

MESQUITE FOOTBALL 2016

TEAM BUILDING

We are stronger together than we are alone."

— Walter Payton

Camp Schedule

2016

Be Prepared all the
time things are
always changing! We
need to become great
at
Sudden Changes!

Reflection

What does the game of football mean to you?

What does it mean to be Wildcat?

What is the lasting impression you want to leave on this program?

What is one thing people really don't know about you?

Goals

GOALS MUST BE *SPECIFIC* AND *MEASURABLE*.

	General Thoughts	Short-Range Goals	How I Plan to Accomplish My	Dreams	How I Plan to Accomplish
Personal Family	The family is the basic social unit of our society. My family is very	1. 2 3	1. 2 3	1. 2 3.	1. 2* 3
Spiritual Moral	Above all else, I realize that my spiritual beliefs and my moral values will shape my life. I will do	1. 2 3.	1. 2 3.	1. 2 3.	1 2 3.
Caring Giving	How I function as a total person in society is important. I will give back	1. 2 3	1. 2 3.	1. 2* 3.	1 2. 3
Health Fitness	One of the greatest gifts we have is our health. My physical conditioning develop lifetime fitness habits.	1. 2 3.	1. 2 3	1* 2 3	1. 2 3.
Your	I am part of a great team, I count on my teammates, and they are things for the team.	1. 2 3	1. 2 3.	1. 2 3	1* 2 3.
Academics Career	I am in school to earn my high School diploma and want to Go on to college from here	1. 2 3	1. 2 3	1* 2 3	1. 2 3

Name: _____ Date: _____

This is a journey that will only be traveled by few. Stay together. Believe in one another. Whatever you do – do not lose sight of our goal.

TEAM

DEVELOPING VISION

If you do the things you need to do
When you need to do them,
Someday you can do the things you want to do
When you want to do them!



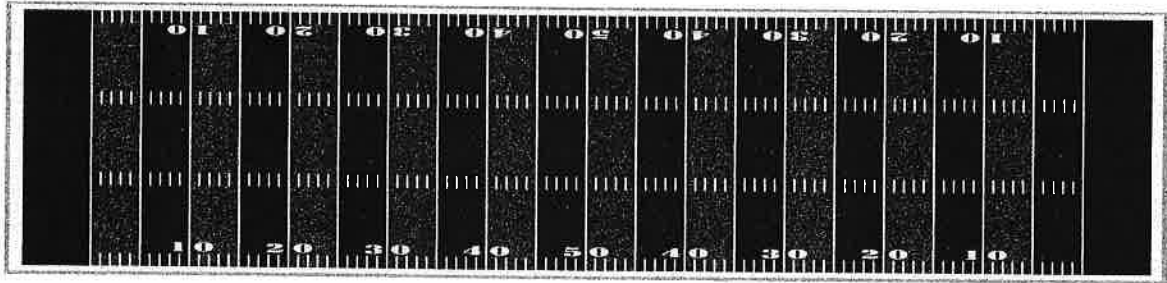
The step in developing an improved future is developing the ability to envision it...

- Vision will ignite the fire of passion, which fuels our commitment to do whatever it takes to achieve excellence.
- Vision allows us to transform dreams of greatness into the reality of achievement through human action.
- Vision has no boundaries and knows no limits. Vision is what you become in life.

Success is a journey that we all take, and it affects every phase of our lives. In order to thrive during this journey, we have to have a clear view of what success is, what it isn't, and what it will take to achieve it.

TEAM
RESPONSIBILITY

**If you train hard, you'll not only be hard, you'll be hard to beat.
-Herschel Walker**



WHAT THIS POWER IS I CANNOT SAY;
ALL I KNOW IS THAT IT EXISTS AND IT
BECOMES AVAILABLE ONLY WHEN A
MAN IS IN THAT STATE OF MIND
IN WHICH HE KNOWS EXACTLY WHAT HE
WANTS AND IS FULLY DETERMINED
NOT TO QUIT UNTIL HE FINDS IT.

TEAM

State of Mind Poem

If you think you are beaten, you are;
If you think you dare not, you won't;
If you like to win, but don't think you can
It's almost a cinch you won't.

If you think you'll lose, you're lost;
For out in the world you'll find
Success begins with a fellow's will
It's all in a state of mind.

For many a game is lost
Ere even a play is run,
And many a coward fails
Ere even his work is begun.

Think big and your deeds will grow,
Think small and you'll fall behind;
Think that you can and you will;
It's all in a state of mind.

If you think you are out classed, you are;
You've got to think high to rise;
You've got to be sure of your self before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man,
But sooner or later, the man who wins
Is the fellow who thinks he can.

