

Mason City High School Football 2010

2010 Team Goals

1. Serve others positively and expect nothing in return.
2. Create an environment that others want to be a part of. (Increase Size of Team)
3. Beat Valley
4. Beat Fort Dodge
5. Win a Conference Championship

Ultimate Team Goals

1. Win 9+ Games
2. Win a State Championship
3. Become men made for others.

- Don't miss class: no unexcused Absences
- No missing assignments
- No Detentions: **40 Stair Sets Minimum**
- Study hall is for studying!

Be Present:

- Missed practice=for illegitimate reason.
- Miss 1 practice= miss one game
- Miss 2 practices= parent meeting or removal from team

Communication:

- Direct and Clear Communication
 - Person to person
- Conflict Process
 - Player/Position Coach
 - Player/Head Coach
 - Parent, Player/Head Coach
 - Parent, Player/A.D., Head Coach
 - Parent, Player/Principal
 - Parent, Player/President
 - Parent, Player/School Board

Study Table:

- Every Thursday after school for 30 Minutes.
 - No Talking
 - Must have something to do
 - Teachers will check out students
 - Teachers may communicate with me or students

Priorities:

- "I am third"
- F
- Family
- Everything Else

Web Sites of Interest

- www.mohawkfootball.com
- www.coachpenner.org
- www.cimlcentral.org
- www.masoncitycamps.com

Dates of Interest

- August 2-5 MCHS Football Camp 8 AM-5 PM
August 2 MCHS Parent Meeting 5:30 PM Gymnasium
August 5 Pool Night 8:30-9:30 PM
August 7 "Make me a Mohawk Football Camp", Grades 3-6, 9 AM-Noon
August 9-13 Practice 3-7 PM
August 13 Team Scrimmage
August 14 JAMS Football Camp, Grades 7-8, 9 AM-Noon
August 16-20 School-Time Practice Schedule Begins (3:43-6)
August 17 First Day of School
August 20 Fall Sports Kickoff: Autographs, Pictures, and Team Scrimmage
August 20 Middle School Coaches Scout DM Lincoln at SE Polk
August 21 In-Season Run/Lift Schedule Begins
August 26 Study Hall, Pre-Game, Team Meal (**Every pre-game practice day**)
August 27 Coaches' Breakfast Ritual (optional), 6:30 AM (**Every Friday**)
August 27 FCA Gathering (optional), 7:30 AM (**Every Friday**)

August 27: Freshmen at Des Moines Lincoln, 5 PM

August 27: Varsity at Des Moines Lincoln, 7:30 PM

September 2: Sophomores at Des Moines Hoover (7:00 PM)

September 2: Freshmen at Des Moines Hoover, 5 PM

September 3: Varsity vs. Des Moines Hoover, 7:30 PM

September 9: Sophomores vs. Des Moines Roosevelt (6:00 PM)

September 10: Freshmen at Des Moines Roosevelt (Drake Stadium), 5 PM

September 10: Varsity vs. Des Moines Roosevelt at Drake Stadium, 7:30 PM

September 13: JV vs. Clear Lake, 6 PM

September 14: 8th Grade (A/B) at. Clear Lake 4:30PM

September 14: 7th Grade (A/B) vs. Clear Lake 4:30PM

September 16: Freshmen vs. Ames, 5 PM

September 17: Sophomores at Ames (4:45 PM)

September 17: Varsity at Ames, 7:30 PM

September 20: JV at Fort Dodge, 6 PM

September 21: 7th Grade (A only) vs. West Fork (Rockwell), 4:00 PM

September 23: Freshmen at Waukee, 5 PM

September 24: Sophomores vs. Waukee (4:45 PM)

September 24: Varsity vs. Waukee (Homecoming), 7:30 PM

Mason City High School Football Program Goals

1. Improve Daily as a person, student, and football player.
2. Represent Mason City High School in a first-class manner.
3. Act like a Champion at all times.

