

**2025 Bomber Football Season**

**Spring Parent Meeting**

**Head Coach – Steve Specht '86**

**sspecht@stxavier.org**

**(513) 266-6132 (Cell)**

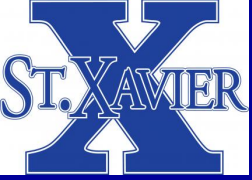


# Booster Club Participation



## 6 OPTIONS:

- 1) **Booster Memberships** – Become a member today
  - a. All Sports Pass (\$153) – admission to all home games for 25-26 school year
  - b. Family Membership (\$78) – Directly supports our athletic programs
- 2) **Concessions** – The Boosters run concessions at home games and need volunteers. Each team has assigned responsibilities:
  - a. Freshman Football – Cover two Varsity games (Lakota West & Elder)
  - b. JV Football – Covers two Varsity games (LaSalle and home playoff game)
  - c. Varsity Football – covers five freshman games and two weekends of grade school games in November.
- 3) **Hall of Fame Dinner** – Attend or Sponsor
- 4) **Split the Pot** – Purchase tickets at the game
- 5) **Sponsorship Opportunities** – Advertise your business through ESPX ads or Radio .
- 6) **Donations** – Contributions can be made to support specific sports and team needs.



# Medical Staff

## TEAM DOCTORS

Dr. Kevin Reilly '82

Dr. Bret Betz '03

Dr. Brian Grawe '00

## Team Trainers

Ken Rushford

Mike Gordon

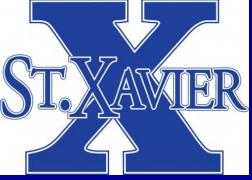
# Athletic Administration

Athletic Director – Tim Banker '95

[Tbanker@stxavier.org](mailto:Tbanker@stxavier.org)

Assistant Athletic Director – Teri Smith

[Tsmith@stxavier.org](mailto:Tsmith@stxavier.org)

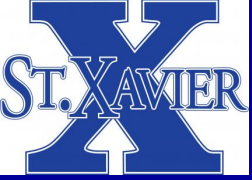


# Coaching Staff



## Varsity/JV

Head Coach	- Steve Specht '86 (Advancement)
Cornerbacks	- Mike Bellamah '90 (Physical Education)
Safeties	- Jake Brodbeck '11
Wide Receivers	- Jeremy Carpenter
<i>Asst. Wide Receivers/HC J.V.</i>	- Denny Fox
<i>Asst. Qb's/Rb's/J.V.</i>	- Andy Hill '18
<b>Tight Ends/H Backs</b>	<b>- Robert Klotz</b>
Offensive Line	- Doug Littellmann '85
Special Teams Coordinator	- Dan Morrison
Asst. Head Coach/Prog Devt.	- Jeff Neal
<i>Asst. Secondary/J.V.</i>	- Chris Payne '19
Tight Ends	- Matthew Reilly '09
<i>Asst. Linebackers/J.V.</i>	- Chris Seymore
<i>Asst. Offensive Line/J.V.</i>	- Nathan Uhl '20
Quarterbacks	- Jeff Webers
<b>Running Backs &amp; S.C.</b>	<b>- Terrell Williams (Director, Wellness)</b>
Defensive Line	- Mike Wiles
Offensive Line	- Jeff Woltz



# Varsity/JV

## Summer Strength & Conditioning

Mondays/Wednesdays/Fridays

May 30<sup>th</sup> – July 11<sup>th</sup> : 7:00 am – 10:00 am

Cost - \$65.00

Cash or Check (payable to St. Xavier High School)

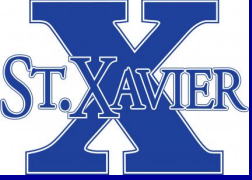
Dress – Blue shirt and Black Shorts

## Varsity/JV Summer Camp Days

Monday/Tuesday/Thursday/Friday

July 14<sup>th</sup> – July 31<sup>st</sup>

Dress – Blue Shirt, Black Shorts, and Cleats



# Equipment



All necessary equipment provided by St. Xavier

-Helmet (you can purchase your own helmet provided it is white, up to date on reconditioning and I refit – I will need to recondition the helmet at the end of every season in order for your son to wear it in subsequent seasons...we will pay for the reconditioning).

-Shoulder Pads

-5 padded girdle (Hip/Butt/Thigh)

-Knee Pads

-Practice Pants and Jersey

-Home/Away Game Jerseys

-Game Pants (Varsity - Blue/White)

-Game Cleats - Varsity receives one pair game cleats. JV/Freshman can wear any cleat provided they are blue/white/black

# Summer Schedule

1. Dead Week – Thursday, June 26<sup>th</sup> – Sunday, July 6<sup>th</sup>
2. Vacations
  - If you planned a vacation outside the dead week, your son MUST COMMUNICATE the dates with Coach Specht prior to the vacation.
3. Summer Athletic Teams
  - If your son is involved in a summer program, we will work with his schedule provided he COMMUNICATES with Coach Specht prior to the absence.
4. Mandatory Practice
  - The football season officially begins on Thursday, August 1<sup>st</sup>. Any unexcused absence from this point on results in a one game suspension per unexcused absence or potential dismissal from the team.

