Nick Remo

Coaching Theory

Career: Football Coach

Formula of Success: I will be graduating from UCF in the Spring 2024 semester with a bachelor's degree in Kinesiology with a focus on Sport and Athletic Coaching. I am a member of the American Football Coaches Association for my professional association membership. I will be coaching football, so I will have to get my professional certification by taking the Subject Area Exam during my Capstone, which I plan to take on the subject of Life Sciences. In the future afterwards, I will complete the General Knowledge Test and Professional Practice Exam. I am seeking additional coaching experience during college as an undergraduate.

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(1.0) Chapter 1: Vision, Goals, and Standards

(1.1) My 10 Year Plan

In 10 years I will be a football coach for a power five D1 FBS program or NFL team program. I plan to get there by working my way up through the ranks, beginning with my work as an undergraduate student here at UCF. Prior to attending UCF, I played 12 years of football, including 4 years of football at Sparta High School. I started at strong safety on varsity. I coached Sparta High School Football Camp, coaching young high school football players and youth football players. At UCF, I volunteered with the football team in my freshman year and then worked as a UCF Football Knights Ambassador, assisting with football recruiting in my sophomore year. I have gained valuable experience working with the team and continue to form connections with the staff. Next, I plan on obtaining a student assistant/internship coaching position with a football team. After college, my goal is to become a college football team graduate assistant, work my way up to a position coach, then to a coordinator, and in the future a head coach. I understand there are other ways to move up the ranks as a coach, and I am open to improvising and taking whatever path that will get me to my end goal. I also realize that this profession is not easy to move up in, but I am certainly ready to work hard and take as much time as necessary to be successful as a coach.

(1.2) My Mentor

My father is a huge mentor for me and has had a major impact on my life. Attributes of my dad which make him such an amazing mentor are his belief in me, his knowledge, his experience in coaching, his work ethic, advice he gives, and his ability to always be truthful with me. My dad coached me and my team in football when I was younger, and I first gained

appreciation for coaching because of him. He taught me the basics of football with his knowledge of game planning, play-calling, and technique. He trained my skills at a very young age through numerous tactics, such as allowing me to call the plays as the QB for a game in fourth grade. As a result of this, I have spent time all my life growing my knowledge for the game of football. Growing up, my father also instilled his own work ethic into me through constantly helping train me and taking me to camps. He taught me that life is all about competition and you have to constantly push yourself and work harder than others to get what you want. My dad always believes in me and is truthful with his evaluation of my skills, which is why I always go to him for advice on life and career decisions to help steer me in the right direction.

(1.3) Sport and Life

My career will help others in life in a multitude of ways. I will guide and teach players in order to help them improve at their sport/job. I will help a team be successful in winning to benefit the players, organization, and fans. I will inspire many others to follow their dreams by being a great role model and an example of how to coach and be successful.

(1.4) Regulates/Rules

The American Football Coaching Association regulates the career I want to pursue. This group consists of thousands of coaches at various levels who have conventions to discuss coaching rules, regulations, and fundamentals. The AFCA has a constitution (where rules and regulations are stated) and sets the standards which all coaches of football are expected to follow. This organization holds yearly conventions to discuss the rules and regulations and changes within the sport of football.

(1.5) Revenue vs. Expenses

The revenue generated by an organization is how a football coach makes his salary. This revenue is generated by ticket sales, fundraisers, and sponsorships/deals. Expenses are spent by an organization and may impact the salary an organization can afford to pay a coach. Expenses spent include equipment, field maintenance, and salaries of other staff/players.

