 minute Drill
15 - 4:20 - 4:25 - Offense - 2 minute drill - Surprise Special Teams Call-Out
16 - 4:25 - 4:40 - Back of End Zone - Static Stretch/Announcements
17 - 4:40 - 6:00 Dinner