# Full Charge

<https://stxavier.fullchargeapp.com/>



March 2025

list day

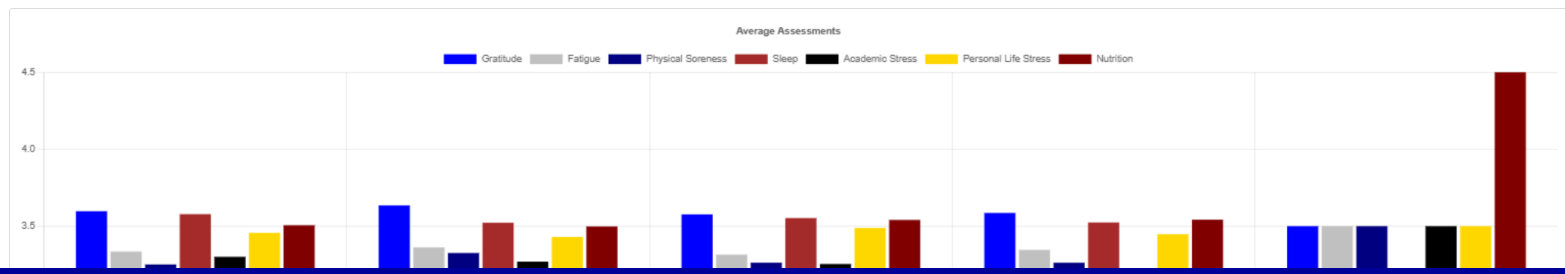
< > today Add Event

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 12:00am Academic Survey 12:00am Self-Assess	3 F Day 6:00am Varsity off season workout 4:15pm JV Workouts	4 E Day	5 C Day Morning Assembly 12:00am Self-Assess 6:00am Varsity off season workout 4:15pm JV Workouts	6 A Day 4:00pm Growth & Leadership Survey 4:00pm Growth & Leadership Vices	7 D Day 6:00am Varsity off season workout 4:15pm JV Workouts	8
9 12:00am Academic Survey 12:00am Self-Assess	10 All Meet 6:00am Varsity off season workout 11:20am Leadership Meeting 4:15pm JV Workouts	11 ACT Testing 7:00pm Incoming Freshman Parent Meeting 10:30pm Mark Stuhleyer Meeting	12 No Workouts 12:00am Self-Assess	13 Exams 7:00pm Varsity/JV Parent Meeting	14 Exams No Workouts	15
16 12:00am Academic Survey 12:00am Self-Assess	17 Spring Break - No Workouts	18 Spring Break - No Workouts	19 Spring Break - No Workouts 12:00am Self-Assess	20 Spring Break - No Workouts	21 Spring Break - No Workouts	22
23 12:00am Academic Survey 12:00am Self-Assess	24 A Day 6:00am Varsity off season workout 11:20am Leadership Meeting 4:15pm JV Workouts	25 G Day	26 E Day 12:00am Self-Assess 6:00am Varsity off season workout 4:15pm JV Workouts	27 C Day	28 A Day 6:00am Varsity off season workout 4:15pm JV Workouts	29
30 12:00am Academic Survey 12:00am Self-Assess	31 G Day 6:00am Varsity off season workout 4:15pm JV Workouts					



### Upcoming Events

- Self-Assess**  
Starts At: 3/2/2025, 12:00 AM  
Ends At: 3/2/2025, 03:00 PM  
Assessment Survey
- Academic Survey**  
Starts At: 3/2/2025, 12:00 AM  
Ends At: 3/2/2025, 03:00 PM  
Academic Survey
- G Day**  
Starts At: 3/3/2025, 12:00 AM  
Category: School Days
- Varsity off season workout**  
Starts At: 3/3/2025, 06:00 AM  
Ends At: 3/3/2025, 07:45 AM
- JV Workouts**  
Starts At: 3/3/2025, 04:15 PM  
Ends At: 3/3/2025, 05:30 PM
- E Day**  
Starts At: 3/4/2025, 12:00 AM  
Category: School Days





