



**COASTAL DESTROYERS**  
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# **COASTAL DESTROYERS**

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Semi-pro Football Team



**RULES**

**EXPECTATIONS**

**RESPONSIBILITIES**

## **DESTROYER COMMANDMENTS**

- 1. Go to Practice.**
- 2. Be a good citizen.**
- 3. Great effort all the time.**
- 4. Work ethic. Nobody works harder.**
- 5. Decide to be successful. (choice).**
- 6. Expect to be successful. (mentality).**
- 7. Destroyer Football is 60 minutes or however long it takes to finish.**
- 8. Toughness! Mental and physical.**
- 9. Maintain a positive attitude no matter the circumstance.**
- 10. Never lose faith.**
- 11. Do everything with passion and enthusiasm.**
- 12. Don't expect more from a teammate than you are willing to give.**
- 13. Have a genuine appreciation for each other's roles.**
- 14. Be coachable. Learn to handle criticism.**
- 15. Be ALL IN.**

success of the team. If you are unable to attend you should contact your coach.

#### **J. TERMINATION POLICY**

A player who does anything that is detrimental to the Coastal Destroyers football program will be subject to termination.

## **COASTAL DESTROYERS**



**DETERMINATION**

**+**

**DEDICATION**

**+**

**DISCIPLINE**

**=**

**SUCCESS**

## **PROGRAM GOAL**

### **1. “PLAY TO WIN”**

Definition: It is an attitude to do the right things at the right time on and off the field. It is not what you do that determines if you are successful, it is how you do what you do that determines your success. Football players who “play to win” see the following:

\* Teammates as friends, not competition.

\* Coaches as teachers to make you better, not an enemy.

\* Practice as an opportunity approached with aggression, passion, and investments that will get a return (success), not as spending / wasting time.

### **ACTIONS TO ACHIEVE THIS GOAL:**

1. DEDICATION- BE COMMITTED

2. DETERMINATION- NEVER GIVE UP

3. DISCIPLINE - DO THE LITTLE THINGS RIGHT

jury, you need to get it taken care of. If you have an ache (a hurt) you need to learn to play with it, it is part of the game.

### **H. OUTSIDE COMMENTS: FAMILY / FRIENDS / NEWS MEDIA / SOCIAL MEDIA:**

1. Anytime you receive recognition it is because others around you gave you the opportunity.

2. When talking about our team: be positive, optimistic, and humble.

3. When talking about another team: be tight-lipped, humble, and praise your opponent

4. When relating to the news media, in addition to the above: act like you’ve been in this position before.

5. All Coastal Destroyers players are expected to present themselves and the team in a positive light. Facebook, Twitter, etc. should have no illegal content. Destroyers should be a positive influence in our communities.

### **I. FUNDRAISING**

In order for this team to be a success we must have funds to operate. If we do not have sponsors then we must fundraise to have sufficient funds to travel and have team outings and events. All team members are expected to participate to promote

## **F. FIELD EXPECTATIONS:**

1. No one will leave until you are released.
2. You are expected to participate in stadium maintenance.

## **G. GUIDELINES FOR INJURIES & INJURED PLAYERS**

If you are injured you are expected to:

1. All injuries should be reported to your coach.
2. Injured players are still required to attend practices and team meetings. Attend practice / stay mentally sharp / assist coaches
3. Rehab injury so you can return when you are healthy.
4. Remain with the team, wear game jersey on game days, be present with your teammates in the locker room and on the sidelines.

## **DIFFERENCE BETWEEN “A HURT” AND AN INJURY**

The only day you will not be hurting is the first day. From that day on until the end of the season, you may have aches and pains. If you have an in-

**TEAM:** Football is the ultimate team game that depends on people who are unselfish. Every decision that is made will be based on the good of the team rather than the wishes of individuals. It is amazing how much can be accomplished when nobody cares who gets the credit.

**ATTITUDE:** The attitude each player has is a choice that he makes everyday. **ATTITUDE** is the single most important element of success.

**EFFORT:** The amount of effort each player exerts is also a choice and it is not limited to talent level. Football is a game that demands an all out effort and proper fundamentals all the time. As a team and as individuals we must look at the “man in the mirror” and ask this question:

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**AM I DOING MY BEST?**



**RULES**  
**EXPECTATIONS**  
**RESPONSIBILITIES**

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**1. “ACT LIKE A CHAMPION”**

Football players must know that we represent more than ourselves. We represent the entire team and community and therefore we are accountable for our actions at all times. Any action that is detrimental to you is also detrimental to our football team. We expect a Coastal Destroyers football player to do the right thing at all times.

**A. ATTENDANCE POLICY:**

Regular attendance at football practice and games is essential if you are to learn the skills and strategies that make you and the team successful. Missing practice jeopardizes our success, lets the team down, and reflects a lack of commitment to our goals. If you are not going to be at practice you must contact YOUR Coach.

**B. PRACTICE EXPECTATIONS**

1. Be prompt (prompt means that being early is being on time)
2. Purpose of practice: Repeat fundamental skills into muscle memory (auto pilot) / eliminates mistakes on the field

3. “Out Practice” our opponents / Invest your time. We will invest our practice time expecting a greater return on Game Day.

4. Discipline: you are responsible to work hard and work smart during practice: It can be that a player is busting his tail, but if he does not know his assignments or what he is doing he cannot play.

**C. PLAYING TIME**

Everyone who commits will play. Playing time may not be exactly equal for all players. Playing time based on attitude and ability. Efforts are made to play as many players as possible but there are no guarantees.

**D. COASTAL DESTROYERS POLICY:**

If you do not practice, you do not play. If you miss practice you will miss a half of game time. \*There may be exceptions for those with confirmed job absence. A player who is serving a practice penalty does not participate in any games until the penalty time is over.

**E. LOCKER ROOM EXPECTATIONS**

1. We will leave the locker rooms the way we found them.
2. You are expected to clean up behind yourself.