

ROCK ISLAND



FOOTBALL

THE FOUNDATION

WHAT

***The greatest experience
of your life!***

On the field, as a Man.

THE FOUNDATION

The film never lies

- ***COMPETE – RELENTLESS***
- ***TOUGH – PHYSICAL & MENTAL***
- ***BLOCK***
- ***TACKLE***
- ***PLAY FAST***
- ***SWAGGER***



COMPETITION

- 6 Teams
- Summer & Regular Season Tournament
- 3 Stations
 - Must compete against same player at each
 - Extra: someone goes twice
- Cumulative Score
- Tire Tug-O-War
- Towel Tug-O-War
- Tire Flip
- Pull Ups
- Dips
- Pro-Agility
- 3-Cone
- 4-Cone
- Agility



THE FOUNDATION

WHAT

***The greatest experience
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On the field, as a Man.

THE FOUNDATION

as a Man

- ***Team***
- ***Relationships***
- ***Learn***
- ***Grow***
- ***Responsibility***
- ***Trust***
- ***Work Ethic***
- ***Attitude***
- ***Character***
- ***Discipline***
- ***Communication***
- ***Pride***
- ***Faith***
- ***Relentless***

MISSION

The Mission for the Rock Island High School Football Program is to serve as a standard of excellence by teaching our student-athletes to compete as a TEAM at the highest level possible. We expect each team member to perform to the best of their ability both academically and athletically as well as to develop into men of character, self-discipline, and selflessness. Our primary objectives consist of representing RIHS in a positive and professional manner, preparing our student-athletes for their role in society, and developing a family environment within our team and the community.

EXPECTATIONS

- ***Be a Team Player***
- ***Give your best effort (work ethic)***
- ***Commit to your growth as a whole person (mental, physical, emotional, social)***
- ***Make good decisions***
- ***Be accountable***
- ***Build meaningful relationships***
- ***Have discipline***
- ***Have integrity***
- ***Arrive with a positive attitude (Champions state of mind)***
- ***Communicate appropriately***
- ***Be Relentless in the pursuit of excellence***



HOW – TEAM CAMP

- ***Mission***
- ***Expectations***
- ***Pillars***
- ***Motto***
- ***Legacy***
- ***Identity***
- ***Ingredients***
- ***I have a Dream***
- ***Roadmap***
- ***Calling Card***
- ***Goals***
- ***War Cry***

HOW – TEAM CAMP

- *If you build it,
they will come*

HOW – TEAM CAMP

- *If they build it,
they will go to
WAR for it*

HOW – TEAM CAMP


FIIGHT

IR FAMILY I INTEGRITY G GROWTH H HEART T TRUST **IR**

MISSION & EXPECTATIONS

***Our Mission is to WIN and F.I.G.H.T.
for what we believe in!***


On and off the field, we will ask our staff and players to:

- ***Embody the F.I.G.H.T. mentality:
Family, Integrity, Growth, Heart, Trust***
 - ***Be on time to all team functions***
 - ***Be prepared to do what is asked of you***
 - ***Stay focused on our mission***
 - ***Represent RIHS with pride wherever you go and
whatever you do in a positive manner***
 - ***Be Relentless in the pursuit of Excellence***
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HOW – TEAM CAMP

- If a human must learn to crawl before it can walk, then what must a team do before it can become a CHAMPION?*

HOW – TEAM CAMP

- *Key Ingredients of a Chocolate Chip Cookie:*
 - ***1 cup butter, room temperature***
 - ***¾ cup granulated sugar***
 - ***1 ¼ cups brown sugar, firmly packed***
 - ***2 eggs***
 - ***2 teaspoons vanilla extract***
 - ***2 ½ cups all-purpose flour***
 - ***¾ teaspoon salt***
 - ***1 teaspoon baking powder***
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HOW – TEAM CAMP

- ***WAR CRY***



TURNOVERS

- ***Fetal***
- ***Scoop & Score***
- ***Rip/Strip***
- ***Punch***
- ***2nd Man***
- ***High Point***
- ***Undercut***
- ***Dogfight***



TURNOVERS

- ***THE POWER
OF A PUSH-UP***



THE FOUNDATION

• ***TEAM***

MIND



ROCK ISLAND FOOTBALL

*WE  ARE
RELENTLESS*

ROCKY TRADITION