

CIBOLA COUGARS FOOTBALL

**“MAY THE LIGHT THAT SHINES IN YOU BE BRIGHTER
THAN THE LIGHT THAT SHINES ON YOU”**

DABO SWEENY

A solid yellow horizontal bar spanning the width of the page, located at the bottom.

OUR NEW ATHLETIC DIRECTOR

Welcome Back:
Doug Dormae



COACHING STAFF

- 
- A large, stylized yellow cougar head logo is positioned in the background, centered behind the list of coaching staff. The cougar is facing forward with its mouth open, showing sharp teeth.
- **Coach Howe - Head Coach, Defensive Coordinator, OLB/Cougars**
 - **Robert Stanley - Offensive Coordinator, Associate Head Coach and OL**
 - **Cip Sena – Defensive Line**
 - **David Montoya – QBs**
 - **James Carroll – JV Offensive Coordinator and QBs**
 - **Melissa Marks – Speed, Flexibility and Strength**
 - **Russ Jones - RBs**
 - **Chris Alarid - Head Frosh and Offensive Coordinator**
 - **Anthony Palmeri – Frosh DC**
 - **Dan Leshner – Frosh OL and DL**

CONTACT INFORMATION

Head Coach

Coach Howe

Cibola High School

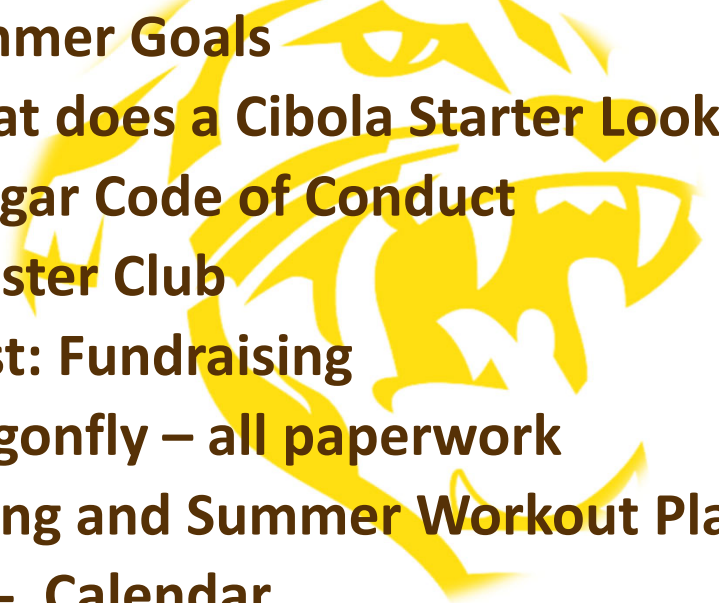
Email: James.howe@aps.edu

Cell: 505-301-3288

Twitter: @coachhowe1856



MEETING AGENDA

- 
1. Summer Goals
 2. What does a Cibola Starter Look Like?
 3. Cougar Code of Conduct
 4. Booster Club
 5. Blast: Fundraising
 6. Dragonfly – all paperwork
 7. Spring and Summer Workout Plan
 - Calendar
 8. Football Schedules

MIND-SET:

“WIN EVERY DAY!”

ERIC THOMAS



25 TRAINING DAYS TO “WIN THE SUMMER”

As coaches we will have a proven plan to achieve excellence in all phases of the development of our program and our young men.

- **PHYSICAL DEVELOPMENT**: Strength, Speed, Change of direction
- **SKILL SET**: Position specific techniques and fundamentals
- **MINDSET**: W.A.R. (Championship character, Growth mindset, and Raise the standard of performance.)
- **TEAM**: WE before ME... Bond together for a common PURPOSE! Great teams start with great teammates. Build trust and develop relationships through consistent commitment to each other. Learn to work together and give yourself a chance to be a champion.

*Successful teams don't wait for the season to become a team!
WIN the summer.*

TEAM 1ST MENTALITY

“I AM A MEMBER OF A TEAM, AND I RELY ON THE TEAM... I DEFER TO IT AND SACRIFICE FOR IT. THE TEAM, NOT THE INDIVIDUAL, IS THE ULTIMATE CHAMPION!”