(1.6) My Code of Conduct

As a coach it is important to have a set policy of how players and staff on the team are expected to behave. Here is my code of conduct:

- Players and staff must always be humble and respectful when the team wins and when individual matchups are won.
- Players and staff must also handle losses without losing pride and while also maintaining respect for others. A willingness to learn from losses should be what is gained from defeat.
- Players and staff may not cuss at each other or use words in a negative or demeaning way. Foul language to emphasize messages may be used reasonably and in moderation.
- Players and staff must respect officials' decisions and not be overly argumentative. It is okay to voice opinions respectfully, but final decisions must be respected.
- Parents should be respectful and accepting of the staff's decisions and performance. They can voice opinions in a respectful manner and can contact the staff about major concerns. They should not use foul language to criticize anyone on the team or opposing teams.
- Players and staff must always be on time to practice, unless a player is excused to do so for any reason by the head coach.

- Players and staff must mutually respect each other and everyone on the team. Players must be willing to listen and learn from coaches. Coaches should properly work together, while effectively interacting with and instructing players at all times. Everyone on the team is expected to give full effort at all times.

(1.7) Diversity

Diversity is so important in my career because every human being should have a fair opportunity to pursue the position they want no matter their race, ethnicity, or gender. The person with the best skills and qualities for the job should always get the position and that is what evaluation should be solely based on. As a result of this, the coaching field, just like all others, should always have a variety of people with different races, ethnicities, and genders working in the profession. Sports do a great job at teaching diversity, as a group of people bond together through shared experiences and emotions. This group of people looks past each other's differences and becomes a unified team who shares a common goal. I can say from experience that sports certainly were a major part of why I was naturally so accepting of others and their differences from me at a young age. It is important that sports teach these lessons of diversity because oftentimes these lessons translate to and positively impact life outside of sports.

(1.8) Attributes of a Great Coach

An all-time great coach I had and was blessed to learn from was my varsity head coach at Sparta High School, Frank Marchiano. What makes Coach Marchiano so great is his great ways of being able to motivate the team. His pre-game speeches always have everyone amped up and inspired to go out on the field and play the very best football of their lives. He has always been great at making players believe in themselves and keeping everyone confident in the team as a whole. Coach Marchiano's way with words is a large part of why he has been so successful,

winning two state championships and having Sparta football as a playoff contender every season. There are many things that make Coach Marchiano a great coach, such as his decision making, development of talent, and effective game planning, but the biggest thing I look to take away from him and want to be able to apply in my career as a coach is certainly his ability to motivate and inspire players.

(2.0) Chapter 2: Safe Sport Environment

(2.1) NFHS Hazing Prevention Course

Certificate: https://nfhslearn.com/certificates/14183312/download


NFHS LEARNING CENTER

Completion Certificate

Nick Remo

has successfully completed

Hazing Prevention For Students

10/07/2021
Date of Completion

Florida
State of Completion

NFHS Executive Director

C639E5925370
Completion Code

This certificate documents course completion, not mastery of content.This course is approved for 1(one) Clock Hour by the NFHS.

(2.2) Structures

Football structures are fixed. They include the goal posts, the field, the field barriers (walls/fences), the benches, the stands, the scoreboard, the commentator booth, and the surrounding stadium facility/area.

(2.3) Equipment

Football equipment is movable. This includes helmets, shoulder pads, leg pads, footballs, jerseys, football pants, cleats, kicking tees, first down chains, coaches/player full attire, headsets, and drink bottles/jugs.

(2.4) NFHS Sports Nutrition Course

Certificate: https://nfhslearn.com/certificates/14186078/download



NFHS LEARNING CENTER

Completion Certificate

Nick Remo

has successfully completed

Sports Nutrition

10/08/2021
Date of Completion

Florida
State of Completion

NFHS Executive Director

EAAE05EB7629
Completion Code

This certificate documents course completion, not mastery of content.This course is approved for 3(three) Clock Hour by the NFHS.

(2.5) NFHS Heat Illness Prevention Course

Certificate: https://nfhslearn.com/certificates/14192514/download



NFHS LEARNING CENTER

Completion Certificate

Nick Remo

has successfully completed

Heat Illness Prevention

10/09/2021
Date of Completion

Florida
State of Completion

NFHS Executive Director

584816C9635C
Completion Code

This certificate documents course completion, not mastery of content.This course is approved for 1(one) Clock Hour by the NFHS.