# MAY - 2025

May 2025

list day

< > today

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

X Day

2

Y Day

6:00am Varsity off season workout

4:15pm JV Workouts

3

4

12:00am Self-Assess

5

A Day

6:00am Varsity off season workout

4:15pm JV Workouts

6

G Day

7

E Day

12:00am Self-Assess

6:00am Varsity off season workout

4:15pm JV Workouts

8

C Day

6:00am Recruiting Combine

9

A Day

6:00am Varsity off season workout

4:15pm JV Workouts

10

11

12:00am Self-Assess

12

G Day

6:00am Varsity off season workout

4:15pm JV Workouts

13

E Day

14

C Day

12:00am Self-Assess

6:00am Varsity off season workout

4:15pm JV Workouts

15

A Day

16

G Day

6:00am Varsity off season workout

4:15pm JV Workouts

17

18

12:00am Self-Assess

19

E Day

6:00am Varsity off season workout

4:15pm JV Workouts

20

C Day

21

X Day

12:00am Self-Assess

6:00am Varsity off season workout

4:15pm JV Workouts

22

Y Day

23

Musicfest - No Classes

8:00am Varsity Offseason Workout

4:15pm JV Workouts

24

25

12:00am Self-Assess

26

Memorial Day No Classes

Varsity/JV No Workouts

27

Exams

28

Exams

Varsity/JV No Workouts

12:00am Self-Assess

29

Exams

30

Varsity/JV Summer Workouts

6:00am Begin

31

# JUNE - 2025

June 2025

list day

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12:00am Self-Assess	2 6:00am Varsity/JV Summer Workout 9:00am Youth Camp 12:30pm Freshman Summer Workout	3 9:00am Youth Camp	4 12:00am Self-Assess 6:00am Varsity/JV Summer Workout 9:00am Youth Camp 12:30pm Freshman Summer Workout	5 9:00am Youth Camp	6 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	7
8 12:00am Self-Assess	9 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	10	11 12:00am Self-Assess 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	12	13 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	14
15 12:00am Self-Assess	16 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	17	18 12:00am Self-Assess 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	19	20 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	21
22 12:00am Self-Assess	23 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	24	25 12:00am Self-Assess 6:00am Varsity/JV Summer Workout 12:30pm Freshman Summer Workout	26 12:00am Dead Period	27 12:00am Dead Period	28 12:00am Dead Period
29 12:00am Self-Assess 12:00am Dead Period	30 12:00am Dead Period					

# JULY - 2025

July 2025

list day

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:00am Dead Period	2 12:00am Self-Assess 12:00am Dead Period	3 12:00am Dead Period	4 12:00am Dead Period	5 12:00am Dead Period
6 12:00am Self-Assess 12:00am Dead Period	7 6:00am Varsity/JV Summer Workout 8:00am Incoming Freshman Football Camp	8 8:00am Incoming Freshman Football Camp	9 MVFCA Social Justice - 7 on 7 (UD) 12:00am Self-Assess 6:00am Varsity/JV Summer Workout 8:00am Incoming Freshman Football Camp	10 8:00am Incoming Freshman Football Camp	11 6:00am Varsity/JV Summer Workout 8:00am Freshman Summer Workout	12
13 12:00am Self-Assess	14 7:00am Varsity/JV Mini-Camp 8:00am Freshman Summer Workout	15 7:00am Varsity/JV Mini-Camp	16 12:00am Self-Assess 8:00am Freshman Summer Workout	17 7:00am Varsity/JV Mini-Camp	18 7:00am Varsity/JV Mini-Camp 8:00am Freshman Summer Workout	19
20 12:00am Self-Assess	21 7:00am Varsity/JV Mini-Camp 8:00am Freshman Summer Workout	22 7:00am Varsity/JV Mini-Camp	23 12:00am Self-Assess 8:00am Freshman Summer Workout 10:30am 7/7 with Milford @ St. X	24 7:00am Varsity/JV Mini-Camp	25 7:00am Varsity/JV Mini-Camp 8:00am Freshman Summer Workout	26
27 12:00am Self-Assess	28 7:00am Varsity/JV Mini-Camp 8:00am Freshman Summer Workout	29 7:00am Varsity/JV Mini-Camp	30 12:00am Self-Assess 8:00am Freshman Summer Workout	31 7:00am Varsity/JV Mini-Camp		

# AUGUST - 2025

August 2025

list day

< > today Add Event

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Official Start to the Season - Mandatory 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions	2 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions
3 12:00am Academic Survey 12:00am Self-Assess	4 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions	5 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions	6 12:00am Self-Assess 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions	7 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions	8 7:00am Varsity/JV Double Sessions 8:00am Freshman Double Sessions	9 10:00am Freshman Scrimmage @ Canal Winchester 10:00am Varsity Scrimmage @ Pickerington Central
10 12:00am Academic Survey 12:00am Self-Assess	11 8:00am Freshman Double Sessions	12 Freshman Orientation 3:30pm Freshman Practice	13 9th, 10th, 11th Grade Orientation 12:00am Self-Assess 3:30pm Freshman Practice	14 A Day 5:00pm Freshman - JV Scrimmage vs Mason - AWAY 7:00pm Varsity Scrimmage vs Mason - AWAY	15 G Day - Early Mass Schedule 3:30pm Freshman Practice	16
17 12:00am Academic Survey 12:00am Self-Assess	18 E Day 7:00am Varsity Chapel Visit & Film 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	19 C Day 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	20 A Day 12:00am Self-Assess 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	21 G Day 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	22 E Day 3:30pm Freshman Practice 7:00pm Varsity vs Lakota West - RDI Stadium	23 8:00am Varsity - Lift and Film
24 12:00am Academic Survey 12:00am Self-Assess	25 C Day 7:00am Varsity Chapel Visit & Film 3:20pm Varsity/JV Practice 3:30pm Freshman Practice 7:00pm Alumni Golf Outing	26 X Day 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	27 Y Day 12:00am Self-Assess 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	28 A Day 3:20pm Varsity/JV Practice 3:30pm Freshman Practice	29 G Day 3:30pm Freshman Practice 7:00pm Varsity vs Centerville - RDI Stadium	30 8:00am Varsity - Lift and Film 10:00am Freshmen vs Centerville - Away
31 12:00am Academic Survey 12:00am Self-Assess						