Creating Team Chemistry

It can be the difference between an ordinary season and an outstanding one

By Dr. Michael Klausner and Dr. David Hoch

Many ingredients go into the making of winning teams, such as talent, size, speed, strength and coachability. All are important, of course. But the intangible that often binds them together is known as “team chemistry.” It can make the difference between an ordinary season and an outstanding one.

A team may possess players with above-average talent, but they may never go anywhere without that certain bonding of spirit and purposefulness that will enable them to work together harmoniously, dovetailing all their skills willingly and unselfishly for the common good.

Team chemistry may be described as follows:

- The ability of the players to get along with one another, to work smoothly and unselfishly under the leadership of the coaching staff.
- Each player’s recognition of the specific role that he or she has in the team approach.
- Mutual feelings of loyalty and empathy for one another.
- The ability of the players to anticipate one another’s moves and to blend their efforts into the team pattern.
- A strong sense of team identity coupled with total commitment to the program and coaching staff.

The Chemistry of a Great Team

“Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity.”

Vince Lombardi

Discipline

DISCIPLINE IS A DAILY DECISION

When September rolls around and school starts and my players and I are no longer together all the time, I'm not so naive as to think that they'll get up early every day and have their Quiet Time like we did during preseason. But maybe someday they will. Maybe someday they'll realize what that kind of discipline can do for a person who wants to follow a good path.

I believe it was Billy Graham who said, "Those who get up and spend time in the Word to begin the day are not devoid of problems; they're not devoid of discouragement. They just get over it quicker." And that's true. If you can start your Self-discipline day by planting seeds of truth and get those kinds of habits ingrained into your life, you'll succeed at more than just football.

We try to relate everything we do on the field to things beyond the game. And it works the other way as well. A situation in life may talk back. relate to what happens on the field. If a player is late for class and "" he makes an excuse about sleeping late, I'll say, "You would never do that in football. You'd never be late for a meeting. You would never miss a practice. You'd die before you'd miss. Even if you're sick and can't even walk, you make it to practice. So what's the difference? You decided that football's important. You have to decide that school's important too."

Everything we do through discipline and habit building, and the pain and sacrifice and rigors of training, enhances the team's performance. And it will pay off down the road. Our guys do a great job with the discipline of maintaining a proper diet. We want three-hundred-pound guys with 15 percent body fat, guys who have a certain vertical leap and can run sprints from sideline to sideline. As soon as they decide that a drill or habit is important, discipline helps them follow through and actually do what it takes.

Believe me, they quickly see the benefits of disciplined actions and behavior. Two sections of the Winners Manual that we have referred to many times over the years define exactly what we mean by a disciplined player and a disciplined team. I am not even sure where we found these definitions, but they have served us well.

A DISCIPLINED PLAYER...

1. Knows the importance of being on time.
2. Has learned the value of regular hours and good training habits from working hard in practice.
3. Has learned that the team comes before himself. This strengthens his character as he is sometimes called upon to sacrifice for others.
4. Has learned to take orders; in taking orders, he learns how to give them.
5. Knows that discipline is the essence of every successful organization; as a member of the team, he understands the need for it.
6. Has learned that many of these things establish a degree of self-discipline.

