



# Champions Challenge

The Champions Challenge is to help an athlete prove to himself and the team his dedication to being a CHAMPION. Completing the challenge develops character in Young Men and builds the foundation of success on and off the field. The areas include: Academic Development, Mental Toughness, Physical Development, and Community Service. There are many benefits to completing the challenge, including: goal setting, a sense of accomplishment, develops discipline, ability to do hard things, and many more. And finally, the best award is the athlete will hold the status of CHAMPION.

This challenge may not be for everybody, but everybody will have equal opportunity to complete the challenge.

All CHAMPIONS must Live the Team Standards. Failure to live the team standards will result in the CHAMPION status being revoked.

The following must be completed and passed off by a coach by August 1st of the current year. The coach is the final judge.

## **ACADEMIC DEVELOPMENT:**

1. Maintain a minimum of a 3.0 GPA for 2nd and 3rd trimester.

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

2. Receive no Truancies (Z) during any trimester.

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

3. We encourage all football players to pursue the Regents Scholarship. It provides a financial scholarship upon completion to qualified State of Utah Universities and Colleges. It is also directly related to the NCAA Qualification standards (Academic Standards that must be achieved to play college football). Each student must review eligibility requirements with Parent/Guardian. You can get the information from Coach Anhder or your school Counselor.

A parent signature is required after the information has been reviewed.

Parent Signature: \_\_\_\_\_

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

**MENTAL TOUGHNESS:**

4. Read the book "Be An 11" by Dr. Greg Shepard (You can buy a copy from Coach Anhder). In the book are different activities and assignments. Complete each of the activities and assignments and pass them off with a coach. Answer every question. (Do work in book.) (If you have already completed this, check out another book from coach).

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_



5. Explain and recite from memory the Band of Brothers Quote:

"From this day to the ending of the world, We and it shall be remembered. We few, we lucky few, we Band of Brothers.

For he today that sheds his blood with me on this field, Shall be my brother... Forever!

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

6. Explain and recite the Green Canyon Football Mission Statement and Vision Statement:

**Mission Statement: "Live like a champion."**

**Vision Statement: "Win championships with toughness and character"**

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

7. Create a self-talk mantra. This must be a few words that you repeat to yourself when things are hard or when you fail. The purpose of this mantra is to motivate yourself. Work with coach to create your mantra and write it down below and then repeat it to yourself to become your best you.

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Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

8. Write down 5 goals that you want to accomplish at some point in your life. They must be measurable. Write the goals below.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

**PHYSICAL DEVELOPMENT:**

9. Set a Squat, Bench, Clean & Deadlift goal and accomplish that goal by August 1.

SQUAT: \_\_\_\_\_

BENCH: \_\_\_\_\_

CLEAN: \_\_\_\_\_

DEAD LIFT \_\_\_\_\_



Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

10. OFF-SEASON COMMITMENT: Play a school sanctioned sport or participate in the Green Canyon Football off-season training program with no more than two (2) unexcused absences. Then in the summer EVERYONE attends the training program.

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

11. Set two process oriented goals related to becoming a better football player this year. Check these goals with a coach. Then complete each goal, successfully. Write your goals below and date of completion.

1. \_\_\_\_\_  
 \_\_\_\_\_

2. \_\_\_\_\_  
 \_\_\_\_\_



Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

12. On your own time, complete a football improvement activity each week during June and July. Record your activities and time commitment below. At least 2 of these activities must include 5 teammates.

WEEK	ACTIVITY	TIME	# OF TEAMMATES
June week 1			
June week 2			
June week 3			
June week 4			
July week 1			
July week 2			
July week 3			
July week 4			

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

13. Complete all of the intense physical challenges. You must have a witness (a family member, teammate, friend, etc.) The witness must sign and date next to the activity. Below are the challenges you must complete.

ACTIVITY	SIGNATURE	DATE
Flip a tire 400 yds (200 yds in snow) (Twice)		
Bear crawl 600 yds (300 yds in snow) (Once)		
Wall jumps - 10 sets x 1 min. (Three times)		
Two sets of 100 yd. suicides (Twice)		
Drag 200 lbs for 12 20-yard dashes (Twice)		
200 push-ups and 200 crunches (Twice)		

Signed off by Power Team Captain : \_\_\_\_\_  
Date: \_\_\_\_\_

**COMMUNITY SERVICE:**

14. Participate in Green Canyon Football Fundraisers.
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Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

15. Serve 10 hours of community service. Clear your ideas with a coach. List dates and service below.

DATE	ACTIVITY	HOURS

Signed off by Coach: \_\_\_\_\_ Date: \_\_\_\_\_

## **REWARD SET-UP**

Completion of the Champions challenge alone is a significant accomplishment and should be relished by the person receiving the award, and after reflection of the hard work and dedication put forth, and the growth gained both mentally and physically. In addition there are some rewards placed on receipt of the Champions Challenge by the Green Canyon Football Program as well.

The Player who receives the Champions challenge receives as follows:

- first choice of his jersey number (SR champions, followed by JR and SO)
- a special patch to be worn on the jersey (stars to indicate year 1-4)
- first to eat at all football meals

The Champions challenge is an award that can be earned each year from Freshman to Senior in addition to the rewards mentioned above the recipients will also receive:

- year one the athlete will receive a plaque
- year two the athlete will receive a champions challenge long sleeve t shirt
- year three the athlete will receive a champions challenge sweatshirt
- year four the athlete will receive his jersey color of his choice

Good luck gentlemen, we have had some very special young men over the years complete the Champions challenge and a few make it all four years. Earning this award definitely puts you in some rare and talented company. Congratulations

Sincerely,  
Green Canyon Football  
Coaching Staff