(2.6) NFHS ACL Injury Prevention Course

Certificate: https://nfhslearn.com/certificates/14199214/download


NFHS LEARNING CENTER

HSS

Completion Certificate

Nick Remo

has successfully completed

ACL Injury Prevention

10/11/2021
Date of Completion

Florida
State of Completion

NFHS Executive Director

4626403B7C58
Completion Code

This certificate documents course completion, not mastery of content.This course is approved for 1(one) Clock Hour by the NFHS.

(2.7) NFHS Sudden Cardiac Arrest Course

Certificate: https://nfhslearn.com/certificates/14199248/download


NFHS LEARNING CENTER

SIMON'S Heart

Completion Certificate

Nick Remo

has successfully completed

Sudden Cardiac Arrest

10/11/2021
Date of Completion

Florida
State of Completion

NFHS Executive Director

74D855DF919C
Completion Code

This certificate documents course completion, not mastery of content.This course is approved for 1(one) Clock Hour by the NFHS.

(2.8) NFHS Concussion in Sports Course

Certificate: https://nfhslearn.com/certificates/14199269/download



(2.9) My Nutrition Summary

After recording my daily nutritional habits, I now have a clearer picture about my overall diet. On average I eat two meals a day and on days when I have dinner earlier, around 5 or 6 PM, I tend to have a late night snack. My diet consists of a lot of frozen food with me consuming foods such as chicken tenders, fries, burgers, mozzarella sticks, and pizza. I tend to have chips on the side for many of my meals and as my late night snack on the nights when I have one. I do eat out and consume fast food but not on a daily basis. I mostly drink water with the occasional flavored drink such as gatorade. I would say looking at my overall diet, it is definitely not the healthiest and I usually eat a below average to average amount per day. Luckily, I have a good metabolism. I believe I consume enough protein and carbohydrates, but I rarely eat healthy foods such as fruits and vegetables. If I was still playing a sport, I would definitely have to change my

diet, and when I did play football and baseball my diet was much better because it needed to be to excel in each of these sports. All in all, I am happy with my diet as it is now and I am in good physical shape at this point in my life as I regularly work out and stay active, but I can always make changes as needed in the future. As a coach, I would always make sure to preach healthy eating habits for athletes.

(2.10) Supplement

Creatine is the supplement I chose to research. Creatine is an amino acid which is primarily in the body's muscles and brain. Creatine intake can occur through digestion of seafood and red meat, but creatine supplements provide far higher levels. The body's liver, pancreas, and kidney can also make about 1 gram of creatine per day. Creatine is stored mostly in the muscles as phosphocreatine and provides energy. Athletes often take creatine to improve performance and increase muscle mass. Creatine is one of the most used supplements among athletes. Creatine research shows that creatine supplements can improve strength, muscle size, and performance, reduce injuries, and improve cognitive ability, which are all critical aspects of athletic competition. People with lower levels of regular creatine intake from their diet benefit the most from creatine supplements. Creatine can benefit athletes who need short bursts of speed or increased muscle strength. Creatine use may not benefit all athletes, but it usually does not hurt anyone if properly taken, by following the product instructions. The same creatine supplement should be safe to take for up to five years if the product chosen follows proper manufacturing and testing practices. A creatine side effect is weight gain as lean body mass. Creatine may be unsafe for people with kidney problems or if mixed with caffeine if someone has Parkinson's disease. Mixing creatine with caffeine may also reduce the effectiveness of the supplement. Overall, creatine is an effective supplement for athletes to use if a safe product is

selected and if it is used properly. Research should always be done on a creatine product before using it, as well as learning how to properly use it.

