

# THUNDERBOLT

TEAM COMMITTED TO EXCELLENCE,  
SERVICE, PURPOSE, FAITH, INTEGRITY  
AND CHARITY

P X

PLAYER MANUAL

# FOOTBALL

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# LINCOLN PIUS X VISION STATEMENT

To graduate men and women who will experience the joy of an authentic, Christ-centered life of service, in which they will use their gifts to help others know and love God.

# LINCOLN PIUS X CORE VALUES

## EXCELLENCE

### **Fulfilling our greatest potential**

- **Foster an understanding and an expectation of the individuals accountability to self and team, and through that accountability we are capable of achieving more than our perceived physical, mental, and emotional limits**

## SERVICE

### **Desiring to humbly help others**

- **Embracing the realization that we are not always the center of attention and that many times our job is not glamorous but performing it to the best of our abilities is vital for the achievement of a group working towards a common goal**

## PURPOSE

### **Using our God-given talents well**

- **Dedicating ourselves to self-improvement of talents through hard work, training, and study and offering up those efforts to God with the understanding that all we are and all we have is given to us by Him to glorify Him**

## FAITH

### **Believing and trusting in Jesus and His Church**

- **Remembering that our salvation is not by our doing but through Jesus' sacrifice on the cross and we should demonstrate that faith through prayer and our own personal sacrifice**

## INTEGRITY

### **Doing what is right**

- **Learning about how the values we have guide the decisions we make and form the people we will be, and these choices have a lasting effect on our teammates, coaches, families, and friends**

## CHARITY

### **Loving God above all things**

- **Knowing that God and all he has created deserves our complete love and respect**

# PLAYER AND TEAM INFORMATION

The Pius X football team is an extension of the vision statement and core values established within the walls of Pius X High School. A commitment to the football team affords young men a unique opportunity to experience the real life dynamic of high demands and expectations of self and others. The commitment also affords young men the privilege to be part of something that is dependent on the individual for success, but is a failure when individual success comes before service and sacrifice for team. The coaching staff will be an example of these core values, and will work in partnership with the young men, to establish and develop them when instructing, educating, and motivating. **The following information is not a comprehensive list, dates, or rules. All information is subject to change.**

## **Practice**

Daily commitment to individual and team improvement is the cornerstone of any successful program. Lasting success is not built on big leaps, it is built on daily improvement of fundamentals and execution within a defined role. This is a fundamental life lesson, showing up to school, work, or life in general, and giving your best will create an opportunity for success. The opposite, inconsistency, creates a likelihood of long-term failure. The only acceptable reasons to miss practice is classroom help, illness, or family emergency. If a student athlete does miss practice due to one of these reasons he will be expected to make up each missed practice by completing extra work before or after practice when he returns. This policy does not indicate “punishment” for missing but allows the student athlete to demonstrate his commitment to his teammates and his commitment to the team by completing some of the work he missed. Absences for any other reason will also include completing extra work before or after practice, but will also include a reduction in playing time, inability to suit up for competition, or possible removal from team.

## **Lettering**

Lettering is a tradition established to show an outward sign of a person’s participation and/or interests outside of the academics. Lettering as part of the Pius X football team is an honor reserved for those individuals that have shown a tremendous commitment off the field and performance on it within a season and/or through a long-term commitment. The minimum requirement to letter as part of the Pius X football team are as follows:

- Participation in 14 varsity game quarters  
or
- 4 years of participation in high school football  
or
- Coaches discretion (ex. Injury during the season that prevents meeting quarters requirement, etc.)

## **Participation in other Sports/Activities and Part-Time Jobs**

### ***In-Season***

Once practice starts, the commitment to the Lincoln Pius X Football team must be your primary commitment. The immense physical, mental, emotional, and time demands of a young man playing football are some of the characteristics that make football the rewarding experience that it is, and that's also what makes it a hindrance to be fully involved with another sporting team during the football season. The risk of injury, fatigue, or absence from your commitment to your teammates, and performance of your role on the team cannot afford to be jeopardized. If participation, on a *very* limited basis, for another sport is desired that must be discussed with Coach Kearney prior to the football season beginning. Any participation not discussed with Coach Kearney will be a violation of team rules and lead to suspension or possible dismissal from the team.

### ***Out-of-Season***

All student athletes that participate on the Lincoln Pius X Football team should pursue opportunities, outside of the football season, to participate and compete on other athletic teams or within other activities at Lincoln Pius X. Participation in other sports or activities provides an opportunity to see and apply the "core values" in different ways. It also provides an opportunity to compete and build on important character qualities such as hard work, dedication, and teamwork. A well rounded high school experience prevents "burnout" or "overuse" and promotes multifaceted development.