# Varsity Football Schedule - 2025

<b>Week</b>	<b>Date</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>
<b>1<sup>st</sup> Scrimmage</b>	8/9/2025	4 Way	Pickerington Central	10:00 AM
<b>2<sup>nd</sup> Scrimmage</b>	8/14/2025	Mason	Mason	7:00 PM
<b>Week 1</b>	8/22/2025	Lakota West	RDI Stadium	7:00 PM
<b>Week 2</b>	8/29/2025	Centerville	RDI Stadium	7:00 AM
<b>Week 3</b>	9/5/2025	Indy Cathedral	Away (TBD)	7:00 AM
<b>Week 4</b>	9/12/2025	Westerville North	RDI Stadium	7:00 PM
<b>Week 5</b>	9/19/2025	Moeller	West Clermont	7:00 PM
<b>Week 6</b>	9/26/2025	Elder	RDI Stadium	7:00 PM
<b>Week 7</b>	10/3/2025	Louisville Trinity	RDI Stadium	7:00 AM
<b>Week 8</b>	10/10/2025	LaSalle	RDI Stadium	7:00 PM
<b>Week 9</b>	10/17/2025	Cleve. St. Ignatius	Cleve. St. Ignatius	6:00 PM
<b>Week 10</b>	10/24/2025	Life Christian	RDI Stadium	7:00 PM

# J.V. Football Schedule - 2025

Week	Date	Opponent	Location	Time
<b>1<sup>st</sup> Scrimmage</b>	8/8/2025	Middletown Fenwick	Middletown Fenwick	10:00 AM
<b>2<sup>nd</sup> Scrimmage</b>	8/14/2025	Mason	Mason	5:00 PM
<b>Week 1</b>	8/23/2025	Lakota West	Lakota West	10:00 AM
<b>Week 2</b>	8/30/2025	Centerville	Centerville	10:00 AM
<b>Week 3</b>	<b>9/6/2025</b>	<b>Indy Cathedral</b>	<b>RDI Stadium</b>	<b>11:00 AM</b>
Week 4	9/13/2025	Highlands	Highlands	10:00 AM
<b>Week 5</b>	<b>9/20/2025</b>	<b>Moeller</b>	<b>RDI Stadium</b>	<b>10:00 AM</b>
Week 6	9/27/2025	Elder	Elder	10:00 AM
Week 7	10/3/2025	Louisville Trinity	Trinity	10:00 AM
Week 8	10/11/2025	LaSalle	LaSalle	10:00 AM
Week 9	10/18/2025	Cleve. St. Ignatius	Cleve. St. Ignatius	10:00 AM
Week 10	10/25/2025	TBD	TBD	TBD

**Mind, Body, Spirit**



# Creating the Blueprint!



## Governing Principles:

**Cura-Personalis – “Care of the Individual”**

Mental, physical, and spiritual HEALTH of the individual

**Cura-Apostolica – “Care of the Institution”**

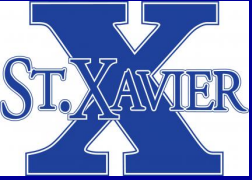
Overall HEALTH of the Program



“Nobody cares how much you know until they know how much you care”