MIA HAMM



**“IT’S OUR CHOICES THAT SHOW
WHAT WE TRULY ARE... FAR MORE
THAN OUR ABILITIES.”**

JK ROWLING



WHAT DOES A CIBOLA STARTER LOOK LIKE?

SIX TRAITS

1. **Committed**

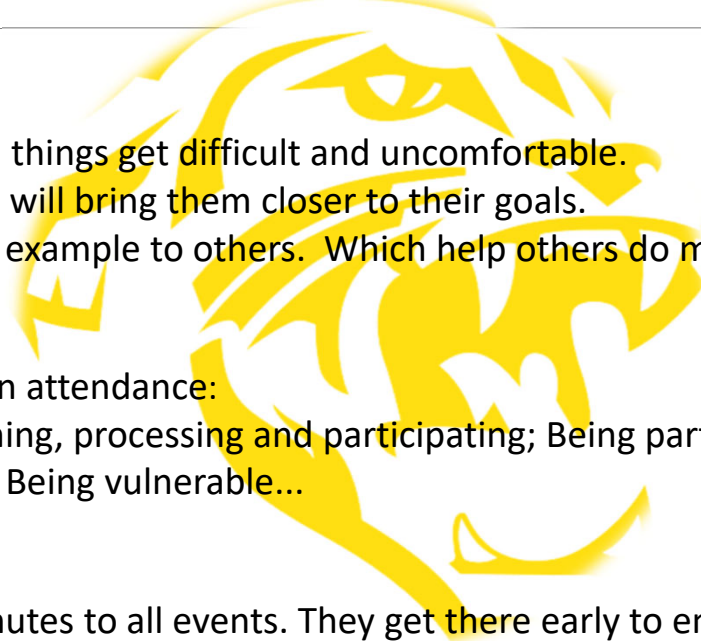
- They follow through even when things get difficult and uncomfortable.
- They know that their hard work will bring them closer to their goals.
- Their commitment serves as an example to others. Which help others do more than they could on their own.

2. **Present:**

- Being present is not just being in attendance:
 - Being present means listening, processing and participating; Being part of the program... Asking and answering questions... Taking risks... Being vulnerable...

3. **Punctual:**

- They arrive a minimum of 5 minutes to all events. They get there early to ensure they are ready for what is to come.



WHAT DOES A CIBOLA STARTER LOOK LIKE?

SIX TRAITS

4. Respected and Give Respect

- They show respect for team, teammates, coaches and anyone associated with the program.
 - They never bad mouth a teammate, steal from them or start fights w/them.
 - They don't question coaches or teammates when things go wrong... they work harder.
- They see that we are all here for the same reason. To better ourselves as individuals & better serve those on their team.
 - Which brings them respect.

5. Accountable

- They make mistakes at full speed... Own any and all mistakes... Learn from their mistakes and work daily to improve.
- They don't point fingers, blame, make excuses, lie or hide from mistakes.
- They recognize that through failure... learning and improving happens.

6. They are All in

- They give everything they have each day.
- They don't have regrets or talk about what they could be, could have been or could have accomplished.
- They work hard even when they don't feel 100%.
 - They know those are the days others take off.

COUGAR EXPECTATION

“CHANGE YOUR BEST!”

P.J. FLECK



CIBOLA CODE OF CONDUCT:

CIBOLA FOOTBALL CHARACTER & LEADERSHIP SEEKS TO CREATE POSITIVE CHANGE ON OUR TEAM, IN OUR SCHOOL, IN OUR FAMILIES, AND IN OUR COMMUNITY THROUGH:

