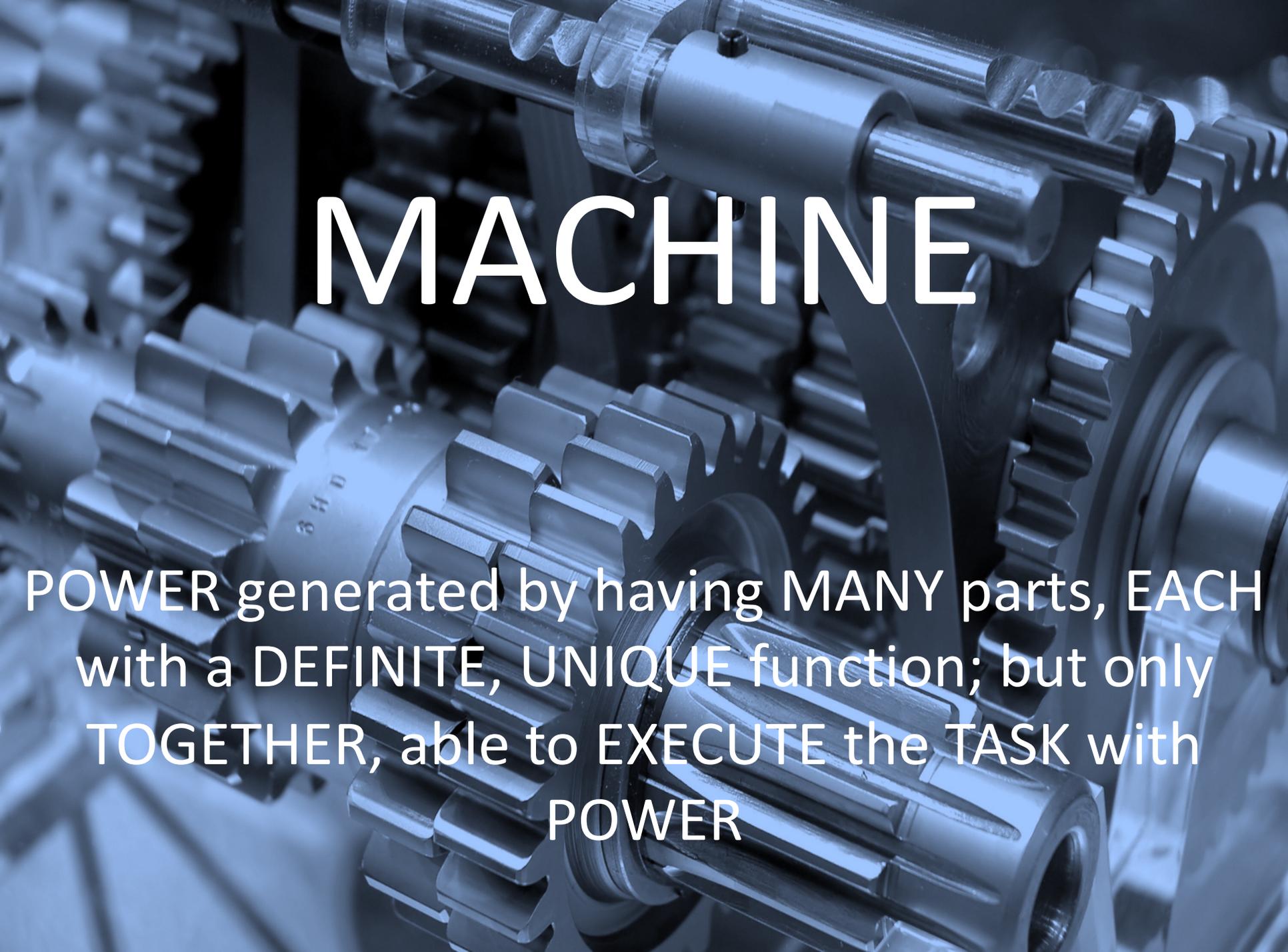


LIBERTY FOOTBALL

"THE BLUE MACHINE"



MACHINE

POWER generated by having MANY parts, EACH with a DEFINITE, UNIQUE function; but only TOGETHER, able to EXECUTE the TASK with POWER



