



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