### ***Part-Time Jobs***

Part-time jobs are an important part of the high school experience. Many jobs help to teach students how to better manage time, resources, and school work. All are qualities of the next stage in life needed to be successful. All these qualities are part of the student athlete's life, and participation in football will demand the development of these qualities as well. If a part-time job is necessary during the football season, it should be such that it will not interfere with the student athlete's commitment to the Pius X Football team including but not limited to practice, games, and training.

## **Goal Development and Setting**

The nature of football is dependence on others for individual and team success. Within that dynamic is the belief that the individual must be at his best mentally and physically to do a job that benefits the team. Individual and Team goal development and setting will be done as part of the Lincoln Pius X Football team. Goal development and setting gives us a focus, and a tangible way of holding ourselves and our teammates accountable. Through this process a student athlete is able to create a framework to practice excellence and purpose through competition and dedication to training. Furthermore the student athlete practices integrity by being accountable for completing his goals. Finally the student athlete serves others with the knowledge that the sacrifices made to reach his goals are meant to ultimately make his teammates and the team more successful.

### ***Individual Goal Setting (out-of-season)***

For a team to be successful the individuals must make a commitment to improve themselves mentally and physically during the off season. At the completion of the football season and with the "Player Evaluation" sheet the student athlete will complete an out-of-season goal sheet. It

will then be reviewed/reevaluated prior sometime prior to the next football season to gauge progress. The goal sheet will describe specific improvements that the student athlete wants to make. The goal sheet will be one of the topics that is discussed between student athlete and position coach during their end-of-season meeting.

***Team Goal Setting (pre/in-season)***

The work that has been done, the goals that have been reached, and the bonds that have been strengthened will be the foundation for setting the team's in-season goals. A meeting before the season begins will be conducted between the coaching staff and the seniors. Underclassmen who would like to attend are welcome. This meeting will be used to lay out the goals that will direct the team for the upcoming season. The goals will be displayed in the locker-room for the duration of the season as a reminder of what our expectations are.

**Out-of-Season Training**

One of the opportunities that participation on the Pius X Football team affords student athletes is the ability to grow and develop within the core values while out-of-season. Any student athlete not participating in another sport will have the resources to push themselves physically and mentally to reach individual improvement goals they have set. With the direction of the coaching staff the out-of-season training program will consist of muscular strength, agility, plyometric, speed, and general conditioning training. A student athlete committed to individual improvement through the hard work and sacrifice of training is committing to helping the team be successful during the season.

**Strength/Athletic Testing (all dates/times subject to change)**

	<b>Maxes</b>	<b>40/Pro agility/Vert</b>
<b>End of Spring</b>	May 21 <sup>st</sup> -June 1 <sup>st</sup>	TBD
<b>End of Summer</b>	July 23 <sup>rd</sup> -Aug 3 <sup>rd</sup>	TBD

**Summer training schedule (all times are subject to change)**

<b>Day</b>	<b>Focus</b>	<b>Year</b>	<b>Time (AM)</b>
Mon	Cores	12 <sup>th</sup> /11 <sup>th</sup>	6:45am Warm/7-8 weight room
		10 <sup>th</sup> /9 <sup>th</sup>	7:30am Warm/8-9 weight room
Tues	Aux/Agil/Acc/Speed/Cond	12 <sup>th</sup> /11 <sup>th</sup>	6:45am warm/7-7:40 weight room/7:40-8:00 AASC
		10 <sup>th</sup> /9 <sup>th</sup>	7:30am warm/7:40-8 AASC/8-8:40 weight room
Wed	Plyos	All	8:30-9:30am (football stadium)
Thurs	Cores	12 <sup>th</sup> /11 <sup>th</sup>	6:45am Warm/7-8 weight room
		10 <sup>th</sup> /9 <sup>th</sup>	7:30am Warm/8-9 weight room
Fri	Aux/Agil/Acc/Speed/Cond	12 <sup>th</sup> /11 <sup>th</sup>	6:45am warm/7-7:40 weight room/7:40-8:00 AASC
		10 <sup>th</sup> /9 <sup>th</sup>	7:30am warm/7:40-8 AASC/8-8:40 weight room