7

Riddell

WARNING

BLUE MACHINE



CREED OF THE BLUE MACHINE

I am a Liberty Football Player

I Believe in my team, my school, my self

I Believe I gave my personal best in preparation and performance

I am proud of my dedication, my desire, and my commitment

This team will rise above our wins and losses at all times

By our efforts we are together forever

Together we are

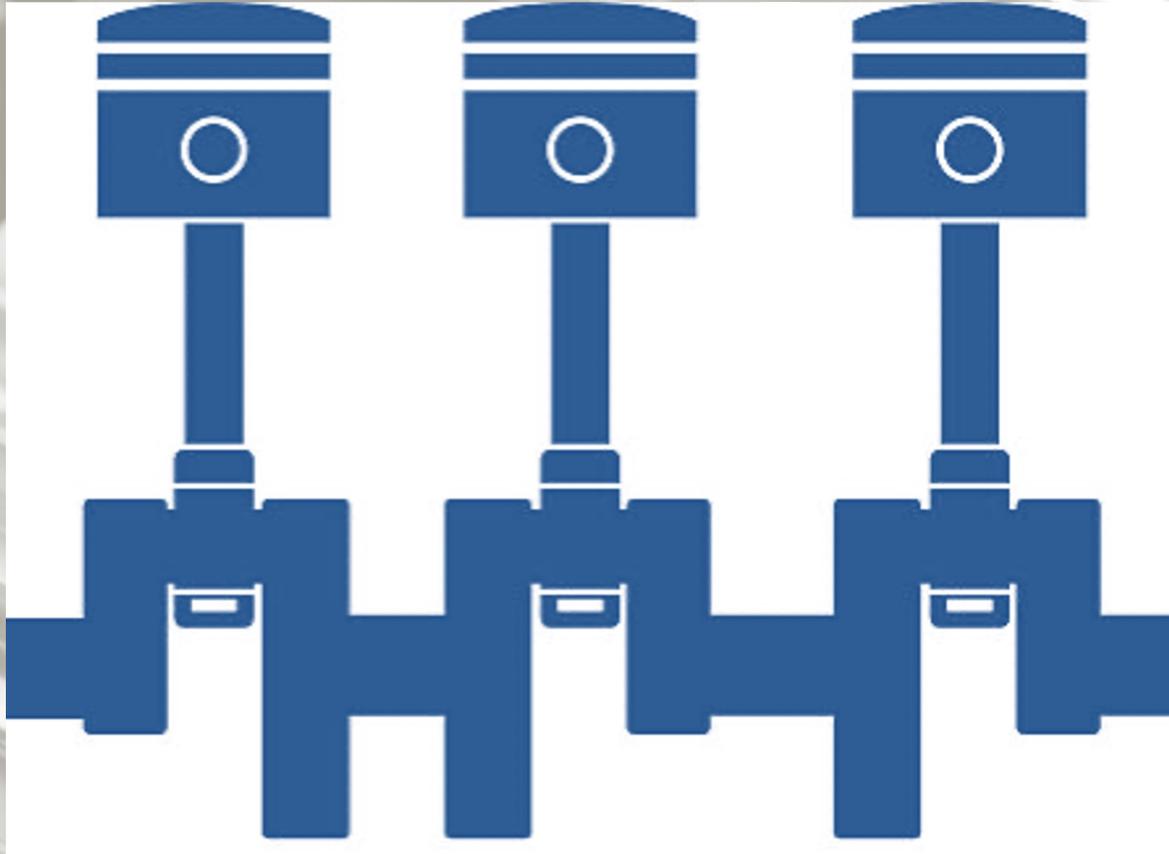
**THE
BLUE
MACHINE**

The Blue Machine is Driven by 3 main Pistons (Core Values)