1. **Carry Yourself with Exceptional Moral Value:**

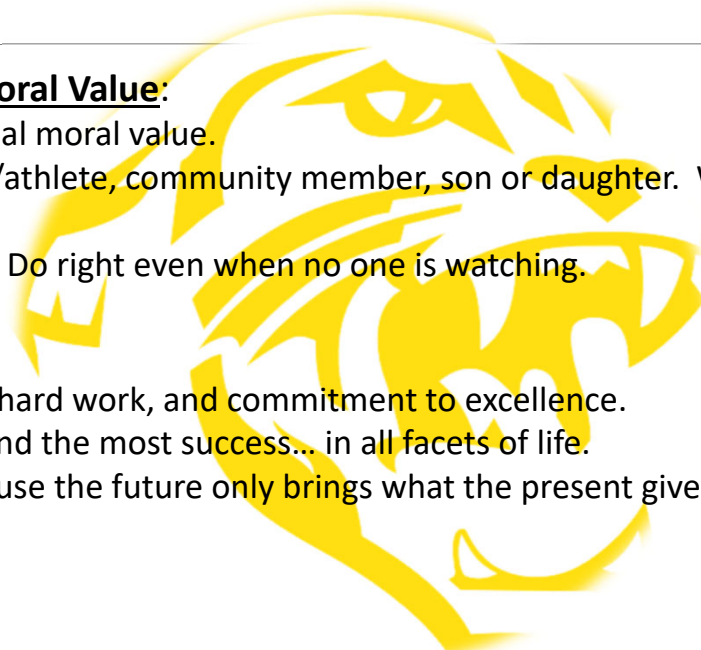
- Live your daily lives with exceptional moral value.
- Be the example of a great student/athlete, community member, son or daughter. Whether on the field, in the classroom, in the community and at your home.
- Be great citizens... "Do right rule": Do right even when no one is watching.

2. **Be Disciplined:**

- Embrace a sense of responsibility, hard work, and commitment to excellence.
- Those that work the hardest will find the most success... in all facets of life.
- 'Do not focus on the future... because the future only brings what the present gives it!'. What are you doing today that will make you successful tomorrow?

3. **Show Strong Leadership Skills:**

- Leadership is a quality that can tap into the potential of others. A leader can make average players good and good players great.
- When adversity hits how do you handle it? Leader handle it with class, effort, trust in your process and getting others back on track.
- Make others better than they could be on their own.



CIBOLA CODE OF CONDUCT:

CIBOLA FOOTBALL CHARACTER & LEADERSHIP SEEKS TO CREATE POSITIVE CHANGE ON OUR TEAM, IN OUR SCHOOL, IN OUR FAMILIES, AND IN OUR COMMUNITY THROUGH:

4. **Be Better Men:**

- Be selfless and accountable... Show respect, and put forth your best effort for others.
- If we make a mistake... own and move on... Take ownership of our actions and hold each other accountable for theirs.
- Support your team and teammates with whatever they are going through.
- We will respect ourselves, our teammates, our opponents, and our coaches.
- Show humility by staying humble in victory and defeat... Show humility in victory and grace in defeat.
- This sport impacts our football program and the person we are, well beyond the days, months, and years that we are in the Cibola football program.

5. **Be a Great Teammate: 'Built on Trust'**

- Your teammates and coaches have each other's best interest in mind. Know that we are all here to make each other better than we could be on our own and we are in this together.
- One beat... One drum... all on the same path and the same journey together, towards a common goal.

CIBOLA CODE OF CONDUCT:

CIBOLA FOOTBALL CHARACTER & LEADERSHIP SEEKS TO CREATE POSITIVE CHANGE ON OUR TEAM, IN OUR SCHOOL, IN OUR FAMILIES, AND IN OUR COMMUNITY THROUGH:

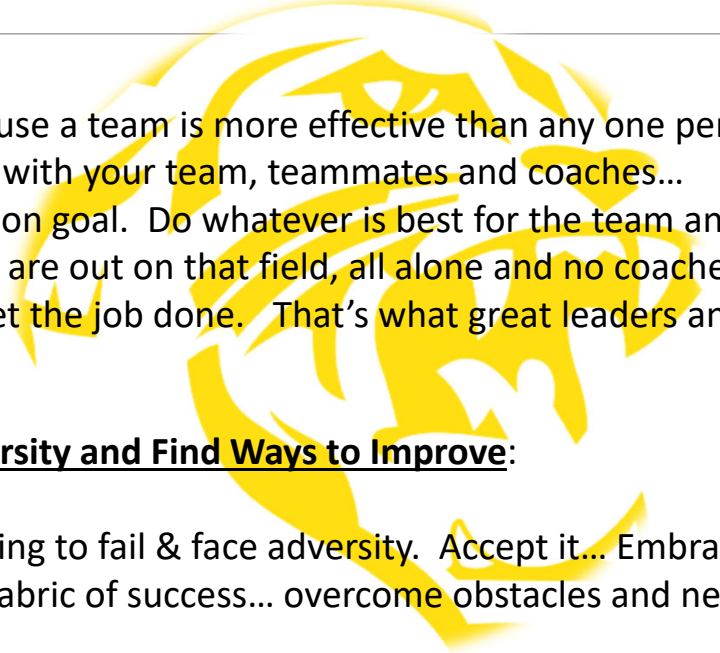
6. **Be Selfless: 'Teamwork'**

- Put others before yourself because a team is more effective than any one person.
- Develop unity and camaraderie with your team, teammates and coaches...
- Work together towards a common goal. Do whatever is best for the team and the program.
- Show yourselves that when you are out on that field, all alone and no coaches to walk you through adversity... that you can look to each other to get the job done. That's what great leaders and great teams do.
- "We all got your back".

7. **Except Failures/Weaknesses/Adversity and Find Ways to Improve:**

- Embrace solutions, not excuses.
- Throughout your life you are going to fail & face adversity. Accept it... Embrace it... Push through it... Grow from it.
- Learn that perseverance is the fabric of success... overcome obstacles and never give up.

8. **"You Don't Have to Be the Top Dog or the Best Player to Become A Leader".**

- Lead through example and voice, whether a starter or scout player.
 - Find your role on this team and do it to the very best of your ability.
- 

CIBOLA CODE OF CONDUCT:

CIBOLA FOOTBALL CHARACTER & LEADERSHIP SEEKS TO CREATE POSITIVE CHANGE ON OUR TEAM, IN OUR SCHOOL, IN OUR FAMILIES, AND IN OUR COMMUNITY THROUGH:

9. **Be Courageous:**

- Take risks, step outside of your comfort zone, and face challenges head-on.
- “Don’t second guess yourself”. Trust your eyes, 1st reaction and react.
- Make all mistakes full speed...
- We all screw up and that’s ok... Get up and do it again. Never be afraid to fail, it makes you slow.
- Believe in what you are taught and do what you know is right.

10. **Be a Positive Force:**

- No matter what is happening remember that all things happen for a reason...
- If you don’t like the way something is going; stay positive, bring positive solutions and effect the change that you want.
- Adversity does not build character... it reveals your character. How you respond to adversity reveals the person you are. React with positivity and hard work ethic.
- What can I learn from these challenges? What can they teach me? Stay positive and trust that overcoming the set-back will make you stronger, wiser and better.
- NO EXCUSES AND NO BLAME.

MALCOLM GLADWELL

**“SUCCESS IS NOT A RANDOM ACT.
IT ARISES OUT OF A PREDICTABLE
AND POWERFUL SET OF
CIRCUMSTANCES AND
OPPORTUNITIES.”**



PHILOSOPHY OF COACHING

WE WANT TO COACH YOU LIKE THE 25YR OLD VERSION OF YOU

- 
- **Better young adults, that become:**
 - **Better Students**
 - **Better Teammates**
 - **Better Leaders**
 - **Better Friends**
 - **Better Fathers and Mothers**
 - **Better Husbands and wives**
 - **Better Neighbors**
 - **Better Community Leaders**

"It seems that the second half of a man's life is made up of nothing but the habits he accumulated in the first half." Dostoevsky

BOOSTER CLUB:

Fundraising

Team Dinners: Varsity, JV, and Frosh

Support Players and Coaches

Cougar Head

Media – Blast Communication

Team BBQ

**Support our Team to Give Our Players the Best Experience Possible
And More...**

Current Booster Officers

A large, stylized yellow cougar head logo is centered in the background of the text. The cougar's head is facing right, with its mouth open in a roar, showing sharp teeth. The logo is semi-transparent, allowing the text to be read over it.A solid yellow horizontal bar spans the width of the slide at the bottom.

CIBOLA BOOSTERS

Group of volunteers that support the Coaches and all the teams (Varsity, JV, Freshman)

Provide equipment (spirit packs), team meals, end-of-season banquet, fund-raising and much more.

