

Vision and Values of Palmer Ridge High School Football



PRHS Football Vision Statement

The goal of the Palmer Ridge Football Program is to become the best program in the state. All student-athletes who would benefit the football program or would benefit from participating in football will be on the field of competition. Football players will be leaders in the classroom and in the hallways of school, making them better employees and, in some cases, better bosses in the future. The Palmer Ridge Football Program takes great pride in knowing that it has a part in developing young men into better sons, better brothers, better husbands, and better fathers.

PRHS Football Mission Statement

Developing young men through the commitment to and the pursuit of excellence in all that that we do, from the classroom to the field of competition and everywhere else we have the chance to contribute; focusing on integrity, character, and the development of a strong work ethic. We are committed to investing in the lives of our student-athletes through academic support, off-season lifting and conditioning programs, our leadership development program, and community service projects.

PRHS Football Goal Statement

The football coaching staff celebrates the achievements of its student-athletes. All football staff and players are committed to high standards of morality and integrity. The football team will be held to these high standards both on the field of competition and in the classroom. Student-athletes will be well-disciplined and fundamentally sound competitors. Student-athletes will be prepared to be better citizens in society.

The 8 Pillars of Palmer Ridge Football

- Believe
- Commitment
- Relentless
- Brotherhood
- "TEAM before me"
- Passion
- Attitude
- Trust

Pillar # 1: Believe

“Whether a man thinks he can, or he thinks he can’t, he is right.” - Henry Ford

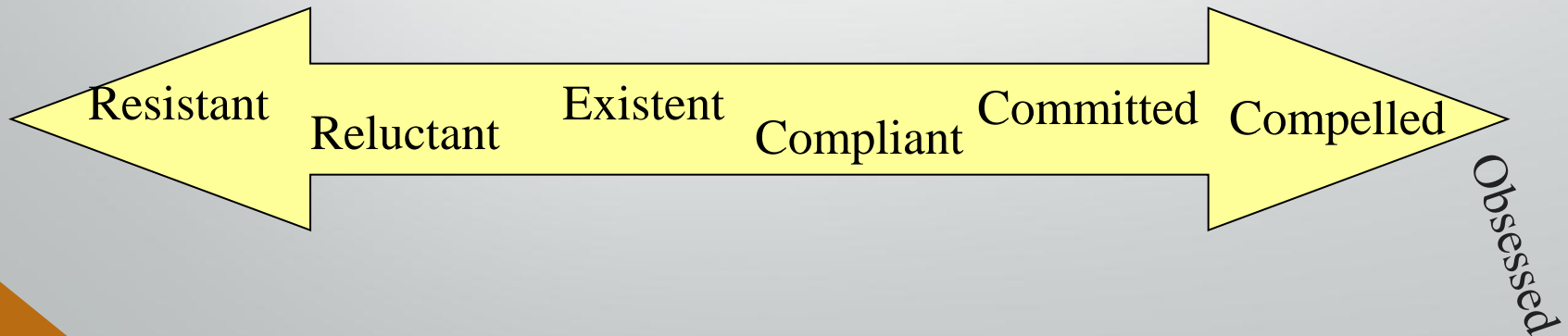
We believe that when we are united in our vision and we believe in ourselves and each other, together, we accomplish any goals we set.

Pillar # 2: Commitment

Committed people willingly go the extra mile in order to reach their goals. They are self-motivated, meaning that they do not need some one else to tell them what to do – or watch over their shoulder to make sure they are doing it. They take the initiative to do what is necessary to get the job done.

*It's not just commitment,
IT'S COMMITMENT TO EXCELLENCE IN ALL WE DO!

Commitment Continuum



Commitment Continuum developed by Jeff Janssen, published in his book:
The Team Captain's Leadership Manual © 2007

Pillar # 3: Relentless

Simply put, to our young men the word relentless means “Working hard on a mission.”

We work hard to help our young men understand everything is a process. “Rome wasn’t built in a day.” Working hard one day won’t get it done, we are building our program with committed young men that are working hard on a mission.

*Example: off-season strength and conditioning

Pillar # 4: Brotherhood

This pillar is critical to everything we do here at Palmer Ridge. It is investing in teammates through personal relationships. Players may not be best friends with every one on the team, but our PRHS football players will know what it means to have a personal relationship with every player in their position group (and, eventually everyone on the team- this takes time), and what it takes to find out, “what makes them tick.”

Ultimately, “Brotherhood” speaks of the close-knit bond that players feel for each other, holding teammates in the highest regard- the same regard they hold their family in.

Pillar # 5: "TEAM before me"

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This short phrase is easier to say than to do. The essence of "TEAM before me" is realizing that the needs of the TEAM outweigh the needs of an individual. Once understood and applied, each player will feel a sense of belonging and a sense that their contribution matters, and perhaps more importantly- that success can only happen through the contributions of all members of the TEAM.

Pillar # 6: Passion

“An athlete is a normal person with the gift of undying passion to be the best they can be and achieve greatness.” -
Amanda Ring

“Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.”

– Ralph Waldo Emerson, American Philosopher

Pillar # 7: Attitude

It's easy to have a good attitude when everything is going well. It's when adversity hits that your true character and your attitude are tested and revealed. We work hard to make sure our young men see adversity through the following three perspectives:

- Temporary
- Localized
- Changeable

Pillar # 7: Attitude Continued

Traffic Light Analogy

Traffic Light Analogy

- Green Light
 - Composed, optimistic, confident, focused, determined, communicating, encouraging, strong posture, aggressive, poised
- Yellow Light
 - Frustrated, questioning, doubts, negative, blaming/excuses, distant, tentative, distracted, confusion, rattled
- Red Light
 - Angry, pessimistic, overwhelmed, out of control, apathetic, hopeless, poor posture, unapproachable, scared, emotional

Pillar # 8: Trust

Learning to trust teammates, to trust coaches, and to trust yourself are principles we can help our young men learn through the game of football that can be applied through the rest of their lives.

Trust is the grease that makes it possible for teams to work effectively. -Warren Bennis (paraphrased)