

2019

**HOLT FOOTBALL
SUMMIT**

INDIAN NATION

ONE TEAM | ONE NATION

May 30, 2019

2019 Holt Football Summit Agenda

- Introduction of Holt Football Coaching Staff
- Key Ingredients to a successful Holt High School Football Program
- Player Rules & Expectations
- Player Safety
- Summer Schedule
- Weight training, Nutrition, & Supplements
- Team Breakfast support
- Indian Nation Membership
- Blue & Gold Game Event
- 2019 Holt Football Schedule

2019 Indians Coaching Staff

Ethan Place - Varsity Head Coach/OC

Daryl Daleen – Asst. Coach/DC

Ken Moore - Asst. Coach

Jerry Kile - Asst. Coach

Paul McGuire – Asst. Coach

Clinton Tanner– Asst. Coach

Zach Perry - Asst. Coach

Aaron Smith - Asst. Coach

Andrew Hammond – Asst. Coach

Bryan Beermen – Asst. Coach

Sean Haley – Asst. Coach

Impact of High School Sports

- Statistics show high school athletes receive higher paying jobs (***NY Times***).
 - *“We try to recruit people that can work in a team environment, are competitive and driven, and it is not a pre-requisite, but many times athletes have those traits,” says Executive Director of UBS.*
 - *“In my 30 years in the business world, I have found that what an athlete brings to the workplace is discipline, teamwork, a drive for success, the desire to be held accountable and a willingness to have their performance measured,” says Chairman & CEO, of PepsiCo.*
- Student athletes give back more time and money to their community (***NY Times***).
- University Of Chicago Study on Athletics – “created lasting improvements in the boys’ study habits and grade point averages.”
- Impact on our community -
 - Studies show a successful high school football program can account for an additional \$125K in sales tax revenue for the community. (***SWT/AM Uni Study***).

2019 Program Success

Our football program plays a significant role in the lives of our players, coaches, school, and community. Success is not only measured by wins but by effort, dedication, and commitment. This holds true of our players, coaches, support staff, and parents. It requires all of these groups to work together in order to build an elite program that molds good students into great players and successful members of our community. Winning is not an accident, it is a result of all prior activity and work. Together we can achieve a higher level of excellence.

2019 Player Rules & Expectations

- Compliance with all Holt High School & Wentzville School District Policies.
- 2019 Holt Player Manual
- Holt Football Culture – you give 100 % of your complete effort every minute not for yourself but for your teammates, coaches, and parents.
- Core Values: Honesty, Respect, Attitude, Priorities, and Excellence.
- Do the right thing always – Represent Holt with class, humility, and respect.
- Lack of effort is not an option.
- Communication is key. It needs to be clear, direct, and respectful.
- Success or failure is a shared responsibility.

2019 Holt Football Core Values

Each person on this team comes from different backgrounds and has different belief systems. Joining this team requires you to fit within our belief system and respect the values and backgrounds of others.

Honesty

- Be honest with yourself
- Be honest with peers
- Be honest with authority figures

Respect

- **Respect yourself**
 - Give yourself a chance to succeed with a positive attitude
 - Believe in your abilities
- **Respect others**
 - Authority figures (Parents, Coaches, Teachers, etc.)
 - Peers (Opponents, Girls, Fellow students)
 - Teammates (NO HAZING!)
- **Respect Property**
 - Facilities – Keep them clean
 - Equipment – Do not alter or destroy

Attitude

- Being a champion is a reward for preparation and hard work. It is an all day, every day approach to life.

Priorities

- Faith/Family
- Academics (Must be able to handle both) (Be at school on time/ especially Gameday)
- Football
- Other (Girlfriend, Job, Social Life)

Excellence

- Strive for excellence in ALL areas
 - Classroom
 - Field
 - Weight room
 - Community

Player Safety

- Player safety is always our districts, school, and coaches top priority.
- Athletic trainer on-site to treat our players.
- Impact testing.
- Concussion protocol policies and procedures.
- Temperature policies governed by the state determine if football activity is allowed.