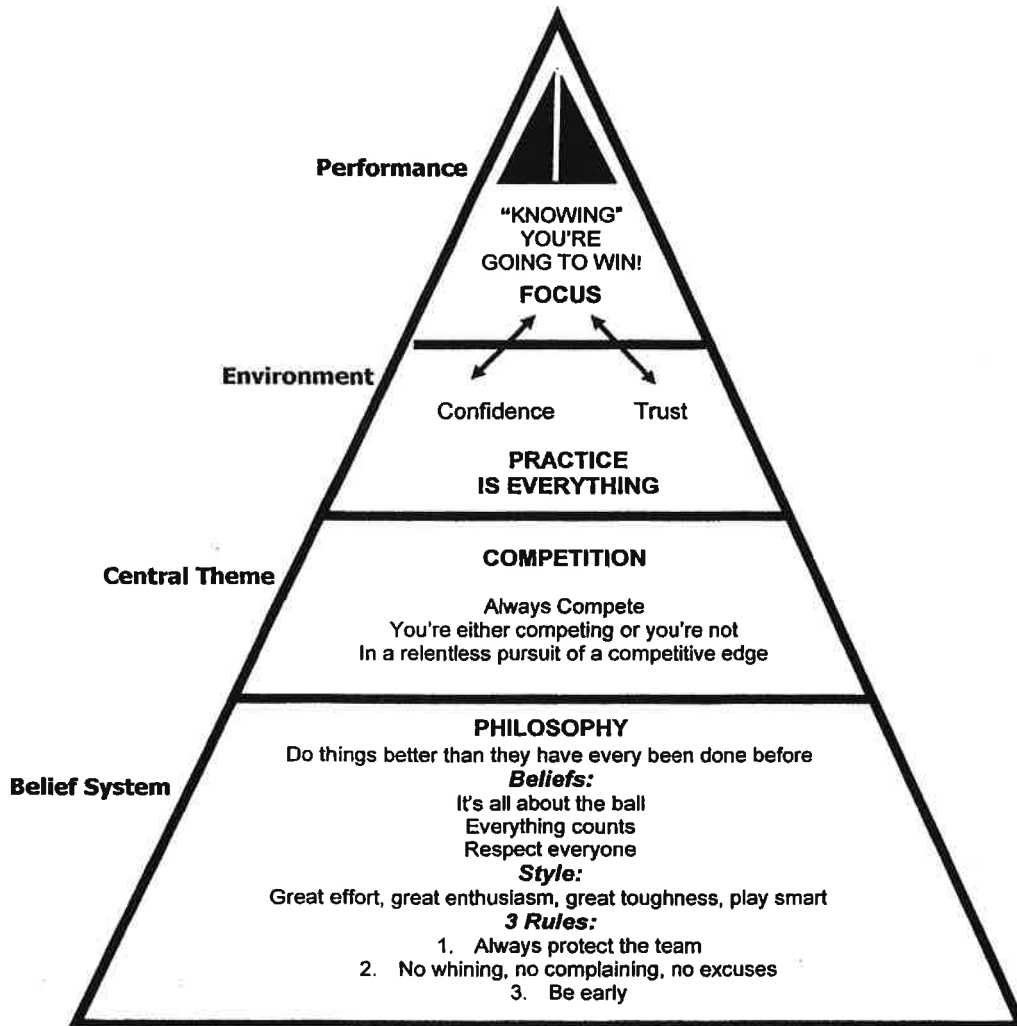
A DISCIPLINED FOOTBALL TEAM...

1. Doesn't beat itself by mistakes.
2. Keeps: penalties to a minimum.
3. IS Always: ready to play – intensity.
4. Has the guts to come from behind.
5. Rises about adversity.
6. Never, never quits.

DISCIPLINE AND POISE...

All the qualities of a disciplined and poised player and team can connect with other worlds outside of football.

Win Forever
Working to Maximize Your Potential



IF YOU WANT TO WIN FOREVER, ALWAYS COMPLETE

TURNOVERS = TURNAROUND

BY PHIL STEELE

Turnovers can have a huge impact on games and on a team's season. They can also lead to many misleading final scores. During the season I list all of the previous week's misleading final scores on PhilSteele.com on my Monday Daily Blog. By reading about them each week you can uncover some underrated and overrated teams throughout the season.

Here are a couple of examples from last year. Iowa St benefited in B2B weeks from a combined +8 in TO's beating Northern Iowa and Texas Tech by a combined 79-38. The next week they were even in TO's vs Utah and were pummeled at home losing 68-27.

West Virginia outgained Conn 414-278 and had a 24-16 FD edge but were -4 in TO's and lost 16-13. The next week they hammered Cincinnati 37-10 as a small favorite.

In 2009, Iowa St benefited from +8 in TO's vs Nebraska and pulled out a 9-7 win. Nebraska turned it over 4 times inside the 5 yard line and lost despite a 362-239 yard edge. The next 2 weeks Iowa St was overrated and they lost by a combined 69-18 vs Texas A&M and Oklahoma St despite only being a slight underdog in each.

In 2008, Ole Miss should have beaten Vanderbilt as they had a 385-202 yard edge but they were done in by being -4 in turnovers. The next week Ole Miss went into the Swamp and dealt the Florida Gators their only loss of the season in a huge upset (+2 in TO).

In 2007, Nebraska was mauled by Kansas 76-39 (-5 in turnovers). The next week they were even in TO's and despite being a home dog to Kansas St they rolled to a 73-31 win.

In 2006, Arkansas was -5 turnovers vs USC which led to a 50-14 loss. I picked Arkansas, which had finished 4-7 the previous year, #13 in my magazine and took some flak for that prediction. Arkansas recovered from that disappointing performance, WON the SEC West and finished #12 in the final regular season poll.

In '06 Virginia Tech lost to Boston College 22-3 and their season appeared shot but in reality they only allowed 264 yds to BC but were done in by -4 in TO's. Not only did they destroy Southern Miss the next week 36-6, but they were an underdog at home vs #10 Clemson and beat them 24-7 the following week. They won their last 6 games of the year and whipped the eventual ACC champ Wake Forest 27-6 (Wake had just beaten FSU 30-0 the previous week thanks in part to +4 TO's).