Teddy Roosevelt





# Creating the Blueprint!

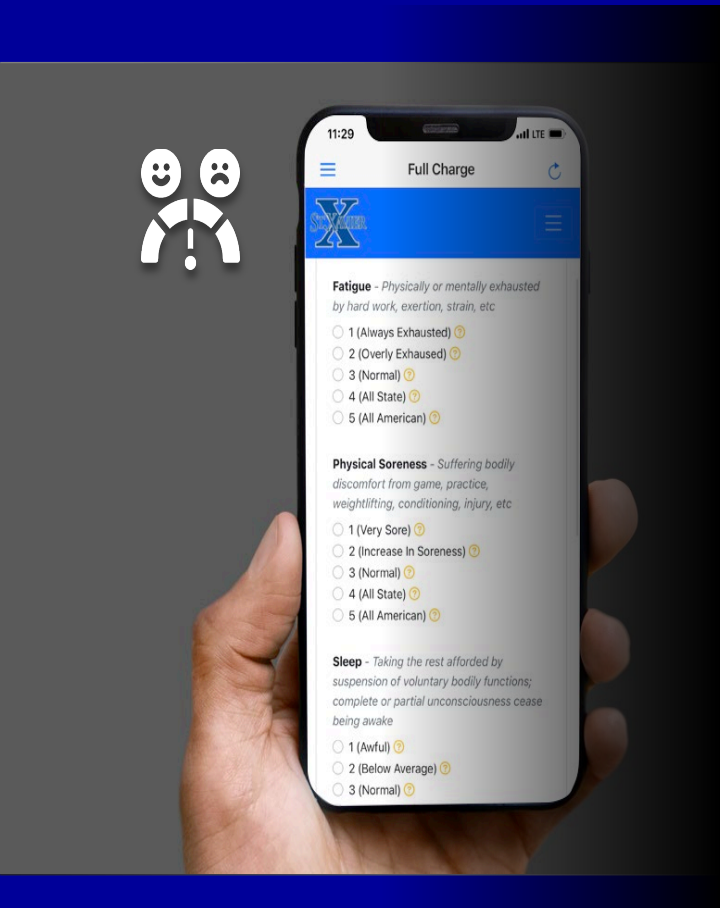


## Cura-Personalis – “Care of the Individual” Mental, Physical, and Spiritual HEALTH of the individual

FULLCHARGE		SCORING GUIDE				
	1	2	3	4	5	
<b>FATIGUE</b>	<b>ALWAYS EXHAUSTED</b>	<b>OVERLY EXHAUSTED</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>Physical or mental exhaustion from hard work, exertion, strain, etc.; fatigued; tired</i>	Simple tasks are difficult to accomplish Trouble concentrating in class Falling asleep during day Skipping class	Inability to focus on simple tasks Lethargic and slow throughout day Daydreaming in class more than normal Falling asleep during day	Good focus; few mistakes  Consistent energy levels throughout the day	Great focus; minimal mistakes  Higher than normal energy levels throughout the day	Sharp focus; no mistakes  Highest level of energy	
<b>PHYSICAL SORENESS</b>	<b>VERY SORE</b>	<b>MODERATELY SORE</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>Bodily discomfort from practice, games, weightlifting, conditioning, injury, etc.</i>	Missing practice time  Discomfort affects daily living activities	More sore than normal  Discomfort impacts ability to practice well	Some soreness  Body is sore but manageable	Minimal soreness  No impact on practice/performance	No soreness  Body feels great Consistently uses stretch and recovery practices	
<b>SLEEP</b>	<b>AWFUL</b>	<b>BELOW AVERAGE</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>A resting state in which the body is not active and the mind is unconscious; not awake</i>	Less than 5 total hours of sleep Consistently poor sleep patterns Not sleeping through the night	Between 5-6 hours of sleep  Inconsistent sleep patterns	Between 6-7 hours of sleep  Occasional inconsistent sleep patterns	Between 7-8 hours of sleep  Sleep patterns rarely inconsistent	More than 8 hours of sleep  Consistent sleep patterns	
<b>ACADEMIC STRESS</b>	<b>HIGHLY STRESSED</b>	<b>FEELING STRESSED</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>Mental, emotional, or physical strain or tension in academic life</i>	Failing expectations Heavy exam load Incomplete assignments Trouble staying on top of things	Not quite meeting expectations  Multiple tests/exams Frequent procrastination	Meeting expectations  Manageable tests/exams Occasional procrastination	Exceeding expectations  Few tests/exams Minimal procrastination	Crushing it!  Easy tests/exams No procrastination	
<b>PERSONAL STRESS</b>	<b>HIGHLY STRESSED</b>	<b>FEELING STRESSED</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>Mental, emotional, or physical strain or tension in personal life</i>	Crisis mode - I need to talk today  Feeling helpless or depressed	My life is becoming overwhelming  Trouble dealing with stressors Significant dwelling on errors	Manageable stress  I can recognize my stressors and regroup	Very manageable stress  I am able to refocus and move on to the next challenge Life is on an upward projection	Minimal to no stress  All is well in my life	
<b>NUTRITION</b>	<b>POOR</b>	<b>BELOW AVERAGE</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>The consistent consumption of quality food and hydration; foods consumed support overall health and growth</i>	Minimal hydration throughout the day; no pre-activity electrolyte drink 1-2 meals per day Excessive consumption of fast food and/or fried foods Minimal to no fruit & vegetable consumption	Inadequate hydration throughout the day; no pre-activity electrolyte drink Less than 3 meals per day Significant consumption of fast food 0-2 fruit & vegetable servings per day	Moderate hydration throughout the day; consumes pre-activity electrolyte drink 3 meals a day (Breakfast/Lunch/Dinner) Limited consumption of fast food 2-4 fruit & vegetable servings per day	Optimal hydration throughout the day; consumes pre-activity electrolyte drink 4 meals per day (Breakfast/Lunch/Pre-Practice/Dinner) Minimal consumption of fast food 3-5 fruit & vegetable servings per day	Optimal hydration throughout the day; consumes pre-activity electrolyte drink 5 meals per day (Breakfast/Lunch/Pre-Practice/Dinner/Plus 1) Sporadic consumption of fast food 5+ fruit & vegetable servings per day	
<b>GRATITUDE</b>	<b>THANKLESS</b>	<b>DEFICIENT</b>	<b>NORMAL</b>	<b>ALL STATE</b>	<b>ALL AMERICAN</b>	
<i>Thankful appreciation for what an individual receives, whether tangible or intangible.</i>	I offer no gratitude for things in my life. I can't find appreciation for any blessings.	I struggle with finding things for which to be grateful. I understand there are many positives but struggle to express the gratitude or accept gratitude.	I take the time to actively express my gratitude to others both verbally and in writing.	I actively thank people verbally and in writing. I journal every day finding time to identify one thing for which I am grateful then offer 5 reasons why and how I express that gratitude.	I find time to say a prayer of thanks, find ways to be mentally grateful for my blessings, or simply thank someone for supporting me.	