Player safety is always our program's highest priority.

2019 Summer Workout Schedule

- What:** Summer Schedule
- Why:** Important part of preseason development.
- Where:** Holt High School
- When:** M – Th / 7:00 am – 9:45 am
- Who:** Players 9th – 12th grades
- Expectations:** Players consistently participate in this daily workouts. If a player is going to miss text the coaching staff.

2019 Summer Camps - Freshman

What: Opportunity to begin evaluation of freshman players.

Why: Freshman start of the 2019 season.

Where: Holt High School

When: Monday, July 15th – Thursday, July 19th

Who: Freshman players

Expectations: Players be available and participate in all events.
If you are not going to be able to participate it is up to the player to talk with the coaches prior to the camp.

2019 Summer Camps - Varsity

- What:** Opportunity to begin evaluation of varsity players.
- Why:** Varsity's start of the 2019 season.
- Where:** Holt High School
- When:** Monday, July 15th – Thursday, July 19th
- Who:** 10th – 12th grade players
- Expectations:** Players be available and participate in all events.
If you are not going to be able to participate it is up to the player to talk with the coaches prior to the camp.

2019 Summer - 7 on 7 St. Dominic Tournament

What: Non-contact passing tournament to develop skilled players

Why: Allows quarterbacks to build timing with their receivers and defenses to work on shutting down passing attacks.

Where: St. Dominic High School – O’Fallon, MO

When: Friday, June 21st / Time: TBD but during the day.

Who: Varsity level skilled position players

Expectations: Varsity level players be available to participate.

2019 Summer - 7 on 7 St. Dominic League

- What:** Non-contact passing league to develop skilled players
- Why:** Allows quarterbacks to build timing with their receivers and defenses to work on shutting down passing attacks.
- Where:** St. Dominic High School – O’Fallon, MO
- When:** Tuesday’s July 9th, 16th, & 30th @ Noon
- Who:** Varsity level skilled position players
- Expectations:** Varsity level players be available to participate.

2019 Summer - 7 on 7 Branson Tournament

- What:** Non-contact passing tournament to develop skilled players
- Why:** Allows quarterbacks to build timing with their receivers and defenses to work on shutting down passing attacks.
- Where:** Branson Border Battle– Branson, MO
- When:** Friday, July 11th / Time: 2 pm – 8 pm
- Who:** Varsity level skilled position players/ Invitation Only
- Expectations:** Varsity level players be available to participate

2019 SBU Camp

- What:** Out of town camp.
- Why:** Allows for contact environment to assess player's position and skill level against other schools in a competitive/coaching environment.
- Where:** Southern Baptist University – Bolivar, MO
- When:** Tuesday, July 23rd - - Thursday, July 25th
- Who:** All players
- Expectations:** All players be available to participate.

Nutrition / Weight Lifting

Meals Plans – Determined by position and player need

- Lineman plans – Focus on weight gain through healthy eating.
- Skilled plans - Focus on muscle gain and protein intake.

Weight Lifting –

- Spring 2019 Results
 - Bench Press: 5% gain
 - Squat: 11.5% gain
 - Deadlift: 6.6% gain
 - Clean: 8.5%

The key to this program is attendance. Individuals need to put in the work consistently. The program owns creating the right culture to promote, reward, play the individuals that display this level of commitment.

College Recruiting

Holt Football Program Recommendations

- **Participate in local camps.**
 - Lindenwood University
 - Elite Football Combine
- **Be cautious of recruiting services.**
 - NCSA (example)
 - Many companies out to represent players in college recruiting.
- **Social Media.**
 - The importance of this tool.
- **Holt Football Staff's Role.**
 - The coaches play a support role in this process. Do not expect the staff to take the lead on getting your player recruited.