Most importantly, we strive to make their high school years memorable.

- Promote Player and Parent positivity
- Fostering team spirit (on and off the field)



WHO CAN JOIN THE BOOSTER?

- Parents, siblings, grandparents, teachers, and others throughout the community.

HOW ARE WE FUNDED?

- Player Commitment Fee \$500
- Donations from individuals
- Fundraising
- Business Sponsors

WHAT DO I HAVE TO DO?

- Get involved
- Sign up for “Help-Needed” items
- Help make this the absolute best experience for our players.
- Attend the Booster meetings



Fundraising Opportunities

Helps to raise \$\$\$ towards your commitment fee

Fundraiser	\$\$\$ Towards Commitment Fee
Car Wash April 20 th	100%
Car Wash June 29 th	100%
Sale of Beef Jerky, Chamoy Gummies; Pistachios, 50% to players; Apr 22 -May 15	Jerky 40%; Gummies & Pistachios 50%
Calendar Sponsorship Fundraiser	100%
Lift-A-thon July 25 th	100%
Blast Fundraiser (direct donations from family and friends)	82%



Business Sponsorships

Cougar Sponsor - \$ any amount

White Sponsor - \$300

- Advertised on Cibola Football Website

Brown Sponsor - \$500

- Advertised on Cibola Football Website
- Banner on school fence

Gold Sponsor - \$750+

- Advertised on website, blast, page (weekly program updates to anyone who follows)



Urgent - Help Needed

Chain Gang - Three parents per home game

Food Pick Up/Feed Freshman - Mon or Tues after school
(Booster funded)

Food Pick Up/Feed JV - Thurs after school (Booster
funded)

Varsity Team Dinners – Thurs night prior to the game;
Varsity players, Host a dinner at your home or alternate
location (Not Booster funded)

Cougar Head - Transport, set up, and take down Cougar
Head (before and after games). Truck needed.



Month	Volunteer Opportunity (Subject to change)
April	<ul style="list-style-type: none"> • April 20th Car wash, help with providing supplies, selling merchandise, feeding the boys lunch • Selling Beef Jerky – parent help • All players are required to bring a case of Water/Gatorade to school
May	<ul style="list-style-type: none"> • May 15th Beef Jerky fundraiser
June	<ul style="list-style-type: none"> • Seven on Seven game (possibly hosting) Need parent help
July	<ul style="list-style-type: none"> • June 29th Car wash, help with providing supplies, selling merchandise, feeding the boys lunch. • Hanging Sponsorship banners on fence.
August	<ul style="list-style-type: none"> • Need to have parent identified for Chain Gang • Need to have sign up for parents to transport, set up and take down Cougar Head (before and after games) • Need to have volunteers identified for picking up food for Freshman, JV teams after school (funded by booster) • Need to have parent sign up for Varsity team dinners • Volunteers for Brown and Gold Scrimmage Game/Team BBQ (held at the school) set up, serve, and take down
September	<ul style="list-style-type: none"> • Homecoming; Decorating lockers and hallway • Decorating football stadium • Parent tailgating before the game
November	<ul style="list-style-type: none"> • Banquet planning team

Boosters are excited to make the Cibola football season GREAT!

To Do/Next Steps:

- Sign up for Blast to receive all communications
- Will use sign up genie for “help-needed” items
- Reach out to any Boosters with questions



BOOSTER CLUB:

APS Budget: \$10, 500.00

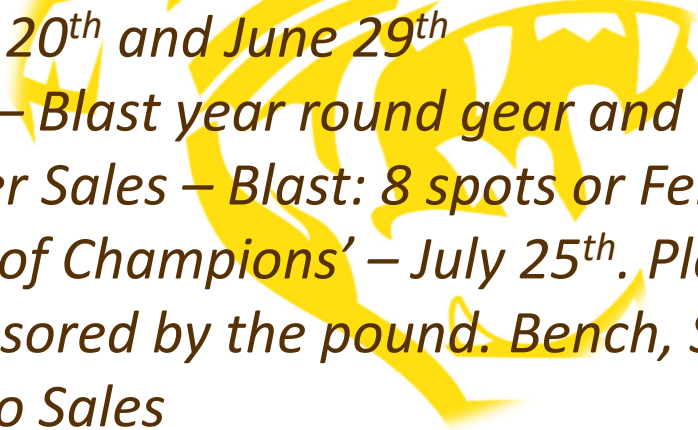
Expenses:

1. *Transportation and Pre-Game Meals— \$5,000*
 - *Busses and Meals for all JV and Frosh Games*
2. *Camp and 7 on 7 Tourn: \$3,500*
 - *Team camp in July: \$150 per player (boosters pay \$50)*
3. *Team sweats, Shirts, compressions & Shorts and Coaches Game Gear: \$25,000*
 - *Sweats, Shorts, Shirts, Compressions....*
4. *Varsity Uniforms: \$4,000*
 - *Game Pants*
5. *Huddle, Tech and Insurance: \$4,000*
6. *Field and Player Equipment: \$10,000 - \$12,000*
 - *Helmets/Shoulder pads- \$299 min – Field Pant \$2,000 – Footballs \$115 per*
7. *Volunteer Coaches Pay: 4 Coaches \$6,500*
8. *Banquet: \$8-10,000... Cont. Ed for Coaches: \$3,000...*

BOOSTER CLUB:

PLAYER COMMITMENT: \$500

Fundraising:

1. *Car Washes: April 20th and June 29th*
 2. *Online gear sales – Blast year round gear and BSN.*
 3. *Advertising Banner Sales – Blast: 8 spots or Fence spots.*
 4. *Lift-a-thon ‘Night of Champions’ – July 25th. Players can get flat donations or sponsored by the pound. Bench, Squat and Power Clean.*
 5. *Jerky and Pistachio Sales*
 6. *Calendar Fundraiser*
- 

BOOSTER CLUB:

Communication and information:

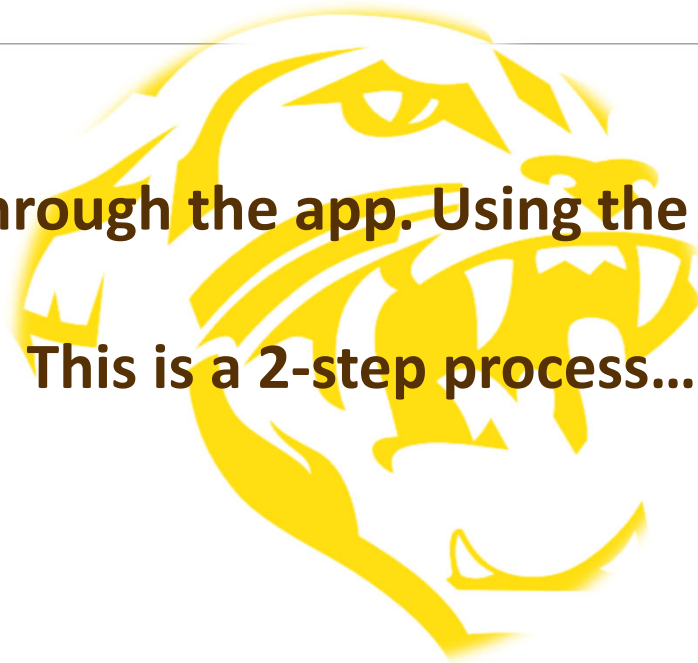
1. ***BLAST*** – all communication will come through Blast
 - *Sponsors, Schedule, Team Webpage, Fundraising, Weekly reports, updates and notifications.*

It will also have links to our:
2. *Twitter page - @coachhowe1856*
3. *Facebook page – Cibola Cougars Football*

BOOSTER CLUB:

Sign up through the app. Using the QR Codes.

This is a 2-step process...



ALL LEVELS

Download Blast App

1. Open Camera & Scan QR Code
2. Open Blast Athletics App
3. Allow Notifications
4. STOP



Join Your Team

RETURNERS



FRESHMEN



ALL LEVELS

Enter Fundraising Contacts

1. Enter 20 potential supporters
directly from your phone's contacts.

Play Video



DRAGONFLY

ALL APS PAPERWORK TO PLAY SPORTS

Must be completed to play sports at Cibola High School!