I could list many more examples, but as you can see, turnovers can determine the outcome of a gm. On my website, PhilSteele.com, I have many more examples listed. TO's can not only make a difference in a game but can make the difference between a winning and losing season.

One of the best examples was in 1999 when big turnaround seasons were had by Air Force, Arizona, Tulane and UCLA, which all finished with positive double digit turnover margins in 1998. Those 4 were a combined 46-4 for the '98 season!!! In 1999, those 4 were just 19-26!! Wow, turnovers can indeed equal turnaround. The NCAA's largest single season turnaround happened in 1999 when Hawaii went from 0-12 to 9-4. The Warriors made this article that year as they were -10 turnovers in 1998 but finished +1 in 1999.

More recently Minnesota made this article in B2B seasons. In 2007 they were my #1 "Going Down" team coming off a 6-7 season being +18 in turnovers. They finished 1-11 and in 2008 were listed as a "Going Up" team with -15 turnovers. They did rebound and after just one win the previous year finished with a 7-5 reg season and earned a bowl bid.

Last year 11 teams were in the "Going Down" box and only 4 managed to very slightly improve their records. The teams with the biggest drop offs were Rutgers which went from 9-4 to 4-8 and ended a streak of 5 straight bowls and Middle Tenn which went from 10-3 to 6-7. Ohio St was a team that improved by just 1 game (11-2 to 12-1) but that made me look at how BCS teams have done after being in the "Going Down" box back to back years. In the last decade BCS teams have improved 10 times had a worse record 10 times and the same record 5 times. Ohio St makes the list for a 3rd straight season which is only the 4th team to achieve that since 1990 (AF '07-'09, USC '02-'05, Florida St '97-'00).

In 2009, 17 teams were in the "Going Down" box and only 4 managed to slightly improve their records including Virginia Tech which went from 10-4 to 10-3. The teams with the biggest dropoffs were Rice which went from 10-3 to 2-10 and Oklahoma (12-2 to 8-5).

In 2008, Kansas went from 12-1 to 8-5 in '08 and LSU went from 12-2 to 8-5. Buffalo won the MAC title thanks mostly to being +19 in turnovers. They were actually outgained by an avg of 408-370 during the season! Then in 2009 they had 13 returning starters and this time outgained foes 405-343. That means they went from -38 ypg to +62 ypg (100 ypg better) but their record dropped to 5-7 as their TO margin was -7.

In 2007, eleven teams made this article in the "Going Down" box. Of those 11 only ONE (Boston College) managed to improve its record and that was from 10-3 to 11-3. The biggest drop-off was Minnesota which went from a bowl game to just 1-11. Two others went from bowls to losing seasons.

Teams that benefitted from double-digit turnovers the previous year rarely get a repeat of that good fortune. In the last 18 years, 263 teams have had plus double-digit turnovers. Of those 263, 169 have had weaker records the following year (64.2%). Only 62 teams (23.5%) have improved their record and the other 32 had the same record. **Teams with a positive double-digit TO ratio had the same or weaker records 76.4% of the time since 1996.** Also new for this season is limiting the teams to those that were +11 or more in turnovers. Every team now plays 12 games and most play an FCS team which should increase their TO total so I have raised the number. Listed below are last year's most fortunate teams:

GOING DOWN		
Virginia Tech	+19	Stanford +13
Tulsa	+17	Alabama +12
Army	+16	Connecticut +12
Ohio St	+15	Oklahoma St +12
Maryland	+15	Hawaii +12
Wisconsin	+14	Northern Illinois +11
Oklahoma	+14	Missouri +11
Iowa	+13	Toledo +11
Oregon	+13	Miami, OH +11

Let's take a look at some teams who had terrible luck (lots of turnovers) in one year then drastically improved the next year without those turnovers. Unlike the above changes I kept the "Going Up" category at -10 or more because TO's even to an FCS team can cost you a game (VT -3 TO's in loss to James Madison).

Last year Miami, Oh was at the top of the "Going Up" box as they were -24 in Turnovers in 2009. They simply became the **FIRST TEAM IN NCAA HISTORY to go from double digit LOSSES to Double Digit WINS! (1-11 to 10-4)!!!** Of the 12 teams that made the box last year only two failed to improved their records

including New Mexico St which went from 3-10 to 2-10 (1 less FCS foe). The 12 teams in the box were a combined 50-98 33.8% in 2009 but improved to a combined 78-76 51% in 2010!!