## **Important Dates (more information can be found on Football page on [www.piusx.net](http://www.piusx.net)) :**

**May 29<sup>th</sup>:** Summer training program begins for 12<sup>th</sup>/11<sup>th</sup>/10<sup>th</sup> grade boys

- Strength/Athletic testing dates found in “Out-of-season” training section above

**July 12<sup>th</sup>-14<sup>th</sup> resumes July 16<sup>th</sup>-19<sup>th</sup>:** High School summer camp 12<sup>th</sup>-9<sup>th</sup> grade, 6-9:30 pm

- **If you are planning on attending a college camp and need equipment please talk with Coach Kearney well in advance of needing equipment!**

**August 6<sup>th</sup>:** Practice Begins for 12<sup>th</sup>-9<sup>th</sup> grade

- Practice likely in the afternoon/evening. During the first week of practice we may have a walk through in the mornings.

## **College Recruiting**

Many student athletes have the desire to play football after their time at Lincoln Pius X High School. It is part of my job to help them achieve this goal. I am committed to help them organize and complete any paperwork that is necessary for participation, understand the differences in collegiate levels and set realistic goals, contact college coaches, and set up meetings with recruiters for the purpose of playing collegiately. Furthermore I will have a meeting, as a group, with interested student athletes the summer before their junior year to discuss recruiting, options and resources available, and expectations of recruiters. From the player I will expect the same dedication and commitment to time since it is the player who desires to play in college.

\*NCAA Eligibility Center:

<http://www.ncaa.org/student-athletes/future>

## **Violation of School Policy or Rules**

Participation on the Lincoln Pius X Football team has the ability to greatly enrich the growth and development of a student athlete into the man that God wants him to be. It is an absolute privilege to be a part of the Pius X football team and because of that privilege members will be held to a higher standard. Since the team is an extension of the school setting all school policies and rules will apply to the football team. Any violation of school policies or rules and subsequent punishment will take precedent over any activity associated with the football team. Additionally due to the nature of football being a team sport in which trust is developed between teammates and between player and coach, breaking of that trust may result in additional steps to be taken by the student athlete to regain full participation. Those steps may including but are not limited to, team apology, sacrifice of playing time, and added work before or after practice. In some cases a player may need to be removed from the team to better serve him and his ability to deal with any issues. Pages 38-40 of the *Student Handbook* defines and outlines the consequences a student is subject to if a violation of policy or rules occurs.

**\*The use of phones/cameras/etc. to take pictures/recording in the locker room is strictly prohibited!**

### **Additionally Hazing...**

*(Ch. 28 Sec. 311.06: Nebraska State Law on Hazing)...any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership with any organization...*



The Pius X Football program and all entities within will have no tolerance for hazing. A student athlete earns his privileged status to be a part of the Pius X Football program by his commitment to acquiring and developing the core values discussed previously. Any belief in a system of embarrassment, punishment, or harm as a way to show commitment or gain privilege is contrary to the message of Jesus and to the goal of participation in football.

### **Social Media...**

Your presence on social media is a big part of who you are as a person and as a teammate representing the Pius X football team. Negative comments towards teammates, coaches, opponents, etc. are not in line with the mission and core values of Pius X High School. If you have a concern or problem with someone or something associated with the football team you should deal with it appropriately by talking directly to them or a coach about the concern or problem. It should also be noted that recruiters, and future bosses are looking at your presence on social media to help them determine whether you are someone they want to be a part of their teams or businesses.

### **Taking Care of your Equipment**

As a member of the Pius X football team you will be issued equipment such as a helmet, shoulder pads, practice pants, game uniforms home and away, etc. that are the property of Pius X High School. Since it is not your personal property you are to treat this equipment with respect. When in proper working condition, and used correctly this equipment is designed to reduce the risk of injury. However no equipment can prevent all injuries. You are also responsible to check this equipment **at the end of practice every day** to verify it is still in proper working condition. If the equipment is not in proper working condition or broken you are responsible to bring the equipment to a coach so he may help you fix it. You are not allowed to fix equipment on your own without the guidance or help of a coach.

The uniforms that have been/will be issued to you are your responsibility to keep track of and launder after each use. If you do not take care of them you may be responsible for its replacement. The specific set of instructions for care of your uniforms are included below:

1. Machine Wash 100-110F (WITH LIKE COLORS)
2. Use mild low alkaline detergents
3. Tumble dry immediately low setting
4. Iron cool, if necessary (DO NOT IRON DESIGN/NUMBERS)
5. DO NOT use bleach
6. DO NOT dry clean
7. DO NOT use softeners
8. DO NOT leave crumpled wet