

LAKER FOOTBALL



LIVIN' RIGHT

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The Laker Football Program has adopted the philosophy of “Livin’ Right” which promotes positive guidelines to living a positive lifestyle. We are very upfront about this lifestyle choice and promote “Livin’ Right” to all of our players program wide and encourage all of them to live a positive lifestyle.



The more players we have on board with our philosophy, the more success we will have both on and off the field. This philosophy promotes a **winning culture**, something we all want. As a program, we are taking an active stance on the expectations we place on our players who want to be part of the program.

LIVIN' RIGHT GUIDELINES



1. Social Choices
2. Academics
3. School/Community Pride
4. Leadership
5. Athletics
6. Commitment



LIVIN' RIGHT – SOCIAL CHOICES



Why is this a Concern?

- Like many High Schools, Chemical and alcohol use is prevalent at Prior Lake High School.
- Partying, Alcohol and marijuana use is becoming more of a priority to students then it ever has been in the past
- Athletes at our school that use during the season, in the off-season, and even daily.
- This issue has effected our players and has limited our teams success every year
- Finding good people to spend time with – Surround Yourself with GOOD People
- Avoiding negative situations is getting harder and harder for our kids to do
- This issue needs to be addressed and preventative measures must be put into place because we care too much about the players in our program.

LIVIN' RIGHT – SOCIAL MEDIA



- Social Media is a growing issue among teenagers.
- We need all our players to be RESPONSIBLE when using Social Media
- Colleges, Colleges Coaches, Employers are all checking Social Media Avenues
- Poor choices with social media could cost you opportunities and this issue needs to be taken very serious.

LIVIN' RIGHT – SOCIAL CHOICES



What Do We Do?

- Address the issue, talk about it, invest in each other and commit to a higher standard of how to live your life and the expectations for your teammates.
- Increased consequence of negative choices – As of August 1st - 2010
 - First Violation = 6 Weeks
 - Second Violation = Dismissal from Team
 - Violation during the season = Dismissal from the Team
- Encourage a higher standard of accountability for our players and social coaches
- Implement “Livin’ Right” a program to promote positive lifestyle choices
- Off-season Leadership Council meetings for all grades 9th - 12th
- “Break The Cycle” of behaviors that continue to hurt our players and our program.

You Have Little Control of What Goes On Around You
You Have TOTAL CONTROL how we choose to Respond To It

LIVIN' RIGHT – SOCIAL CHOICES



What We Need:

- Investment and commitment to the program and community-wide support and involvement
- Establish an Honor system with improved player to player accountability
- Parental support and assistance with accountability
- Promote Awareness that we do have an issue with chemicals in Prior Lake and we are actively working to address the issue
- Belief in our philosophy and get as much buy-in from players and parents that want to be part of the program
- Belief that nothing good can ever come out of high school kids using drugs, alcohol, or marijuana

LIVIN' RIGHT – ACADEMICS



2. Academics

- School **FIRST** and school has to be a priority
- #1 thing looked at by colleges
- Do the little things:
 - Go to class, be on time, turn-in homework, and invest time into your studies
- 2 week grade checks at the High School
- Good Grades will only improve your opportunities after high school



LIVIN' RIGHT – LAKER PRIDE



3. Laker Pride

- Pride on your school and the community you are a part of
- Pride in how you treat others and how you would expect to be treated
- Involvement in multiple sports and activities ALL FOUR years of high school
- Supportive of all Prior Lake Sports Programs
 - Boys and Girls, all grade levels
- Attendance at other sporting events
- Supportive of all levels of play within your program

LIVIN' RIGHT – LEADERSHIP



4. Leadership

- Lead the way for positive change – Role Models
- Positive Qualities displayed and promoted
- Pride in your lifestyle choices and willingness to state your beliefs
- Accept the risk of leadership
- Commitment and leading the way for change

LIVIN' RIGHT – ATHLETICS



5. Athletics

- **Get Involved – Play Multiple-Sports**
- Have a plan and goals
- Have reasons why you are involved in sports
 - For Fun
 - Competition
 - College scholarship
- Have goals based on why your are involved in sports
- Commit to year round training – no matter in-season or off-season
- “Work hard when no one’s watching” mentality

LIVIN' RIGHT – COMMITMENT



6. Commitment

- Investment and support from all those involved with the football program
- MOST important aspect in order to make all of this work and change the culture
- This won't be easy and to be involved means you put yourself out there
- Will have to continually make good choices as you are bombarded with negativity
- This will get harder before it gets easier
- “All in” – there is no in-between, you are either in or out.

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*This is Optional and open to all players

Process for completing card

- Discuss as a family/Teammates
- Make the choice based on personal values and commitment level
- Get names and signatures and return the card to Coach G
- Will receive a Gold Band and Coach G will add your name to the list of players that have committed



LIVIN' RIGHT – COMMITMENT CARD



Person	Print Name	Signature
Teammate		
Teammate		
Teammate		
Teammate		
Parent		
Teacher or Other Coach		
Football Coach		

I, _____ hereby commit to the guidelines of Livin' Right and it is my choice to live this lifestyle and promote others to do the same.

Date:

LIVIN' RIGHT – BELIEF'S



- I believe in the philosophy of Livin' Right and will stand-up for what I believe and my lifestyle choices.
- I will remain chemically free and help fellow teammates be chemically free
- I will actively remove myself from situations where chemicals are being used
- I will support other student-athletes that are committed to being chemically free and Livin' Right
- I understand that this commitment will require the support of many people and I will rely on the others on my commitment card to help me.

LIVIN' RIGHT – ROADBLOCK'S



Roadblocks

- Attitude will be the number one reason we either succeed or fail
- Denying that we have a problem
- Players signing the commitment because Coach or parents want them too
- Players signing the card and not taking it seriously
- Players only doing this because they think they have to
- Players not following through
- No Honor system and accountability falls through

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I am not a chemical counselor, but this is an issue we are emphasizing. We believe that it's not just about chemical use, but also about overall positive lifestyle choices for our players

Suggestions Where to Start

- Have a conversation as a family about the commitment card – Parent Pledge
- Spend family time together and eat meals during the week
- Know where your son is and who he is spending time with
- Stay involved with positive behaviors
- Get involved with the program to strengthen family atmosphere that the football program is offering.
- Support all of those who believe in Livin' Right and encourage others to follow and promote to as many other players as you can

LIVIN' RIGHT



The bottom line is that WE CARE about each and every player that is a part of our program from the time they start football here in Prior Lake.

We are proud of our Program and being part of the community of Prior Lake

Every player that comes through the program or that has gone through the program is part of our FAMILY and we will always look out for one another.

Livin' Right is just another piece of the puzzle when it comes to building one of the most well-respected programs in the state of Minnesota.