(3.0) Chapter 3: Practice and Competition

(3.1) Develop a Skill Set From Beginning to the End

The skillset I will be developing is traditional inside leverage press man coverage. As a defensive back it is necessary to understand how to properly play man coverage since it is a key aspect of every defense. The first phase of press man coverage is lining up pre-snap to cover the receiver. In press, you traditionally lineup right on the line as close to the receiver as possible without being in the neutral zone, meaning none of your body parts can be across the tip of the football held by the center down the line. Always make sure of this so you are onsides and you do not draw a penalty. You then want to set up with inside leverage, so to do this you approximately line up your nose with the receiver's inside shoulder, meaning the shoulder closest to the ball. Once you do this, you bend down in an athletic stance with good knee bend, chest tilted upwards over knees, on the balls of your feet, and arms bent out in front, ready to make contact with the receiver on the snap. When you're in this position, your head should usually be near the same level as the receiver's hips/stomach. It is critical to be on the balls of your feet for good balance at the snap of the ball, so think about when you're in this position- would you fall back or lose balance if someone pushed you from the front? The answer should be no. Also make sure you are loose before the snap and ready to react to what the receiver does because that is what man coverage is all about. The final thing you should do before the snap of the ball is align your eyes to the receivers inside hip. Too often defensive backs find themselves looking at the

receivers eyes or elsewhere than the hips and that is how you get beat on a route because other body parts move and juke but the hips do not.

The second phase of press man coverage is coverage post-snap before the ball is thrown. On the snap, as a defender in press man, your job is to react to what the receiver is doing and stay glued to their hip. Right at the snap, traditionally you should take your inside hand, meaning the hand closest to the ball, and jam the receiver on their inside shoulder. By doing this, you're attempting to hold them at the line to throw off the timing with the QB and alter their route. Make sure not to miss the initial jab with your hand or push your momentum too far forward or you will be at a disadvantage off the snap, having lost balance and allowed the receiver to gain separation. At the same time, you are trying to stop the receiver from getting inside of you to maintain your inside leverage because if they get inside they have much more field to work with and the QB has an easier throw. You should stay on the balls of your feet at the snap and they shouldn't move backwards or forwards when you are jamming the receiver and should only shuffle side to side, keeping your feet parallel, when the receiver makes a move in either direction. Make sure you maintain eye contact with the hips during this process as well. Once the receiver gets off the line, the route can go in a multitude of different ways, but the general coverage process mostly stays the same. Assuming you keep your inside leverage, you're in a good position. Once the receiver gets off the line, you transition your inside hand to the receiver's hip (whether you successfully jammed or not) with all of your fingers pointing up. It is important to understand how to legally cover a receiver so you do not receive a holding or pass interference call. You cannot grab the receivers jersey, you cannot have two hands on the receiver, you cannot push the receiver, and you cannot infringe the receiver from running their route in any way. Essentially, you can barely contact the receiver at all, but a hand on the hip is allowed and more

contact within five yards of the line of scrimmage (the yardline where the ball was pre-snap) is allowed. Keeping your fingers up is important with the hand on the hip because it is harder to grab the jersey that way and refs are less likely to call holding/pass interference. As the receiver continues their route, you must maintain your hand on the hip, eye contact with the hip, inside leverage, and you should be running stride for stride just a slight shade behind the receiver. The reasoning for being a slight shade behind the receiver is because if the receiver runs a route breaking back to the ball or breaking in, then it is easier for you to react and be in position to undercut this route so that the receiver doesn't gain any extra separation. You are still in great position to cover the deep route if you're a slight shade behind the receiver too because your arm should be able to reach and make a play on the ball from that distance. If the receiver did get inside of you, you're at a disadvantage but the play is far from over and you should never give up on the play. At that point, you are still continuing to try and complete all of these same coverage tasks but also fighting to get back inside, or if you can't do that, then stay as close to the receiver as possible and undercut the route when the ball is thrown. Once you're in good position in coverage, meaning you have accomplished all of the coverage tasks I stated, mainly hand on hip, you can look back for the ball to get ready to make a play. If your hand is not on the hip, do not look back for the ball but instead track the receiver's eyes to determine when the ball is coming. If his eyes are looking back, getting bigger, and more focused, that means the ball is coming.