1. *Physical Form - upload*
2. *Life of an Athlete Course: video and cert*
3. *Concussion Course: video and cert.*
4. *Parental Consent*
5. *Parent*



SPRING WORKOUT PLAN:

CHECK CALENDAR

Spring Practice

- Varsity and JV:
 - Monday – Friday: 7:30am – 9:00am
- Incoming 9th Graders: (presently 8th grade)
 - Weight Room Orientation:
 - 5:30pm to 6:30pm – April 30th through May 2nd

SUMMER IMPORTANT DATES:

CHECK CALENDAR

Varsity and JV:

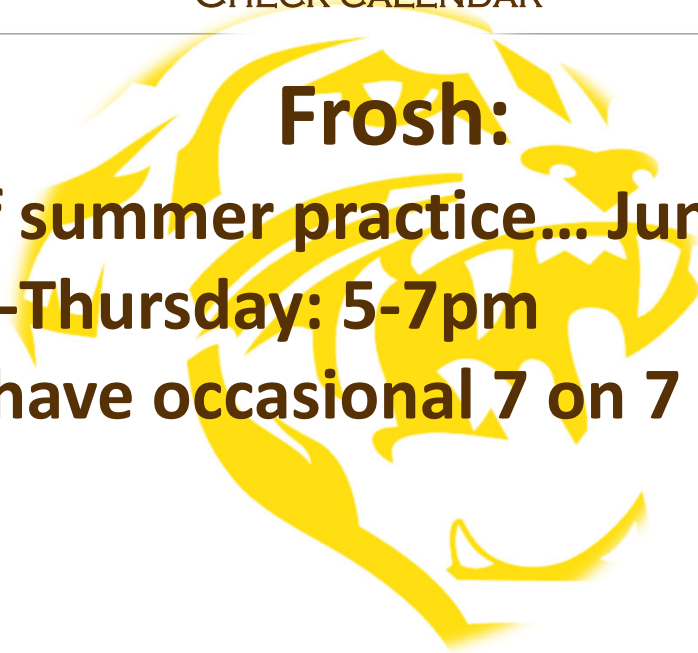
- First day of summer practice... June 17th
 - Monday through Thursday at 6:30am – 8:45am
 - We will have occasional 7 on 7 scrimmages - TBD
- July 8th – 26th
 - Monday through Friday at 6:30am – 8:30am
- July 16th – 18th Western Colorado OR
- July 18th – 20th CSU Pueblo Team Camp

SUMMER IMPORTANT DATES:

CHECK CALENDAR

Frosh:

- **First day of summer practice... June 17th**
 - **Monday-Thursday: 5-7pm**
 - **We will have occasional 7 on 7 scrimmages - TBD**



BSN FOOTBALL GEAR ORDERS

**IF YOU WANT TO PURCHASE FOOTBALL RELATED
GEAR FOR A REASONABLE PRICE:**

**NIKE CLEATS, *GIRDLES (MANDATORY)*, COMPRESSIONS,
BAGS, MOUTH PIECES... MUCH CHEAPER RATE THAN DICK'S**

***WE WILL HAVE A SITE FOR YOU BY THE END OF THE WEEK**



SCHUTT HELMET ORDERS

**IF YOU WANT TO PURCHASE A HELMET:
MUST BE DONE THIS MONTH TO GET IT IN TIME FOR
PRACTICES.**

VENDOR: GTS TEAM SALES

CONTACT: GARY SANCHEZ (505)264-1577

VENGEANCE: \$330 – F7 \$499 – VICES \$685

A large, stylized yellow tiger head logo is positioned in the background, centered behind the text. The tiger has its mouth open, showing sharp teeth and a pink tongue. The logo is semi-transparent, allowing the text to be read over it. At the bottom of the slide, there is a solid yellow horizontal bar.



VICTORIOUS WARRIORS WIN FIRST AND
THEN GO TO WAR,
WHILE DEFEATED WARRIORS GO TO WAR
FIRST AND THEN SEEK TO WIN”

SUN TZU — THE ART OF WAR

