



Kofa Kings Football  
2011 Offseason Incentive Program

## OFFSEASON CALENDAR

The offseason will be split into 5 “4-Week Sessions”

- The first session began yesterday, Monday, November 15, 2010. Here are the rest of the session dates.
  - November 15 - December 9
  - January 10 - February 4
  - February 7 - March 4
  - March 7 - March 25
  - April 4 - April 29

## ATTENDANCE TEAMS AND INCENTIVES

All student athletes will be split into TEAMS for attendance purposes. This is INCENTIVE 1.

- TEAMS will consist of 4 TEAM MEMBERS: 2 veterans and 2 rookies (See Football Office door in AM on Nov. 17)
- INCENTIVE 1 and ATTENDANCE REWARDS
  - All 4 TEAM MEMBERS must participate in a combined 90% of lifting sessions to receive each session’s ATTENDANCE REWARD. A student-athlete may receive up to 5 rewards.
    - Example: 14 workouts planned during a 4-week session ( $14 \times 4 = 56$ ), 90% of 56 is 50. So the team of 4 can miss only 6 workouts combined during that session to qualify for INCENTIVE 1
  - ATTENDANCE REWARDS
    1. Black Kofa Football T-Shirt
    2. Gray Kofa Football T-Shirt
    3. White Kofa Football T-Shirt
    4. Crimson Kofa Football T-Shirt
    5. Gold Kofa Football T-Shirt
- HELMET STICKERS will also be given for achieving attendance qualification in each lifting session.

## BODY WEIGHT LIFTING CLUB PROGRAM

All student-athletes are going to be measured based upon their body weight and how much weight they 1 REP MAX on 4 lifts.

- The amount of weight you 1 REP MAX over your body weight will go toward your LIFTING CLUB TOTAL
- These are the 4 lifts.
  - Bench
  - Squat
  - Deadlift
  - Push Jerk
- Example: If you weigh 100 lbs. and your 1 REP MAX in Bench is 150, Squat is 150, Deadlift is 200, and Push Jerk is 235; your LIFTING CLUB TOTAL would be 335.
- There are 3 LIFTING CLUBS to shoot for and there will be boards inside the weight room to distinguish qualifiers. Each time you achieve status in a club you will receive a 300, 400, or 500 CLUB t-shirt and HELMET STICKER.
  - 300 LB
  - 400 LB
  - 500 LB
- A student-athlete may test at the end of each 4-Week Session

## BRING A FRIEND

One of the goals for 2011 is to increase participation in football. We are starting BRING A FRIEND

- All new players to the program are brought to Coach Moore’s attention by a current student-athlete in the program
- Once the friend decides to play football, that student-athlete remains in the program.
  - Decreased conditioning in the Spring
  - Other nice things (To Be Determined)



Kofa Kings Football  
2011 — 5 KEY WORDS and WHAT THEY MEAN

## CHARACTER

How hard do you work now, when nobody is watching you and the season is 9 months away?

## DISCIPLINE

November to August is a long stretch of time... Results from your work in the weight room aren't seen from day-to-day. You have to be DISCIPLINED to believe and know that with hard work now, results will be seen in August.

## COMMITMENT

365-24-7 ... There really is NO OFFSEASON. It takes being your BEST everyday to become the BEST

## LEADERSHIP

Set an example for others by working with MAXIMUM EFFORT.

Get your teammates to follow your example by being an EVERYDAY guy who puts out MAXIMUM EFFORT.

## TEAMWORK

Push yourself and encourage every guy in the room to do the same