CULTURE

EXECUTION

TOUGHNESS

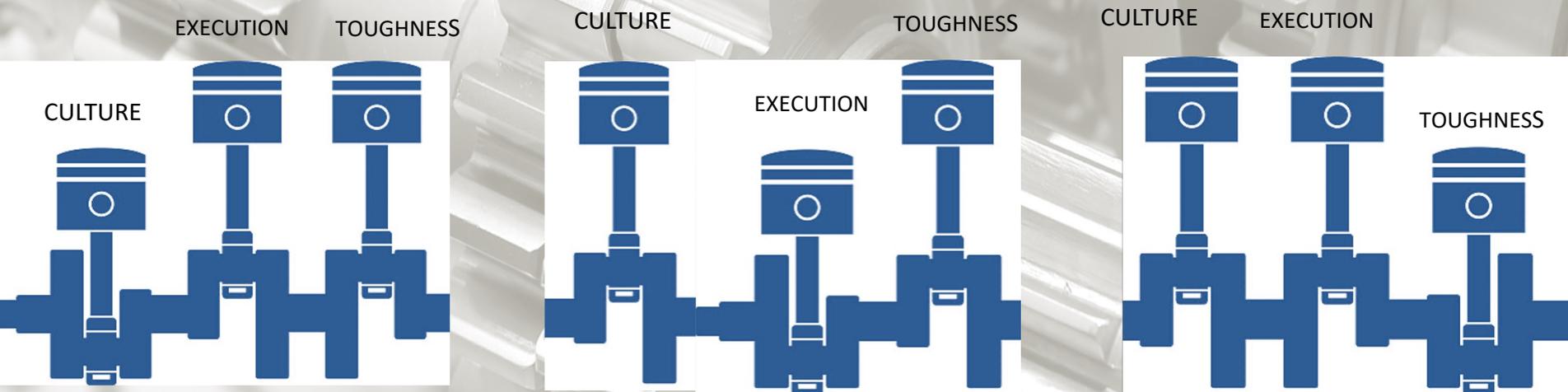


What we do every day. How we act and the decisions we make

How well can we execute our schemes during competition

How tough we can be both mentally and physically.

For the Blue Machine to be great , it must be firing on all cylinders. If one cylinder is weak it will effect how powerful we can be



CULTURE

1) Culture Built on Trust

2) Focusing on the Process understanding the Process is driven by our character

3) Instilled by clear expectations on how we act in certain situations and how we treat each other. We have to trust you as a person and a student BEFORE we trust you in a game

4) Understanding the Blue Machine is made up of many parts, and every part has an important job in the machine



Focus on the process of what it takes to be successful.

