

The above will determine your status on the team. You must be invested to be a Florida Football player.

## FLORIDA FOOTBALL: THE NECESSITY TO CHANGE

### CHANGE

“If what you want in the future is different than what you have in the present, then you have to change what you are doing.”

Change involves risk and discomfort. This is why many refuse to make a change. Successful individuals and teams share a common characteristic of being willing to change and being adaptable to the situation.

Expectation Theory (Dr. Staples)

**Change** – Ultimate Goal is to change your (OUR) performance. There are no shortcuts. WE followed a very distinct methodical process that took months to complete.

1. **Think:** Minds w/ physical bodies. We function as a result of free choice not instinct. Ability to think separates Average from Good... Good from Great... Winner from Loser.
2. **Believe:** accept as true or real---TO TRUST. Powerful Forces buried deep within. Difficult to Change. Focus on challenges as opportunities – rather than what you perceive as problems or setbacks.
3. **Expectation:** Beliefs Create expectations-cannot change one without the other. Expectations have an effect on every decision or action you make. Single most identifiable characteristic of successful people – HIGH EXPECTATIONS.
4. **Attitude:** way one carries ones-self. Mood or Disposition. A State of Mind.
  - Joe Paterno's example of Yankees
  - Attitude is contagious-negative or positive
5. **Behavior:** Core Values
6. **Performance** – easy to measure (especially in College Football)

## FLORIDA FOOTBALL: THE PASSION TO WIN

**CHECKMATE** – at some point during a game the opponent will “Checkmate”. It is for this very moment on the field of battle why we work and train with the passion we do!

### Practice Philosophy:

Why do we train with passion and effort that we do?

- So that the game is Easy

---Lets Have A Great Training Camp  
Florida Football Coaching Staff