

GRIZZLY FOOTBALL OFF-SEASON EXPECTATIONS

Strength and Conditioning Program

"OUR VICTORIES BEGIN HERE"

"The harder you work, the harder it is to surrender." Vince Lombardi, former Head Coach for the Green Bay Packers. . .

Grassfield Football Players are expected to make a Commitment to the following team concept:

UDA- Unity Discipline Attitude.

1. I will CHALLENGE, and COMPETE daily to do my BEST.
2. I will make a Commitment to improving my Power, Agility, Speed, and Strength. (We call it our P.A.S.S objectives)
3. I will Encourage my teammates to attend and improve themselves as well as the Team Objectives
4. I will MAKE NO EXCUSES!!
5. I will Maintain above a 2.0 GPA. ALL Student Athletes that are below 2.0 will be required to Attend Study Hall. If they miss study hall, he will be suspended from Grizzly Work-outs. He will not be allowed to return until there is significant improvement.
6. All football players are expected to attend ALL workouts.
*** If any athlete has 3 unexcused absents, he will be dismissed from Grizzly Off-season Program until a meeting with Coach Asprey and parents or guardians.

You will receive an unexcused for the following:

1. COMMUNICATION: Missing work-outs without contacting a Coach. The entire Coaching Staff works at Grassfield, so there are No excuses.
2. Working (job) it is important that the Athlete find a job that will have his best interest. Working long hours during a school week while trying to maintain School academics, causing him to miss work-outs are a **Recipe for Failure**. It is important to do your best to work on the weekends or on days that does not interfere with Grizzly Workouts.
3. Attending School, but not attending work-outs because you do not feel well, or parents tell you come home without notifying a Coach.
4. ATTENDING SPEED SCHOOLS, AAU BASKETBALL, or ANY OTHER SPORT that is not in SEASON. IT IS IMPORTANT to DO OUR WORK-OUTS FIRST. YOU NEED TO MAKE A CHOICE.

I agree to faithfully carry out the terms of my expectations and begin our quest for the District, Regional Conference, and State Championship.

I, _____ agree to the Expectations. Sign: _____

Parent or Guardian Signature: _____