— Nick Saban —

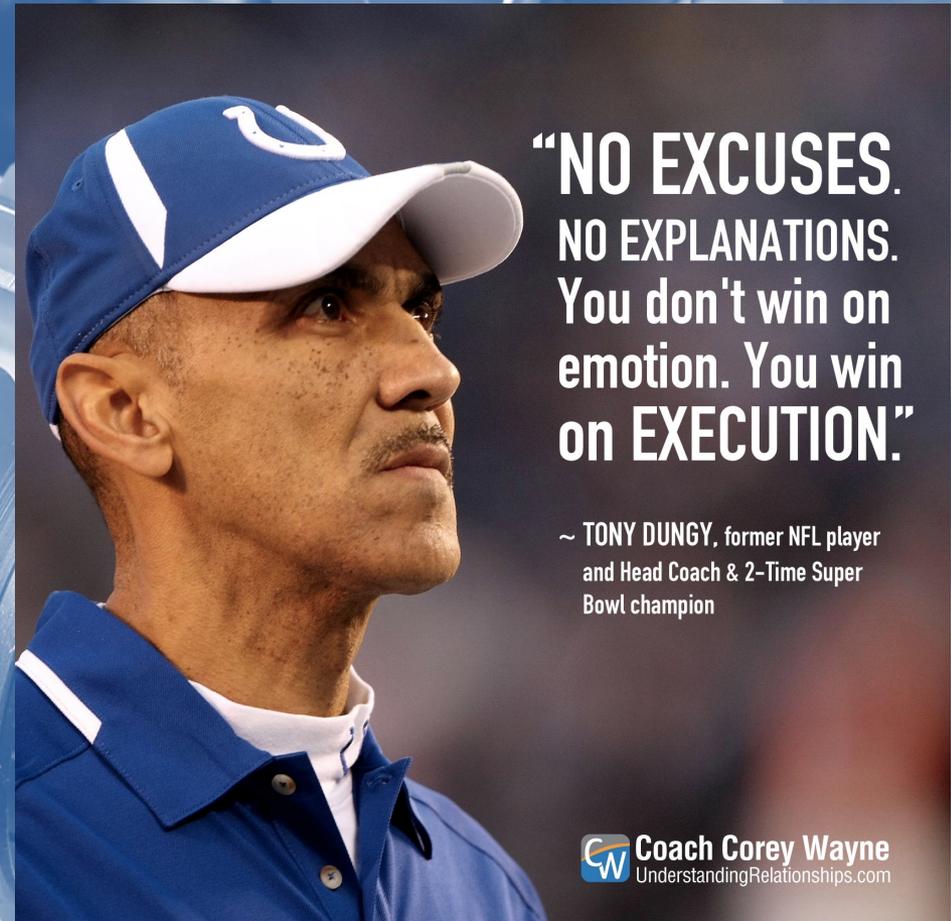
AZ QUOTES

EXECUTION

**1) How well we execute our schemes during completion.
Offense, Defense, Special teams**

2) Clear understanding of the schemes, Practice Expectations, Film study and preparation vs our opponents

3) Focus on the positives, fix the negatives!



**“NO EXCUSES.
NO EXPLANATIONS.
You don't win on
emotion. You win
on EXECUTION.”**

~ TONY DUNGY, former NFL player
and Head Coach & 2-Time Super
Bowl champion

TOUGHNESS

1) Being physically and mentally prepared to handle whatever is thrown our way on the field

2) We will build Physical toughness through workouts, practices, conditioning, and Practices.

3) For Mental toughness we want to be a Predator! Predators have eyes focused straight ahead on what's next. Prey have eyes on the side looking behind and to the side at their surroundings.

“you can't practice soft and play hard”



Culture Driven by the Process, Process Driven by Character

RESULTS

WE DON'T FOCUS ON RESULTS

- Results are a product of the process
- Our goals will never include results.
- “winning a State Championship” or “league championship” will never be our goal
- Understand the result is only the out come of what you put into it “you can’t cheat the grind, it knows how much you have invested and won’t give you anything you haven’t worked for”

PROCESS

We Focus on the Process, the daily actions it takes to to have positive results

- The process is everything we do other than the final score
- As a program we have a series of things we do to prepare ourselves and our team to become the best we can be
- How well we do on those steps will determine how successful we are
- The choices we make individually and as a team have a direct effect on our process

CHARACTER

There are two types of Character drive our process

Moral Character – The choices you make daily in relationship to yourself and others. Integrity, Honestly, courage, accountability, and loyalty are included in this area

Performance Character – The choices you make daily that make us better in competition with other teams. Effort, toughness, nutrition, training discipline are included in this area.