In 2009, a record high 17 teams made the "Going Up" box which meant they had suffered negative double digit turnovers in 2008 and were poised to receive better fortune. **Of the 17 teams, 13 (or 76.5%) had a better record than 2008, 1 had the same record and only 3 of the 17 (17.6%) had a weaker record.** There were SIX teams on that list that went from a losing season to a bowl game! **Those 6 teams were SMU, Idaho, Ohio, Wyoming, Texas A&M and UCLA!!**

In 2008, 13 teams made the "Going Up" box. Of the 13, 9 had an improved record, 3 had a weaker record and 1 had the same record. Ole Miss went from 3-9 to Cotton Bowl champs, Minnesota went from 1-11 to 7-6 and a bowl. Both Northern Illinois and Nebraska improved by 4 wins with the Huskies going from 2-10 to a bowl and Nebraska from a losing record to a New Years Day bowl win!

In 2007, 11 teams made the "Going Up" Box on this page. I even had a picture of Illinois, the #2 team listed on the page, showing that I felt they would make a dramatic change and they went from 2-10 in 2006 to the ROSE BOWL in 2007!!! Of the 11 teams, two had a weaker record including New Mexico St which lost their QB for a few games and went from 4-8 to 4-9. Three of the 11 had the same record and 6 improved their record.

As I previously stated, if a team received bad breaks the year before, they will usually be headed for better fortune the following year. In the past 17 years, there have been 220 teams that have finished the season minus double-digits in turnovers. Of those 220 teams, 152 (69%) have had better records the next year! **Teams with a negative double-digit TO ratio had the same or stronger records 81% of the time since 1996.** I have kept the "Going Up" box for teams with -10 or more TO's. Which teams are headed for better fortunes and better seasons?

GOING UP		
Middle Tennessee	-19	Fresno St -11
Cincinnati	-15	UCLA -11
Memphis	-13	Eastern Michigan -11
New Mexico	-12	Duke -11
Texas	-12	Central Michigan -11
SMU	-12	Michigan -10

If you like this type of information, you will love the News and Notes section which is updated weekly at PhilSteele.com. I review such information as "Misleading Final Scores" and much, much more. Keep tabs on all of these teams this year and watch how turnovers WILL EQUAL turnaround in 2011!



Profile of a Student Athlete

As we attempt to assemble the 2016 Mesquite Football team, I feel it's important to understand each other... to be able to communicate... to establish policies, to know what's expected from us, the coaching staff, and to be united in these areas.

You are a Student Athlete. As such, certain things will be expected of you. I've always believed a Student Athlete is someone who knows what's expected of him (and if he doesn't know he finds out) then acts and performs in accordance with those expectations without always being told to.

In every organization there are those who are a burden because they do less than their share, and there are those who are a benefit because they do more than their share. (A true Student Athlete **always** does the right thing.) It's these players who usually end up being successful sooner or later. They do just a little more than everyone else. They don't worry about circumstances they can't control. They are where they are supposed to be when they are supposed to be there. They respect the rights of others and treat the property of the football team and teammates as if it were their own.

They realize that on and off the field they represent not only themselves but their teammates, the coaches, and the entire *Mesquite Football* organization. As a result of their effort and attitude everyone else's job is made a little easier. These are the characteristics we're looking for as we build this team.

In return you have the right to be treated like a Student Athlete; to be able to express your feelings and ideas. As a player you know how things feel on the field in actual competition. Sometimes "feel" and instinct can be as important as structure and design, but only when it's done with the full knowledge and consent of the **Head Coach**, which means it will be in the best long term interests of the team.

As we win the championship, we must play and act, on and off the field, like the champions we are. We have a great opportunity this year to be a part of something truly special and unique. It is going to take hard work and determination.

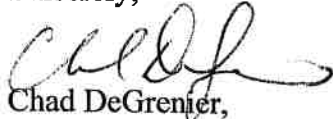
We wish you the best. Your success will be our success and ours will be yours. Each depends on the other. We must work together. We are a **TEAM**... a family. We must recognize and respect the rights and feelings of each other, and everything that's done must be towards a common goal. We as individuals cannot be successful unless first the team is successful.

If you have any problems or disagreements with any of this, please let me know. Regardless of how talented a player may be, if he is not in harmony with the rest of the team, that talent will be counterproductive, it will become a cancer. That will not happen on this team.

Let's work hard, win games, and have fun. **IF WE KEEP THINGS IN THAT ORDER... WE WILL BE SUCCESSFUL.**

Let's have a great year!

Sincerely,

A handwritten signature in cursive script, appearing to read "Chad DeGrenier".

Chad DeGrenier,
Head Football Coach
Mesquite High School