# Creating the Blueprint!

## Measure the Mindset!



- Players become educated on their wellness
- All designed to provide feedback on performance
- Players can view results, track their progress and goals
- Receive recommendations for improvement

- Social Stress
- Academic Stress
- Fatigue
- Physical Soreness
- Nutrition
- Sleep
- Gratitude

# Creating the Blueprint!

January 2024

Sun	Mon	Tue	Wed	Thu
	1 NO CLASSES - Christmas Break	2 NO CLASSES - Christmas Break	3 NO CLASSES - Christmas Break <b>12:00am Self-Assess</b>	4 NO CLASSES - Christmas Break
7 <b>12:00am Academic Survey</b> <b>12:00am Self-Assess</b>	8 All Meet (Last day of First Semester)	9 All Meet (First Day of Second Semester)	10 A Day <b>12:00am Self-Assess</b>	11 G Day
14 <b>12:00am Academic Survey</b> <b>12:00am Self-Assess</b>	15 NO CLASSES - Martin Luther King, Jr. Day Varsity 6:00am Offseason	16 C Day (Late Start)	17 A Day <b>12:00am Self-Assess</b> Varsity	18 G Day

## Example Survey Questions

**Fatigue** - Physically or mentally exhausted by hard work, exertion, strain, etc

- 1 (Always Exhausted) ?
- 2 (Overly Exhausted) ?
- 3 (Normal) ?
- 4 (All State) ?
- 5 (All American) ?

**Physical Soreness** - Suffering bodily discomfort from game, practice, weightlifting, conditioning, injury, etc

- 1 (Very Sore) ?
- 2 (Increase In Soreness) ?
- 3 (Normal) ?
- 4 (All State) ?
- 5 (All American) ?

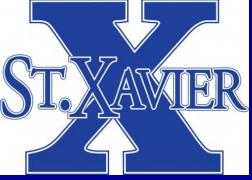
**Sleep** - Taking the rest afforded by suspension of voluntary bodily functions; complete or partial unconsciousness cease being awake

- 1 (Awful) ?
- 2 (Below Average) ?
- 3 (Normal) ?
- 4 (All State) ?
- 5 (All American) ?

ing Events

ason Workout

1/17/2024, 04:30



# Creating the Blueprint!



Calendar Resources Help **Reports** Settings Profile Derek Smith

January 2024

list day

< > today Add Event

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO CLASSES - Christmas Break	2 NO CLASSES - Christmas Break	3 NO CLASSES - Christmas Break	4 NO CLASSES - Christmas Break	5 NO CLASSES - Christmas Break	6
7	8 All Meet (Last day of First Semester)	9 All Meet (First Day of Second Semester)	10 A Day	11 G Day	12 E Day (Afternoon Assembly)	13
14	15	16	17	18	19	20





# Creating the Blueprint!



Weight	Fatigue	Physical Soreness	Sleep	Academic Stress	Person
250	3	2	3	3	
255	2	3	4	4	
239	4	4	3	3	
180	3	3	3	3	
228	4	4	3	4	
295	3	2	4	3	
164	2	3	3	3	
259	3	3	3	3	
295	3	3	3	3	
240	3	3	3	3	
190	3	3	3	3	
257	3	2	5	3	
290	4	3	4	4	
248	3	3	4	4	
250	3	3	3	3	
247.8	3	3	3	3	
212	3	4	3	3	
178	2	1	3	2	
204	4	3	3	4	
205	2	3	3	2	
244	3	4	5	4	
223.3	3	3	4	4	
194	4	4	5	5	
200	4	4	4	4	

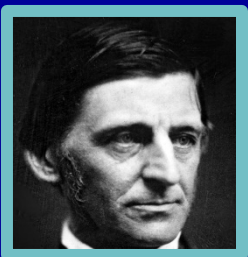
- Easy to use reporting buttons to get up to date analytics on your players assessment/survey data.
- Color coded to promote stoplight mentality

**Red** - Stop

**Yellow** - Caution

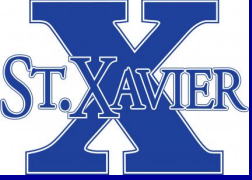
**Green** - Good to go

- We are looking for red and yellow when viewing the data



“Trust men and they will be true to you; treat them greatly and they will show themselves great.”

Ralph Waldo Emerson



# Creating the Blueprint!



## Step #2

# Cura-Apostolica – “Care of the Institution”

Overall HEALTH of the Program

## What are your Core Values?

The BELIEFS that make up the culture of your program;  
your program’s identity; your program’s mission.

