2016 Scottsdale Prep Football

A) WE CAN:
- Win our Region (Region 6 of Conference 2A)
- Become (return to being) a respected football program statewide

B) TO DO THESE, WE MUST:
- Continue to increase the number of team members in our program;
- Improve our intensity and commitment in both off-season and in-season activities;
- Get maximum effort and production from our most talented players;
- Get a lot out of our second year players – increased intensity and accomplishment now that they understand the terminology and the system.
- Have great attitude, mental toughness, and hunger, from each team member and each live the SPA Spartan Football Core Covenant!

C) Important Dates (Off-Season) (TENTATIVE!!!)

Monday, January 11\textsuperscript{th} – 1\textsuperscript{st} off-season Meeting (3 PM)
Mon Jan 11, Wed Jan 13, Fri Jan 15 - Baseline Testing and New Lifter Instruction

Mon Mar 28, Wed Mar 30, Fri Apr 1 – VC Testing Period #2

Monday-Friday May 2-5 M-TH Spring Practice (Time/Location TBA)

Monday-Friday May 9-12 M-TH Spring Practice Week #2

Monday & Tuesday May 16 & 17 Spring Practice Week #3

Tues May 31, Wed June 1, Fri June 3 VC Testing Period #3

Monday, July 4 - Friday July 8 – NO WORKOUTS

Mon, July 25, Tues, July 26, Wed July 27 Final VC Testing

Friday, July 29-Sunday, July 31 – Spartan Camp @ NAU

Monday, August 1 – 1\textsuperscript{st} Day of Official Practice (Time/Location TBA)

**7 on 7 events will be announced as they are scheduled**
The purpose of this system is to encourage SPA Spartans to work year-round to become better football players, better students, and better people - in turn making our football team and program better. The final point totals will be posted the first day of official practice in August.

**THOSE WHO FINISH IN THE TOP 5** on the Q. for E. list will earn awards for this accomplishment.

The following is a list of deeds that earn points in the Q. for E. system:

*(Beginning January 11, 2016)*

**WINTER/SPRING/SUMMER SEASONS**

1. Earn a 4.0 or better grade point average on the 3\textsuperscript{rd} or 4\textsuperscript{th} report cards during the school year…………………………………………………………..100 pts (per report card)

2. Earn a 3.5 or better grade point average on the 3\textsuperscript{rd}, or 4\textsuperscript{th} report cards during the school year…………………………………………………………..75 pts (per report card)
   Earn a 3.0 or better grade point average on the 3\textsuperscript{rd}, or 4\textsuperscript{th} report cards during the school year…………………………………………………………..50 pts (per report card)

3. **Finish** the season on a Winter **interscholastic** athletic team (basketball, soccer, etc)………………………………………………………………………………..200 pts
   Full Season Spring Sport………………………………………………………………………………..200 pts

4. **PARTICIPATE COMPLETELY** in a **Spartan** (football strength/speed) **workout** 5 pts (per workout)

5. **PARTICIPATE** in **ALL EVENTS** of any of the January Baseline, March, May, and/or July testing…………………………………………………………..25 pts (each testing period)

6. **Finish #1 IN AN EVENT** in any of the above testing March/May/July…5 pts (per event)

7. **EARN MEMBERSHIP** in any “club” - Victory, Ironman, Spartan, Super Spartan, Half-Ton, etc………………………………………………………………………………..25 pts (per club)

8. **PARTICIPATE** in **ALL DAYS** of Spring Football Practice………………………………100 pts
   (*missing practice due to a school sport conflict counts as practice attendance)*

9. **PARTICIPATE** in **ALL DAYS** of the Summer Team Football Camp………………100 pts

10. **WIN** an off-season award – Best Leadership in Spartan Workouts, Greatest Consistent Intensity in Spartan Workouts, Best Attendance at Spartan Workouts, Most Physical Improvement in Spartan Workouts, etc…25 pts (Per Award)

11. Fully participate in a team community service project………………..25 pts (Per Project)

12. **ADDITIONAL POINTS** may be earned for other accomplishments.

**THOSE WHO ASPIRE TO BE GREAT PLAYERS AND/OR TEAM LEADERS SHOULD FINISH THE OFF-SEASON TOWARD THE TOP OF THE Q FOR E POINTS LIST!**
Spartan Football Off-Season Incentives

**IRONMAN OF THE WEEK**

An “Ironman of the Week” – the most impressive participant in workouts that week (effort, intensity, improvement) will be selected each week for each grade. The recipient will be recognized that week.

**OFF-SEASON CLUBS**

Those who earn membership in an off-season club will receive an apparel item (polo shirt, t-shirt, shorts, etc) with the Club name on it, as well as having his name listed on the Club Member List posted on the weight room wall.

**2016 CLUB REQUIREMENTS:**

**A) VICTORY CLUB:** Meet 10 of the 12 standards in any of the testing periods:

<table>
<thead>
<tr>
<th>Test</th>
<th>OL/DT</th>
<th>DE/TE</th>
<th>RB/LB</th>
<th>QB/WR/DB</th>
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</thead>
<tbody>
<tr>
<td>Bench Press</td>
<td>215</td>
<td>200</td>
<td>200</td>
<td>190</td>
</tr>
<tr>
<td>Parallel Squat</td>
<td>315</td>
<td>300</td>
<td>300</td>
<td>285</td>
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<tr>
<td>Hang Clean</td>
<td>200</td>
<td>190</td>
<td>190</td>
<td>180</td>
</tr>
<tr>
<td>Dead Lift</td>
<td>350</td>
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<td>325</td>
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<td>VJ</td>
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<td>24”</td>
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<tr>
<td>LJ</td>
<td>7’0</td>
<td>7’6</td>
<td>8’0</td>
<td>8’0</td>
</tr>
<tr>
<td>40 Yard Dash</td>
<td>5.7</td>
<td>5.4</td>
<td>5.1</td>
<td>5.0</td>
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<tr>
<td>5-10-5</td>
<td>5.2</td>
<td>5.0</td>
<td>4.9</td>
<td>4.7</td>
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<tr>
<td>Dot Drill</td>
<td>65</td>
<td>63</td>
<td>60</td>
<td>60</td>
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<tr>
<td>Plank</td>
<td></td>
<td></td>
<td>2 Minutes</td>
<td>60</td>
</tr>
</tbody>
</table>