2019 Holt Football Player Packs

Players need to purchase Holt Player Packs: \$60.00



Style: LGFPC2
1. Navy
4. Vegas Gold



Saturday Team Breakfast

- What:** Breakfast provided to the players and coaches every Saturday morning during the season prior to film review.
- Why:** Opportunity to support our players and coaches with this Holt Tradition.
- Where:** Holt High School Cafeteria
- When:** 9 am on Saturday mornings
- Who:** Varsity Team players
- Expectations:** Parents help support this tradition by donating food and time to serve.
- Eggs, bacon, milk, pancakes, breakfast casseroles.

Blue & Gold Game Events

- Where:** Holt High School Stadium
- When:** Saturday, August 17th
- Expectations:** All players and families participate.

Events

Freshman Game:

Jr Varsity Game:

Varsity Game:

Pie Auction:

Spirit Gear:

Varsity Player Announcements and Jersey Ceremony

Holt Indian Nation Membership

Please support Holt Football through your participation in Holt Indian Nation Membership.

- Membership levels to support all budgets.
- 100% of the funds goes to the football program.
- To keep our players in Wentzville and give the best opportunities to our home town players, we need additional support and funds for our program.
 - Hudl Video System
 - Uniforms
 - Equipment (pads, balls, etc.)
 - Team meals (all levels)
 - Scholarship Program
 - Coaching clinics
 - Player camps
- In 2019 our organization will support Holt Football with over 250 + man hours and \$20,000 of funds to improve the environment, experience, and outcome of our players.

Sign up tonight or go to www.holtfootball.com and register.

Important Dates

- Dead Week 1 - Saturday, June 29th – Sunday, July 7th
- Dead Week 2 - Saturday, August 3rd - Sunday, August 11th
- Parent Meeting - Sunday, August 11th
- First Official Practice – Monday, August 12th
- Jamboree - Friday, August 23rd @ Francis Howell Central

**ALL DATES ARE LISTED ON THE CALENDAR AT:
WWW.HOLTFOOTBALL.COM**

2019 Holt Football Varsity Schedule

Week 1 -	Aug 30 th	Holt vs FZS	Away
Week 2 -	Sept 6 th	Holt vs Pattonville	Away
Week 3 -	Sept 13 th	Timberland vs Holt	Home
Week 4 -	Sept 20 th	FH North vs Holt	Home
Week 5 -	Sept 27 th	Holt vs FH Central	Away
Week 6 -	Oct 4 th	Holt vs Troy	Away
Week 7 -	Oct 11 th	FZW vs Holt	Home
Week 8 -	Oct 18 th	Howell vs Holt	Home (Homecoming)
Week 9 -	Oct 25 th	Liberty vs Holt	Home
Week 10 -	TBD		

<https://www.gatewayathletic.org/public/genie/766/school/8/>

2019 Holt Football Freshman/JV Schedule

Week 1 -	Sept 3rd	FZS vs Holt	Home
Week 2 -	Sept 9 th	Pattonville vs Holt	Home
Week 3 -	Sept 16 th	Holt vs Timberland	Away
Week 4 -	Sept 23rd	Holt vs FH North	Away
Week 5 -	Sept 30 th	FH Central vs Holt	Home
Week 6 -	Oct 7 th	Troy vs Holt	Home
Week 7 -	Oct 11 th	Holt vs FZW	Away
Week 8 -	Oct 21st	Holt vs Howell	Away
Week 9 -	Oct 28 th	Holt vs Liberty	Away

<https://www.gatewayathletic.org/public/genie/766/school/8/>

2019 Holt Football Summit

Thank you for your support tonight and through the upcoming season.

- Collect your Football packet tonight
- Sign up for your Indian Nation Membership
- Order Player Yard Signs

WWW.HOLTFOOTBALL.COM

CHANGING THE CULTURE

Many players have gone before you.

Many players lie ahead.

This is your time to leave your mark.