Marauders Football 2014

Spring

Our off-season training program is the **MOST IMPORTANT** thing that we do. It enables us to have success on the field of play. We must train hard so that we have a physical and more importantly mental advantage when we step on the football field. Our 2014 season has officially started, today. January 6th, 2014

Winning is the product of doing everything right. People think that the off-season does not have an effect during the games on Friday nights and Saturdays. It has a huge effect. Taking these workouts seriously and maintaining a tough, focused frame of mind during our training will pay off on Friday nights and Saturdays.

We ask that everyone invests in the off-season program and make their required number of workouts. We will work with **anyone** who wants to play football in the fall that has a time conflict with our training schedule. Communicate well in advance with us, about the scheduling conflict, and we will find a way to resolve it.

**Safety in the weightroom is our first priority**. Pick up weights and bars using your legs, not your back. Make sure all weights are stacked when not in use. No weights should be laying on the ground. Dumbbells can be under the bench at the station during the lift period.

**We must believe in what we are doing.**

1. Be Safe. Maintain at least one spotter at all times, make sure weights are picked up and out of the way etc.
2. Have a good attitude
3. Learn the names, and how to execute each lift properly.
4. Treat every workout, set, and rep like it matters.
5. Learn the ICCs.
6. Abide by the code of ethics.
7. Adopt the “GO HARD or GO HOME” philosophy. We do this by encouraging each other to do our best. There will be days that are tougher than others. Good players and teams can manage and cope with these challenges in a positive way.
8. Believe in ourselves and commit to each other.

**What you need:**

1. Jesuit Shorts
2. Plain white t-shirt with sleeves and your last name written on the front and back or Jesuit football shirts (black or red)
3. White socks with athletic training shoes, no vans
4. Water Bottle
5. Your folder with workout sheet and a pen or pencil
6. Remove all jewelry
7. Cleats
8. Jump Ropes
9. Mouthpiece