Pass the Running Test prior to August practice

Report Card GPA: 3.0

PLUS:- Good Character (No school or community trouble since beginning of the off-season, and participation in at least one football team community service project)

**B) IRONMAN CLUB:**

FULLY Participate in 75% of all SCHEDULED SPARTAN WORKOUTS from January 11th through the end of July.

**C) SPARTAN CLUB:**

Play a winter or spring sport for SPA in the 15-16 school year, and Fully participate in 75% of the scheduled Spartan Workouts Feb - end of July) when not in the Winter/Spring sport (the winter or spring sport season is defined as the first day of official practice until the final contest of the school sport season)
D) **SUPER SPARTAN CLUB:**
Play BOTH a winter and spring sport for SPA, and Fully participate in 75 % of the scheduled Spartan Workouts in the 15-16 school year (June and July).

E) **HALF TON CLUB CLUB:**
Achieve a TOTAL of 1000 pounds combining your results in any 3 of the 4 lifts in one or more of the January, March, May, or July testing periods as follows:
- BENCH PRESS
- PARALLEL SQUAT
- DEAD LIFT
- HANG CLEAN

F) **CHAMPIONS CLUB:**
Meeting requirements of EACH of the above clubs (Ironman, Spartan, OR Super Spartan, Plus, Victory and Ironman Clubs. This signifies the individual is one of the “strongest links” of the “chain” that is our team.

G) **BIG BLUE CLUB:**
Breaking 70 Personal Records** by the end of July. A personal Record is lifting a greater total in each core lift than the previous core lift of the same routine.

**On Core Lifts on the Progress cards used during workouts

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**Individual Off-Season Awards:**

**BEST LEADERSHIP** (in Spartan Workouts)

**GREATEST CONSISTENT INTENSITY**
(at Spartan Workouts)

**BEST ATTENDANCE** (at Spartan Workouts)

**MOST PHYSICAL IMPROVEMENT** (in Spartan workouts from beginning of off-season to late July)

*Recommendations for recipients of these awards will be requested from team members as well as judgment by coaches. These will be determined at the end of July.*
Scottsdale Prep Football
2016 Off-season workouts
“Spartan Workouts”

**Purpose:** To build the individual player’s strength, power, speed, quickness, agility, flexibility, & confidence; To help to prevent football injuries; To develop mutual respect and esprit de corps among teammates.

**When:** Usually, Monday, Wednesday, Friday for roughly 1 hour 3:00-4:00. First official workout is Monday, January 11th. Occasionally, a Tuesday or Thursday will replace a Monday, Wednesday, or Friday (see calendar). Football players not participating on a winter or spring team for SPA should attend each of these workouts. There will be various intrinsic and extrinsic rewards for excellent attendance, achievement, and improvement in these workouts.

**Format:**

- 5 Minutes = Dot Drill or Quick Foot Ladder (agility & warm-up)
- 45 Minutes = Weight Lifting
  - Core Lifts (Athletic Strength/Power Development): Bench Press, Dead Lift, Hang Cleans, Push Press – Perfect Form will be stressed! Body weight exercises (Push-ups, One Legged Squats, Dumbell Lunges, Dumbell Overhead Press, Un-Weighted Squats, Un-Weighted Hang Cleans, Un-Weighted Dead Lifts, Wall Sits), as well as other High Intensity “Burners” will be utilized to build strength while developing perfect form in the Core Lifts.
  - Auxiliary Lifts (strength development of various muscles in all parts of the body)
- 10 Minutes = Speed/Agility/Quickness/Plyometric Drills

For summer morning workouts, an extra hour will be added at the end for added speed training, cardiovascular work, and football skills work (throwing, catching, position techniques, etc (see calendar)).
<table>
<thead>
<tr>
<th>GAME #</th>
<th>DATE*</th>
<th>TIME</th>
<th>OPPONENT</th>
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<tbody>
<tr>
<td>SCRIMMAGE</td>
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<tr>
<td>1</td>
<td>TBA</td>
<td>TBA</td>
<td>@ Arizona Lutheran Academy</td>
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<td>2</td>
<td>TBA</td>
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<td>H vs North Pointe Prep</td>
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<td>3</td>
<td>TBA</td>
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<td>@ San Carlos</td>
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<td>@ Arete Prep+</td>
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<td>H vs Miami</td>
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<td>H vs Glendale Prep+</td>
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<td>7</td>
<td>TBA</td>
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<td>H vs Veritas+</td>
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<td>TBA</td>
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<td>@ Antelope Union+</td>
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<td>9</td>
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<td>H vs San Tan Foothills+</td>
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<td>@ Chandler Prep+</td>
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<td>11</td>
<td>TBA</td>
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<td>TBA – AIA Play-offs Round 1</td>
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<td>TBA</td>
<td>TBA</td>
<td>TBA – AIA Semi-Finals</td>
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<tr>
<td>14</td>
<td>TBA</td>
<td>TBA</td>
<td>TBA – AIA State Championship Game (+Section Games)</td>
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AIA Conference 2A
Region 6 – Metro East