

# LI FOOTBALL CORE COVENANTS

At Lyndon Institute, we will hang our hat on certain things... like the triple option and the 3-4 defense. More importantly, however, we must have some basic guiding principles, foundations, cornerstones, an identity as a program. These are our CORE COVENANTS...

## TOUGH – DISCIPLINED – SELFLESS

The three things that we will build on will be **TOUGHNESS**, **DISCIPLINE**, and **SELFLESSNESS**. It is not enough, however, to simply put these things on a piece of paper and talk about them every once in a while. **EVERYONE** in our program must understand our Core Covenants, be able to define them, and tell a stranger what those values look like in practice, games, at school, and in our community. Living our values will be a four step process...

1. Define the Core Covenants
2. Identify what they look like
3. Public declaration that you will live them
4. Live em!

### STEP 1 – DEFINITIONS

- COVENANT – binding pact or agreement
- TOUGH – able to withstand great physical and MENTAL strain without breaking, resilient
- DISCIPLINED – willing to do what you ought to do, not what you want to do
- SELFLESS – motivated by concern for the team, your teammates, and your coaches, not for self

## TOUGH – DISCIPLINED – SELFLESS



# TOUGH

What does it look like in...

<b>PRACTICE</b>	<ul style="list-style-type: none"><li>➤ Best effort</li><li>➤ Act different than you feel</li></ul>
<b>GAMES</b>	<ul style="list-style-type: none"><li>➤ Ignore distractions</li><li>➤ Next play</li></ul>
<b>SCHOOL</b>	<ul style="list-style-type: none"><li>➤ Let it ride in classroom</li><li>➤ Put peer relationships where they belong</li></ul>
<b>THE COMMUNITY</b>	<ul style="list-style-type: none"><li>➤ Think before you act</li><li>➤ Represent LI with pride and class</li></ul>

# DISCIPLINED

What does it look like in...

<b>PRACTICE</b>	<ul style="list-style-type: none"><li>➤ Prepared every day</li><li>➤ Fake it til you make it</li></ul>
<b>GAMES</b>	<ul style="list-style-type: none"><li>➤ Always composed; exemplify good sportsmanship</li><li>➤ Pay attention to the game</li></ul>
<b>SCHOOL</b>	<ul style="list-style-type: none"><li>➤ Ignore negative people</li><li>➤ Stay eligible</li></ul>
<b>THE COMMUNITY</b>	<ul style="list-style-type: none"><li>➤ Smart behind the wheel</li><li>➤ Obey the law</li></ul>

# SELFLESS

What does it look like in...

<b>PRACTICE</b>	<ul style="list-style-type: none"><li>➤ Doing the dirty work without complaint – blocking, tackling, taking on blocks, specials teams work, etc</li><li>➤ Be coachable</li></ul>
<b>GAMES</b>	<ul style="list-style-type: none"><li>➤ Cheer on the team</li><li>➤ Playing time – accept your role and do it as well as you can</li></ul>
<b>SCHOOL</b>	<ul style="list-style-type: none"><li>➤ Tutor struggling teammates</li><li>➤ Stay out of detention office</li></ul>
<b>THE COMMUNITY</b>	<ul style="list-style-type: none"><li>➤ Family – Faith – Education – Football</li><li>➤ Volunteer – flag football league</li><li>➤ Support other sports teams at LI</li></ul>