Phase three, the final phase of press man coverage, is making a play when the ball is in the air. Once you are in position and looking back for the ball, it is most important to finish the play by forcing an incompletion or interception. Once the ball gets right before an arm lengths away, you have to reach up with your outside hand and knock the ball down or if possible, use both hands to catch it to get an interception. Keep in mind, the same contact rules apply with the

receiver while the ball is in the air. If you get an interception you can return the ball back. If you do let up a catch, the play is not over and it is important you make the tackle afterwards. If you follow these steps and use these techniques, with practice you will be successful in press man coverage.

(3.2) Drills to Develop Skill Set

To develop press man coverage skills, there are a plethora of helpful drills which can be run. It is critical to practice press man coverage a lot since it is one of the most difficult skill sets in all of sports. The best way to practice this is simulating this task in practice by running one v. ones as a defensive back against a receiver. By doing that, you can continually practice your craft to see where you need to improve and what you are doing well. You can also practice certain parts of the press man coverage process with specific drills. One part you can practice is pressing the man on the line. A good drill for that is a 5 yard coverage drill where the defender tries to successfully jam the receiver on the line and the receiver's goal is to either prevent the jam, get inside the defender, or gain separation off the line. This drill helps defenders to really focus on the jamming aspect of coverage and it can help improve their craft in this area. Another helpful drill can be footwork and reaction drills because that is what man coverage is all about. You can have cones set up in the shape of two different routes branching in opposing directions. Then the defender lines up facing the line of scrimmage and runs through each cone, simulating proper technique with hand on the hip and eyes on hips, until the top where they break in one direction or the other based on which direction the coach points (the coaches finger would be at the defensive backs eye level). Once the defender breaks they would make a play on the ball thrown

to them. Running drills such as these will really help to improve the press man coverage skill set of a defender.

(4.0) Chapter 4: Professional Association

- American Football Coaches Association (AFCA) Membership:



Remo

Sparta High School

Member #	Proud Member Since
107560	11/09/2021

(5.0) Chapter 5: Professional Certification

Professional Certification Identification: I will be coaching football which falls in the field of sport coaching (academia). I will have to become a certified teacher during my Capstone. I will take the Subject Area Exam and I am planning on taking the Life Sciences subject to open up as many job opportunities as possible. I will take the General Knowledge Test and Professional Practice Exam in the future soon afterwards.

(6.0) Chapter 6: Plan of Study

My plan of study (P.O.S):

UCF | Kinesiology

College of Health Professions and Sciences

Plan of Study - Kinesiology, B.S. – Exercise and Sport and Physiology Track (2021-2022)

Date:	11.09.21	Name:	Nicholas Remo	UCFID:	5088519	Catalog:	FA 20	Advisor:	Moises Melendez

COMMON PROGRAM PREREQUISITES – Anatomy and Physiology sequence

Must complete 8 credit hours from options A, B or C below.
It is the student's responsibility to research admission requirements and pre-requisites for graduate programs.

Option A:		Option B: Can only be taken as a transient student		Option C: My choice	
	ZOO3733C Human Anatomy (PR:BSC2010C) – 4 credit hours		**BSC2085C/BSC2093C** Anatomy and Physiology I (PR:BSC2010C) – 4 credit hours	Spring 22	**ZOO3736C** Exercise Physiology Anatomy (PR:BSC2010C) – 4 credit hours
	PCB3703C Human Physiology (PR:BSC2010C AND CHM1032 OR CHM2045C) – 4 credit hours		**BSC2086C/BSC2094C** Anatomy and Physiology II 4 credit hours	Spring 23	**PCB3703C** Human Physiology (PR:BSC2010C AND CHM1032 OR CHM2045C) – 4 credit hours

COMMON PROGRAM PREREQUISITES (Continued)