Championship Character Traits

All great teams must have these things in common:

1. **Resiliency/Toughness:** All teams will face adversity in the course of a season. How a team faces that adversity determines a team's fate.
2. **Confidence:** Confidence is that magic potion. Confidence in ability and responsibility are crucial at all times on in competition. Confidence in your teammates and yourself make a winning atmosphere.
3. **Unselfishness:** The only goals that matter are team goals. Putting the good of your team in front of your own desires will keep you out of bad situations. Unselfish teams are rare!
4. **Discipline:** Doing the right thing on or off the field whether someone is watching or not.
5. **Desire to Succeed:** That competitive drive must consume you. You have to want it more than anyone else.
6. **A Strong Work Ethic:** No Excuses, no cheap talk, just prepare like a champion!
7. **Inspiration:** Intrinsic motivation is vital, but extrinsic has to be welcomed and harnessed.
8. **Prepared:** Preparation is the key to success on the football field. West High will be more prepared than any other team.
9. **Unity:** One team is stronger than a group of individuals. Football teams rely completely on unity.
10. **Trust:** Athletes must trust their teammates to be responsible and trust their coaches to prepare them.
11. **Faith:** You have to believe that good things can and will happen. Faith is belief in, devotion to, or trust in somebody or something, especially without logical proof. Players have to have faith in the system; the mission, regardless of what they have experienced in the past.
12. **High Expectations:** Winners expect more out of themselves than others expect from them. The Mason City Standard is a way of life where one holds himself to a higher standard than the rest of society.
13. **Family:** A team needs to be there for one another in good times and in bad. When a team reaches family status, teammates care more about one another than they do about themselves.

How to maintain peak performance

Football players, especially those who train exceptionally hard during 2-a-days and generate extra heat from wearing heavy uniforms and equipment, can stay hydrated by:

- Remember fluids throughout the day. This may be as simple as grabbing a sports drink first thing in the morning, then using fountains, coolers, and cafeteria beverages as triggers for drinking throughout the day.
- Hydrate 2 to 3 hours before practices, games, and events. Athletes should aim for at least 16 ounces (2 cups) of fluid at this time and an additional 8 ounces (1 cup) 10 to 20 minutes prior to getting on the field.
- Drink at regular intervals (15-20 minutes) during workouts or games. Sports drinks like Gatorade® can help ward off dehydration and muscle cramping because they help replenish electrolytes (i.e., sodium and potassium) lost in sweat without overdrinking.

Athletes should know their sweat rates.

Since sweat rates can vary based on the individual, weather, and intensity of exercise, athletes should measure:

How much weight they lose during exercise (in ounces)
+
How much fluid they consume during exercise (in fluid ounces)
=
The amount they SHOULD drink to replace sweat losses

Foods: Pre-Workout Fuel

Athletes should fuel their bodies 2 to 3 hours before practices, events, and games with a high-carbohydrate meal or snack (see "Pre-Workout Meal Ideas"). This will give their bodies enough energy to make it through the workout.

To do this:

- Team leaders can organize pre-game meals for the whole team, including high-energy foods like breads, bagels, cereals, pasta, potatoes, rice, fruits, fruit juices, and vegetables — as well as lean sources of protein.
- Athletes should fill 2/3 of their plates with high-carbohydrate options for quick energy — and the rest with grilled skinless chicken breast, turkey, or lean roast beef to build and help repair muscles.
- Athletes should also salt food to replace the sodium they lose during sweating —especially if they're heavy crampers.
- Athletes shouldn't leave the house empty-handed. They should take easy-to-pack snacks like sports bars, sports drinks, fruit juices, trail mix, etc.

Foods: Post-Workout Fuel

	<ul style="list-style-type: none"> • Gatorade®
During practices/games	<ul style="list-style-type: none"> • Gatorade® • Water
Post-practice/post-game snack	<ul style="list-style-type: none"> • Peanut butter sandwich • Gatorade®
Evening meal	<ul style="list-style-type: none"> • Roast beef • Baked potato • Salad /dressing • Steamed broccoli • Fruit salad • Lowfat milk
Evening snack	High-energy shake with ice cream, strawberries, and milk

Favorably
Reviewed by

1 Gisolfi, C.V. and D.R. Lamb. Perspectives in Exercise Science and Sports Medicine: Fluid Homeostasis During Exercise, Chapt 1 pp. 1-38, 1990.

