

# THE ELCA WAY

IT IS NOT THE EASY WAY. MANY WILL QUIT.  
HOWEVER, THOSE WHO STAY WILL BECOME CHAMPIONS!

WE play **FASTER**

F	A	S	T	E	R
ac-tion	ttack	mp-e	ough	xecute	ent-ss

WIN THE DAY

## WE

*Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common. (Acts 4:32, ESV)*



The ELCA Chargers are group of coaches and young men who have died to their selfish agenda and serve the great good of TEAM. As you see in the diagram below, me must die and become WE. The gold arrows and gold line signify this glorious transformation.

There is nothing greater than becoming a part of something bigger and more important than self. When a group of men die to selfish agenda's and commit to play for and fight for their teammates because of the love that exists, a brotherhood is created. When a brotherhood is created, there is no limit to what can be accomplished.

## FASTER

When we say FASTER we do not make the claim that each one of the players on the ELCA football team is faster than their opponent. However, we will strive to play faster as a collective unit. The following are some key factors that will help us play faster as a unit:

- We will train hard and strive for maximum efficiency at practice. The common team will get ten reps in a ten-minute time frame. We will strive to get 30-40 reps during this time. In doing this, we are constantly to win the battle in the third and fourth quarter. A commonly trained man who runs a 4.5 40 yard dash will indeed run a 4.5 during the 1<sup>st</sup> quarter. However, he will run a 4.8 in the 2<sup>nd</sup> quarter, a 5.0 in the third, and a 5.2 in the fourth quarter. An uncommonly trained man who runs a 4.9 40 will do so in the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> quarter. The slower man, yet uncommonly trained, will win the War!
- As we train FASTER, we will learn to operate FASTER as a unit. We must have eleven men on the field at all times who are completely bought into being the most conditioned athletes in battle.
- As each member of the team works to give their all, a loving bond is forged and a brotherhood created!

Therefore, FASTER is a mindset. It is a philosophy. It is focusing on the variables we can control and becoming great at them. When we step on the field we will know victory is at hand, for no team can play with us for four quarters!

**WIN THE DAY**

# **F**<sub>ASTER</sub>: **FANATICAL**

Which is more important, WHAT you do or HOW you do it? In the weight-room is it more important WHAT type of workout you are doing or HOW hard you train? On the practice field is it more important WHAT drills we are practicing or HOW hard you compete? On Friday nights is it more important WHAT our offensive and defensive scheme is or HOW hard you fight?

The ELCA WAY begins by declaring that the HOW is vastly more important than the WHAT! The WHAT we do includes a lot of things that other programs in Georgia do. Every program trains in the weight room, every program practices on the field, and every program plays on Friday nights. The thing that separates ELCA from all other programs is not WHAT we do but HOW we do it! The HOW can be summed up with one word...**FANATICAL!!!**

The word **FANATICAL** is an adjective that means, “filled with excessive and single-minded zeal.” To be excessive and single-minded at anything makes people in our culture extremely uncomfortable, because most have accepted mediocrity as normal and expected. Being around mediocre people may make one comfortable, but it does not change anyone. Being around people who give **FANATICAL** effort makes one uncomfortable enough to force a choice as to either match their excessive and single-minded zeal or simply surrender.

A team will always perform on Friday nights exactly HOW they have prepared. Therefore, we reject mediocrity in any form and will intentionally give **FANATICAL** effort in everything we do! We will train daily in the weight-room with excessive and single-minded zeal! We will study film and mentally prepare with excessive and single-minded zeal! We will compete in practice with excessive and single-minded zeal! The results of individuals preparing with **FANATICAL** effort not only maximizes mental and physical toughness in the individual, but it also inspires our teammates during the week and completely intimidates our opponents on Friday nights!!!

Col. 3:23 says it this way, “Whatever you do, do it with all your heart as working for the Lord and not for man.” The ELCA Way is not about WHAT we do, it is about HOW we do it!

**WIN THE DAY**

# FASTER: ATTACK

The passive man sits back and waits on something good to happen. This same man will blame others and make excuses when something positive does not happen in their life. An ELCA Charger is trained to ATTACK each day and create opportunities through hard work and a positive attitude!