Semester	Course	Course Title	Credits
In-Progress (Spring 21 and Fall 21)	CHM 2045C	Chemistry Fundamentals I (PR: CHM1025 **OR** Chem placement exam **AND** MAC1105)	4
Left to Take (Fall 22)	HUN 2201	Fundamentals of Human Nutrition	3
Satisfied (Fall 20)	MAC 1105	College Algebra – (PR: Math placement exam or MAT 1033C)	3
Satisfied (Spring 21)	SPC 1608	Fundamentals of Oral Communication	3
Satisfied (Spring 21)	STA 2023	Statistical Methods I (PR: MGF 1106 or any MAC course)	3
Satisfied (Fall 20)	PSY 2012	General Psychology	3

CORE REQUIREMENTS: BASIC LEVEL			24 Credits
Semester	**Course**	**Course Title**	**Credits**
Left to Take (Spring 22)	PET 3005	Introduction to Kinesiology	3
Left to Take (Summer 22)	PET 3351	*Applied Exercise Physiology (Prereq: Anatomy)	3
Left to Take (Fall 23)	PET 4312C	*Applied Biomechanics (Prereq: Anatomy)	3
Left to Take (Fall 23)	APK 4110C	**Advanced Exercise Physiology (Prereq: PET 3351)	3
Left to Take (Summer 23)	PET 3361	Nutrition and Metabolism in Kinesiology	3
Left to Take (Spring 23)	PET 4325	*Functional Kinesiology (Prereq: Anatomy)	3
Left to Take (Spring 23)	PET 4550C	**Assessment and Evaluation in Kinesiology (Prereq: PET 3351)	3
Left to Take (Spring 22)	APK 2300	Basic Sport First Aid and CPR	3

CORE REQUIREMENTS: ADVANCED LEVEL			24 Credits
Semester	**Course**	**Course Title**	**Credits**

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Left to Take (Fall 23)	APK 4203	*Monitoring Training and Athletic Performance (Prereq: Anatomy)	3
Left to Take (Spring 24)	ATR 4132	*Human Injuries: Mechanisms and Prevention (Prereq: Anatomy)	3
Left to Take (Spring 24)	PET 3125	Fitness and Weight Management	3
Left to Take (Spring 23)	PET 3771	*Strength and Conditioning Concepts (Prereq: Anatomy)	3
Left to Take (Fall 23)	PET 4050C	Motor Development and Learning	3
Left to Take (Spring 24)	PET 4088	*Physical Activity and Preventive Medicine (Prereq: Anatomy)	3
Left to Take (Spring 23)	PET 4215	Motivational Aspects of Athletic Performance	3
Left to Take (Spring 24)	PET 4552	**Exercise Prescription for Special Populations (Prereq: PET 3351)	3

RESTRICTED ELECTIVES – Please select from list in catalog			20 Credits
Semester	**Elective**	**Course Title**	**Credits**
In-Progress (Fall 21)	Elective 1:	PET 3765 (Coaching Theory)	3
Left to Take (Spring 22)	Elective 2:	PET 4763 (Coaching Methods and Principles)	3
Left to Take (Spring 22)	Elective 3:	SPM 3504 (Fiscal and Facilities: Issues in Sport and Athletic Coaching)	3
Left to Take (Fall 22)	Elective 4:	PEO 3644 (Coaching Football)	3
Left to Take (Fall 22)	Elective 5:	SPM 3415 (Public Relations in Sport and Athletic Coaching)	3
Left to Take (Fall 22)	Elective 6:	SPM 3204 (Sports and Ethics)	3
Left to Take (Fall 22)	Elective 7:	SPM 4723 (Legal Issues in Sport and Athletic Coaching)	3

CAPSTONE REQUIREMENT: COMPLETED IN FINAL SEMESTER			3 Credits
Left to Take (Spring 24)	PET 4901	Capstone in Kinesiology	3

(7.0) Chapter 7: First Aid/CPR