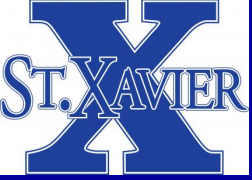
## What are your Standards?

The ACTIONS that support and defend the core values.

## How do you make this Actionable?

The STEPS you have in place to develop this.

What is it supposed to look like?



# Creating the Blueprint!



## CORE VALUES!

### St. Xavier Football Mission Statement:

#### *Develop Faith*

*Have faith in GOD, life, and those around you. We must have an unwavering belief, trust, and faith in ourselves, the team, this program, our families, and most of all GOD.*

#### *Develop Leadership through Character*

*All successful people demonstrate certain character traits. Integrity, honesty, self-discipline, dependability, promptness, loyalty, perseverance, and accountability are just a few of the traits we will encounter as St. Xavier football players.*

#### *Develop the concept that we are true "MEN FOR OTHERS"*

*Keep in mind that we were not put on this earth to amuse ourselves or simply enjoy the fruits of the labors of others. We shall endeavor to be of service to our fellow man and leave the world a better place than we found it.*

*St. Xavier football has but one ultimate expectation:*

***BE CHAMPIONS IN EVERY FACET OF LIFE!***



# Creating the Blueprint!



## STANDARDS!

*All successful people demonstrate certain character traits. Integrity, honesty, self-discipline, dependability, promptness, loyalty, perseverance, and accountability are just a few of the traits we will encounter as St. Xavier football players.*



- 1. How are they defined?**
- 2. What do they look like?**
- 3. How are they measured?**



When a team takes ownership of its problems, the problem gets solved. It is true on the battlefield, it is true in business, and it is true in life.

Jocko Willink





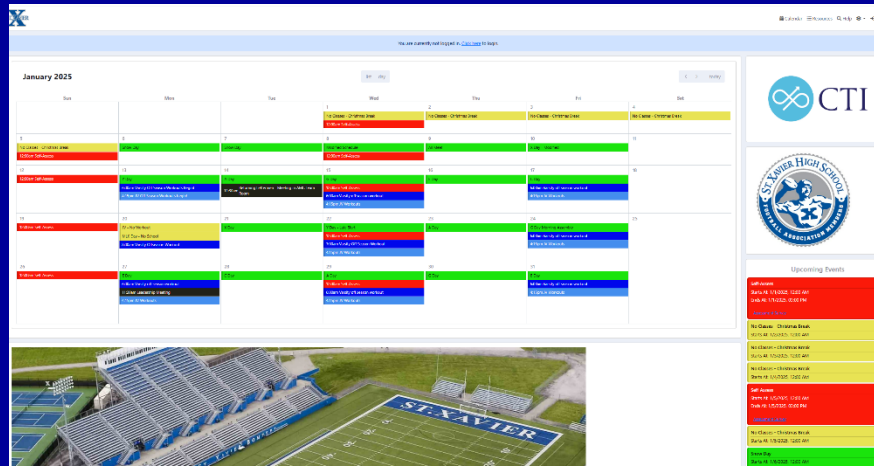
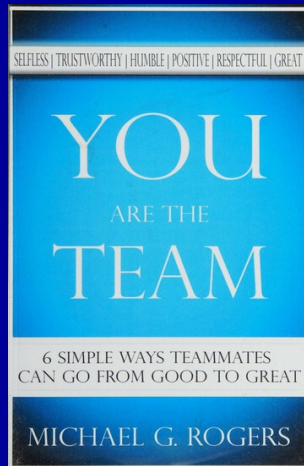
# Creating the Blueprint!



## Make the STANDARDS CONCRETE

Planning is the most important part of the MISSION!

1. Leadership Curriculum – FULL CHARGE
2. Reading Material – YOU ARE THE TEAM by Michael Rogers
3. Course Structure – FULL CHARGE
4. Ownership of the Standards – Returning Lettermen
5. Action Steps – Returning Lettermen
6. Consequences – Returning Lettermen





# Creating the Blueprint!



## FINISH

### **F: Focus**

Walk throughs, practices, film, games, etc. We need to stay locked in. We want to minimize mental mistakes and being focused is the way we will do that. There is a lot of distractions in today's world with social media but as Bomber football players we will steer clear of distractions and stay dialed in. Focus on the now, not what others are doing, not the next play or the previous, but the now.

### **I: Intensity**

Come to practice every day with a mindset to not only make yourself better, but your brothers as well. Be competitive and make each other work for everything. Do not become complacent or you will be passed. Give 100% effort all day every day despite the circumstances.

### **N: Never Quit**

When the going gets tuff the 2025 Bomber Football team will never quit, off-season workouts, 300s, and in games despite the score we will never take our foot off the gas. Also, we will have faith in each other and will continue to believe in our teammates, coaches, and most importantly God.