Results

Process

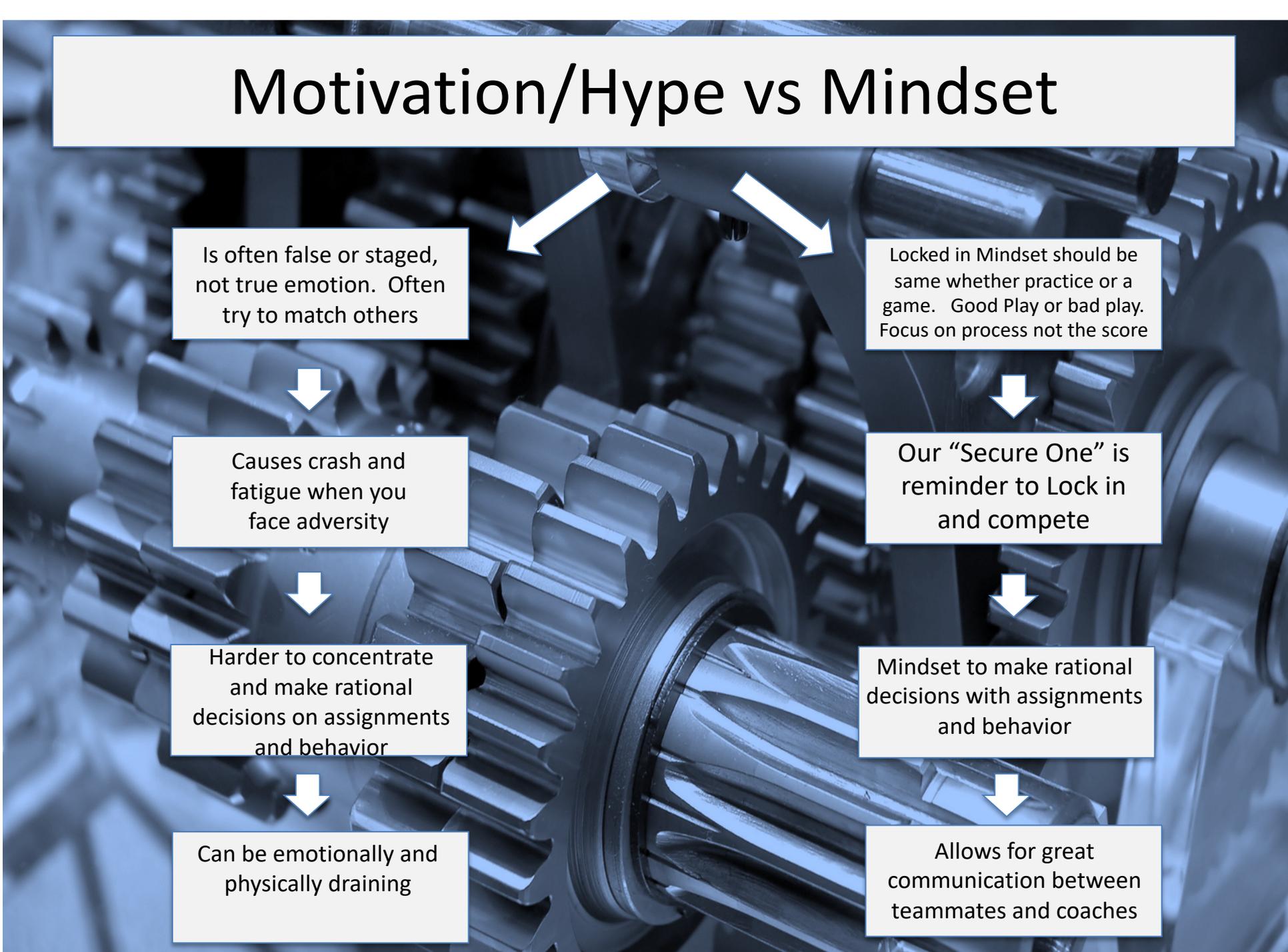
Character

Moral Character
Daily Decisions outside
of athletics

Performance Character
Daily decisions in
practice and training

BLUE MACHINE – DOING THINGS THE BLUE JAY WAY

Motivation/Hype vs Mindset



Is often false or staged, not true emotion. Often try to match others

Causes crash and fatigue when you face adversity

Harder to concentrate and make rational decisions on assignments and behavior

Can be emotionally and physically draining

Locked in Mindset should be same whether practice or a game. Good Play or bad play. Focus on process not the score

Our "Secure One" is reminder to Lock in and compete

Mindset to make rational decisions with assignments and behavior

Allows for great communication between teammates and coaches

Blue Machine – The Blue Jay Way

Off-Season

Weight Room

At School

Game Day

On The Bus

At Practice

In Meetings
and Film

Saturday Morning
Practice

How to Handle it if you
are hurt or injured

How to Handle it if you
are upset with playing
time

How to Handle Recruiting,
Combines, Private training
or lessons

Equipment

Off Season Expectations

- Cover at the Banquet and in a Parent email following up the Banquet
- 1. Be out for a sport, involved in Pre season training for a sport, or in the weight room with your team after school.
- 2. Be a good student, strive for a 3.0 or above
- 3. Be a good citizen both at home and at school
- 4. Be involved in your community. Look for ways to serve our team and community putting others before your self. (Example – Room 100 Lunch, Inclusion Connections, Helping at Harvesters, Tutoring in Liberty Hour)
- 5. We must trust you as a Citizen and Student before we can trust you on the field!

