



THE TWIN THIEVES: THE FEAR OF FAILURE & THE FEAR OF JUDGEMENT!

There's a story from the African plains that's always stuck with me.

It's about how lions hunt and why facing fear head-on matters more than ever

The Hunt Begins

When lions hunt, the older male lions—the ones who've lost their speed and strength—go to one side of the grassland.

The young, fast, dangerous lions wait silently on the other side.

Then the old lions let out a thunderous roar, shaking the ground.

Startled, the prey does what we all tend to do...

They run away from the roar.

Right into the real danger.

Right into the waiting trap.

The Lesson: Run *To* the Roar

Fear is a liar.

The roar is meant to scare you.

To make you avoid the very thing you need to confront.

It's the hard thing, the uncomfortable rep, the courageous conversation, the moment of growth.

True leadership means running *toward* what others run from.

Football is full of Roars

It's loud with competition.

Loud with pressure.

Loud with position changes.

Loud with opportunity.

But some players... they don't flinch.

They hear the noise—and run toward it.

Those are the ones who build the culture

Let Me Know Who's Leading:

Who's your "Roar Runner"?

Who's embracing the hard stuff, not avoiding it?

That's the kind of Fighting Jacket we want and need at Mount Vernon! That's the kind of mindset we're looking for.

Tough People Win.

Lastly, we recently had Eric Lichter on site for a +2 University Speed Consult. As you know Eric has trained over 30 - 1st round draft picks, olympians, etc. At this point we do not really need to show his credentials. He is one of the best speed and performance trainers in the country. At the end of the workout he talked to our boys about one thing. TEAM.

He said there's no doubt—over the next 4 months, 12 months, even 2 years—Mount Vernon is going to experience a major performance shift under the +2 program. But the real question is this: **will the players choose to change the culture and the behaviors behind the leadership?**

He's seen it firsthand—five of the top players in the state, all on the same team... and still, the team failed. Why? Individualism. Egos. Bad attitudes. No trust. Football is a team sport. It takes unity. It takes guys lifting each other up, fighting for each other.

So here's the challenge: do those five guys help grow a team of 50 into a strong, united team of 70? Or do they tear it down into a broken team of 35?

Only the players can truly change the culture. Period.

So let's get to work. Let's do this, Mount Vernon.

This really stuck with me, because I felt as if he was speaking directly to our program without knowing our program. It is time to dig this program out of the shadows and own the "I" in WIN.

Go Fighting Jackets!

Mark Weber

HFC