### **I: Impact**

When it's all said and done the 2025 Bomber Football team will leave a positive impact not just on the program but on the community. We will be active service members and strive to be our best self every day. Many people before us have played this game with a X on their chest and it's our duty to uphold the standard of a well-rounded Bomber Football player.

### **S: Sacrifice**

No one is making you play this sport; there's no cuts, everyone wants to be surrounded by people who want it just as much as the guy next to them. You will need to make sacrifices throughout the season to be in the best condition to help the team. This means prioritizing time management, making smart decisions on what you do in your free time, and taking the time to stay up to date on Hudl.

### **H: Heart**

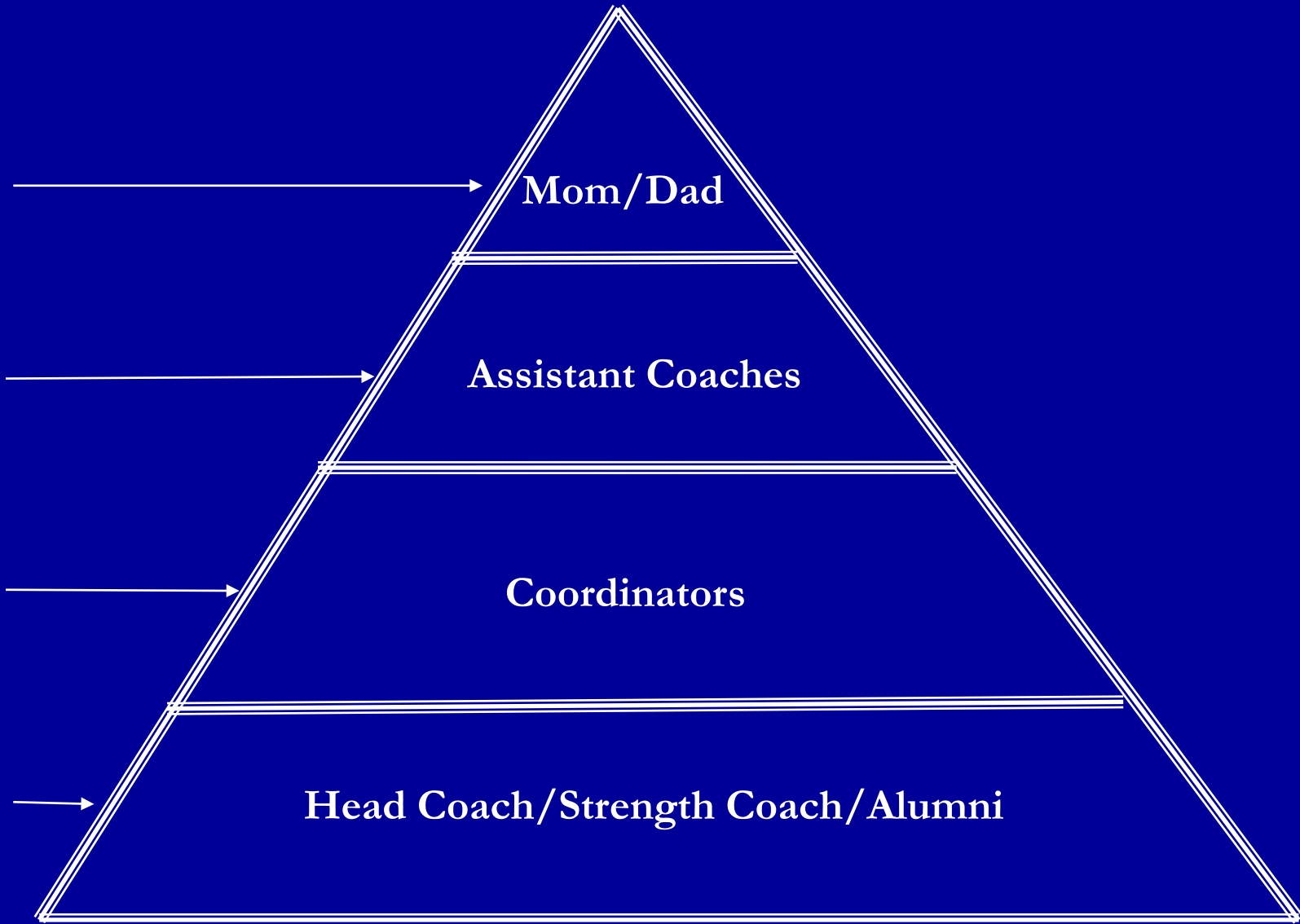
Every play, every practice, and in everything you do, you do for the guy next to you. You tell your teammates when they are doing something wrong and congratulate them when they do well. You make everyone feel valued on the team despite whether they are a starter or someone who is just a scout team guy. Everyone should be a guy that someone can go talk to and expect the truth. Be a person that people can rely on.



# Creating the Blueprint!



## Perception of Team





# Creating the Blueprint!



## The Essence of Team

### TEAM

Establish a Shared Vision!

Focused on the STANDARDS  
that lead to the  
CORE VALUES

Developing the  
Individual Brands  
“Cura-Personalis”

That create the  
Team Brand  
“Cura-Apostolica”