11 Lessons To Cover With Our Team

- 1. Off Season Expectations**
- 2. Weight Room Expectations**
- 3. School Day Expectations**
- 4. Bus Expectations**
- 5. Game Day Expectations**
- 6. Practice Expectations**
- 7. Film and Meetings Expectations**
- 8. Weekend Expectations**
- 9. How to handle it when you don't feel good or are injured**
- 10. How to handle it when you are upset with playing time**
- 11. How to handle recruiting, combines, and private training or private positions lessons**
- 12. How to handle your equipment**

Weight Room Expectations

– Cover before our first off season workout and again at beginning of school for weigh training classes

1. Wear proper lifting attire
2. No Phones or Headphones (earbuds) – We want to coach you!
3. Use Restroom before you enter
4. Have your computer ready and log in your work out
5. Strive to do extra reps on your last set. Don't walk out the same you walked in
6. Establish goals, know your goals, meet your goals
7. Be able to lift when you don't feel good or are sore. This will condition you to practice when you don't feel good or are sore

Practice Expectations

– Cover before your first practice or summer camp.

1. Have the correct equipment (Uppers, Full, Team Shirt/Shorts)
2. If you are not in line and on time you are late
3. If you are going to be late or miss, you need to communicate it to a Coach BEFORE it occurs. All missed practices will be made up.
4. No Cell Phones, head phones, etc at the practice field
5. It is better to be at practice if you don't feel and doing partial than nothing at all. Obviously this is different in Covid situations
6. If you are injured you still come to practice and games
7. Don't hang around the locker room after practice, get in and get out. Not the place to complain about practice or feel sorry for yourself
8. Whether you improve or get better every practice is up to you. You must seize any opportunity to get better. Jump in on scout teams, ask the coach for reps etc. Don't stand and watch

School Day Expectations

– Cover before our first day of class with your team

1. Be on time, every day, every hour
2. Greet adults properly. “Yes Mam, Yes Sir, How are you? Have a great day”
3. Attend Liberty Hour tutoring if assigned, if not use this time to study or do homework
4. If you see someone on our team alone at lunch, invite them to sit with you. This can be for non-teammates also
5. Completely pick up your table at lunch wether it is your trash or not
6. Sit in the front row in class whenever it is possible
7. Treat Custodians, Lunch Workers, Bus Drivers with respect and say “Thank You” any chance you can.

Game Day Expectations

– Cover before our first game day

1. Wear what the team is wearing, no exceptions.
2. If you are wearing your Jersey, the number and team name will make you stand out. You are representing us all
3. Pre Game Meal should be not louder than voices at your table. Captains for that game will be the servers and make sure cafeteria is cleaned.
4. Pre Game meetings or Walk Through's should be locked in whether you are starter or 4th string. Prepare to do our best.
5. If we are traveling, follow our bus expectations.
6. We enter the field in segments as a group and on time
7. Sideline Behavior is Helmets on behind the line supporting the team. No interaction with crowd or horseplay. Be engaged in sideline breakdowns and film
8. During National Anthem remove helmet and if on sideline stand in single file line on the out of bounds line.
9. All Players are expected to dress out for home games. Any absence must be approved by the Head Coach
10. Home or Away, we leave the locker Room cleaner than when we walked in. Game Captains will check this after the game.

Bus Expectations

– Cover before your first trip on a bus with your team.

1. Seated at all times
2. Keep your noise, either your voice or head phones, to your seat area
3. Make sure to pick up all the trash in your area, the bus should be cleaner than when you got on
4. Every player thank the bus driver, each time when exiting the bus.

Weekend Expectations

– Cover before your first Post Game.

