

## **Mayo Spartan Football Philosophy**

To be a Spartan football player means to be a student- athlete. An athlete is not just a football player. To be an athlete one needs to have a sense of respect both from others and oneself. Respect is something that is earned and proven. This respect is gained not alone from ones performance on the football field, but as a result of being a complete person on and most importantly off the field.

The main measurement of being successful is in the means of getting to the goal. Being successful isn't measured in wins or losses, but by the lessons learned through those experiences that one can carry on and apply throughout life. The amount of work and effort put into being successful should be a direct result of that persons' success as a total outcome. Academics must be an athlete's priority. It is the coach's responsibility to promote and monitor their athlete's academics, but it's the athlete's responsibility to take advantage of being a student/athlete. An athlete must not depend on his athletic ability alone, but understand the importance of academics as they apply to the future of ones life. It is the coaches' responsibility to provide an opportunity for their athletes to succeed academically outside of the classroom, but it's the athlete's option to take advantage of that opportunity.

To be a Spartan football athlete is to be well balanced. This balance is a combination of year-round academic and athletic ability. It is promoted that an athlete will take advantage of every possible opportunity to improve both as a student and as an athlete. To reach athletic potential it is promoted for Spartan football athletes to take advantage of every opportunity to improve their athletic abilities. This can be both a combination of both school season sports and also off-season training opportunities. Strength, speed and agility are key essentials to every athlete and continuous improvement is essential to an athletes sport specific improvement.

Being a good person is the most important aspect of being a Spartan athlete. Each member of a program is an example of that program, regardless of what role they play within it. It is expected that athletes and coaches will provide a positive example as a member of the program in the classroom, at home, on the field and in the community. It is important that at all times respect towards others, good sportsmanship, discipline, self-control and ethics are applied and exemplified. It is the coaches' roll to lead by example and the athletes' responsibility to follow in actions.

The Spartan football program is a family. There are rules, commitment, dedication and choices everyone makes as part of the family. The TEAM family comes first and it is the structure from which it continuously builds its existence. It is through this family structure that life lessons are learned through both successes and failures to provide life-long growth. Winning is a goal of the program, but LEARNING HOW TO LEARN to reach that goal is the measurement of Spartan success!