 THE AMERICAN
DIETETIC
ASSOCIATION

2 Gopinathan, P.M. et al. Arch Environ Health, 43:15-17, 1998.

Foods & Fluids Series, Volume I, FOOTBALL is one in a series of six sports science articles written by Susan Kundrat, M.S., R.D., L.D., an expert in sports nutrition. Any of these articles can be reproduced for educational purposes to distribute to athletes, students, parents or to post in the athletic training room, locker room, or weight room.

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Drink it. Don't pour it.

Pouring fluid over your head may feel great but won't help restore body fluids or lower body temperature.

Exercise in the morning or evening.

This is when the weather is coolest. Also, avoid the direct sun to minimize radiant heat from the sun and hot playing surfaces.

Dress for the weather.

Keeping cool in hot weather means wearing fewer clothes and frequently removing gear like helmets during breaks.

Break it up.

Increase the frequency and duration of rest breaks to help you stay hydrated and cool.

<i>If You Feel Like This</i>	<i>Do This</i>
<i>Dehydration</i> <i>Loss of Energy & Performance</i>	Drinking sports drinks with small amounts of carbohydrate speeds absorption, prevents fatigue and provides energy. Avoid beverages containing caffeine or carbonation.
<i>Muscle Cramps</i>	Stop activity, gently stretch and massage cramped muscles. Consuming a sports drink that contains sodium (at least 110mg/8oz) may reduce the risk of muscle cramps.
<i>Heat Exhaustion</i> <i>Dizziness, Light-headedness, Chills or Loss of Coordination</i>	Replace fluids. Rehydration is critical. Rest in a cool, shaded area until all symptoms pass. If dizziness continues, lie with the legs elevated to promote circulation to the head, then seek medical attention.

Football Coaches' Guide to Heat Illness and Hydration

By JACQUELINE R. BERNING, PH.D., R.D., assistant professor at the University of Colorado (Colo. Springs, CO) and sports nutrition consultant for the Denver Broncos football team

Fluid replacement is an important nutritional concern for football players. Approximately 60% of body weight is water. As a football player trains and competes, fluid is lost through the skin as sweat, through the lungs as he breathes and as urine. If fluid is not replaced at regular intervals during a game or training it can quickly lead to dehydration.

Football Gear Is For Protection, Not Cooling

Football players are at increased risk of dehydration in part because of their equipment needs. Football gear is designed for protection, but the necessary padding does not allow for quick evaporation or cooling. It's not uncommon for players to lose anywhere between 5-15 pounds during a game or workout, especially during two-a-day practices.

In addition, a player's helmet substantially reduces the body's ability to release heat, thus increasing body temperature and the risk of heat illness. Players that are dehydrated will fatigue earlier, lose coordination skills and have a higher risk of heat exhaustion, heat illness or even heat stroke. If a football player wants to maximize his athletic potential he should make sure that he is well-hydrated throughout the game or practice.

What Fluids Should Players Consume?

Research shows that a sports drink containing 6% carbohydrate (14g/8 oz serving) can be absorbed in the body as rapidly as water. But unlike water, a sports drink can provide energy to the working muscles, delay fatigue and improve performance. Players that consume a sports drink can maintain higher energy levels at a time when energy stores are becoming depleted. Players who dilute sports drinks don't get enough carbohydrate to maintain energy levels. Also, drinking beverages that have a high carbohydrate level, like soft drinks and some fruit juices, can slow fluid absorption.

Don't Wait Until You're Thirsty

- Thirst mechanisms don't kick in until a player has lost about 2% of his body weight as sweat. In other words, a defensive player who weighs 250 pounds may lose 5 pounds before he even becomes thirsty. Unfortunately, this small amount of fluid loss can hurt performance skills and the player may be fatigued before he starts to drink!