1. Team Meeting attendance at 6:00 PM Sunday followed by film
2. Meeting agenda will include impact plays and areas to improve. We will go over the week schedule
3. Attendance is mandatory. That being said if you have job or family obligations if communicated before we will work it out
4. Sophomore will watch game film if available
5. JV will do walk through and special team practice for Monday game
6. If you are not in the game or the film, watch your position as if you were in

How To Handle It If You Are Injured

- Cover before your first Practice or Camp.
- 1. Make sure to let a Coach know if you think you are injured. There is a difference between being hurt and being injured.
- 2. The next step is to have our trainer evaluate. They will get an early diagnosis and communicate that to you, your parents, and coaching staff. Make every effort to see our trainer before you see a doctor.
- 3. If you visit a doctor, make sure to get paperwork for our trainer or a contact number for them
- 4. If you are injured you are still expected to be at practice if you are physically able to do so. You should be dressed out and not in school attire if you are physically able to do so.
- 5. If you are sick and absent from school you cannot attend practice. If you don't feel well make every effort to be at practice and participate as much as possible. There is a difference between not feeling well and being sick

How To Handle It If You Are Upset About Playing Time

– Cover before your first Scrimmage or Competition

1. Understand that communication is essential. Work with your coach to understand why the situation is occurring and how you can earn more time. You may not agree with and that is OK.
2. Understand that Varsity time philosophy is that the best 11 play. Every Snap and Every Game unless a sub down situation occurs. In those situations in a Varsity game seniors who have not played will go in before JV players. JV game time is for development and will play the best underclassman who are not playing varsity. Only Sophomores or Freshman can play in Sophomore games.
3. We will Follow the Communication Chain. At no point will a Coach meet with a parent without the player present unless it is a safety issue. The communication chain is as follows below
 1. Player and Position Coach Meeting
 2. Player and Position Coach and Head Coach Meeting
 3. Player and Position Coach and Head Coach and Parent meeting
 4. Player and Position Coach and Head Coach and Athletic Director and Parent Meeting
 5. Player and Position Coach and Head Coach and Athletic Director and Principal and Parent Meeting.

How To Handle Recruiting, Combines, Private Training, and Position Training

- Cover before you start off Season training
 1. Make sure to communicate to the Head Coach if you would like to play Football at the collegiate level
 2. You are responsible for marking your highlights on HUDL. If you want to send highlights to a coach you can send the link or have the Head Coach send it
 3. Our Coaching staff does not determine who recruits you. Awards and things like All-Conference do not matter much in recruiting. The College coach will decide through evaluation who can play for their team and who cannot.
 4. As a Coaching Staff, we will be extremely honest with the College Coach on questions pertaining to work ethic, attitude, attendance, and overall citizenship.
 5. If you are going to a combine, make sure you are prepared. Combines can help or hurt you depending on your performance
 6. If you are receiving private weight training, agility or speed work understand that it should be in addition to our team training, not in place of our team training
 7. If you are taking private position training lessons, understand that our team training comes first. Many of the principals of the training may be the same with different terminology so try to make connections with what we do in our program.

Equipment

1. If at any time you feel your equipment is broke or does not fit right let a coach know
2. Once checked out to you all equipment is your responsibility. You have several hundred dollars of equipment
3. Keep your equipment locked up at all times
4. Keep your uniforms washed and maintained, if ripped let a coach know
5. Don't loan equipment to teammates
6. At check in have all equipment washed and ready to turn in



10 Points to Review from Predator vs Prey 1)

Predator Mindset is focusing on what you can control, eyes straight ahead

- 2) Prey Mindset is focusing on things out of your control, eyes and thoughts focused on things you cannot control
- 3) Don't have a fan mentality. Fan Mentality includes letting **Hype** of yourself or opponent, **Significance** of a event or game, or focusing on the **Outcome** effect or ability to compete
- 4) Prey Mindset includes being concerned with others opinions of you, being focused on what others are doing, comparing ourselves to others, and Judging others.
- 5) Being too concerned with events from the past or worrying about what may take place in the future limit how we perform in the present time.
- 6) Each of us can only give 100%. Giving 100% will look different depending on what the current situation is.
- 7) Our body language and attitude both positive and negative can have effects on our own performance and your teammates
- 8) Having an underlying purpose not based on winning or losing will help you compete at your highest level.
- 9) Everyone has different motivation buttons, find out what yours is and use it.
- 10) Aggressiveness can be increased and developed by becoming more