An ELCA Charger will attack each day with a great attitude in our quest to Win The Day! Our attitude determines our effectiveness. We determine our attitude. When our feet hit the ground we must decide to ATTACK the day with great enthusiasm. When we attack the day with great enthusiasm, we become committed men who are consistent in giving perfect effort. We become men who take ownership of their actions. Instead of waiting on something good to happen, we are men who ATTACK each and every situation and demand excellence from ourselves and from those around us. Most people wake up and hope to just get through the day. An ELCA Charger ATTACKS each day and looks do execute with intensity all day long.

From the classroom to the gridiron, an ELCA Charger ATTACKS every opportunity demanding excellence. First and foremost, an ELCA Charger wholly commits to serving Jesus Christ. Secondly, an ELCA Charger will give perfect effort in becoming their best in the classroom. Thirdly, an ELCA Charger will be a leader for Christ among his peers. Lastly, but certainly not least, an ELCA Charger will give his all to become the best he can be as an athlete.

On the football field, an ELCA Charger is going to be successful because of his preparation. An ELCA Charger will ATTACK every day in the weight room, on the practice field, and in film study. Why will an ELCA Charger football player be as a piece of iron on Friday nights? Because they will have trained this way each and everyday. An ELCA Charger knows no other way other than to ATTACK each and every opportunity. They have done this in the weight room and in every drill during practice that week. It is only common for them to play and ATTACK with uncommon intensity and passion.

The brand of football the ELCA football team plays is one of ATTACKING the other team physically. We will ATTACK and pound on the other team all night long until they physically give in and mentally crumble. There is no withdrawal or quit in the ELCA Charger psyche, as they have been trained year round to ATTACK and never quit. To surrender mentally or physically is unacceptable. Friday nights will consist of the ELCA Charger football team ATTACKING every second during the game and putting tremendous stress and pressure on the opposing team.

In victory, we will stand humble. In defeat, we will bow graciously in defeat, for if any team can withstand the ATTACK of the ELCA Charger football team, they deserve our praise and honor.

ELCA Charger, ATTACK!

**WIN THE DAY**

# FASTER: SIMPLE

Football players can play only as fast as their training allows. Because of limited practice time, coaches must choose between being *complex* (covering a number of things superficially) and being *simple* (executing a few things well). Since The ELCA Way demands excellence, we choose to be *simple*.

*Simple* means that we will not presume to outsmart or outcoach our opponents; *simple* means that we will commit to out train them. Because we choose to do a few things well, we can rely on our training regimen, both in season and out. Our core lifts in the weight room as well as our summer conditioning program are designed to prepare us physically for the demands of the field. Our practice schedules, though routine, are meticulously planned to provide the repetition necessary to perfect the *base* skills, knowledge, recognition and execution that lead to success on Friday nights. Our game plans remain *simple* because they are aligned to the *simple* schemes, tactics, and strategies that players practice throughout the week. In other words, by choosing to be *simple* in our philosophy, in our game plans, in our practice plans, and in our training regimen, we can work in all phases (offense, defense, and special teams) **“not until we get it right, but until we can no longer get it wrong.”**

One of the greatest illustrations of *simplicity* comes from the Roman legions. Legionaries trained as a team, essentially mastering three offensive and three defensive formations. Though the Roman legion generally followed a *simple* and proven battle plan, these men trained so doggedly, they could effectively switch formations based on the immediacy of the battle and not according to a pre-determined script. In formation, a legionary wielded a *gladius* (short sword) in his right hand; in his left hand, he carried a *scutum* (shield) to protect the man to his left. Because of his training, he could fight with confidence, knowing the man to his right's shield would protect him. The secret to this ancient version of “shock and awe” was not in its brutality, but in its *simplicity*. The Romans understood they could fight only as fast as their training allowed.

Because we are *simple*, we can train each player to learn, perfect and execute his role, allowing the player next to him to play with confidence. WE are *simple* so we can play faster. *Simple* enough.

WIN THE DAY

# FAS **T** ER: TOUGH

Football players must be tough. Though not a profound idea, it is often misunderstood. Too many coaches over emphasize the physical nature of toughness, confusing physical strength, which is tangible, with physical toughness, which is not. True toughness - one of the great intangibles in sports- requires both physical and mental aspects. Unfortunately, coaches undervalue the mental toughness that must undergird all training and performance. Also, coaches too often assume mental toughness is an inherent trait and, as a result, do not have an intentional plan to develop it. Without mental toughness, though, true toughness is impossible. Therefore, we will assert, develop, and demonstrate both mental and physical toughness.

Mental toughness is the willingness to train the body to do what the body is not willing to do by itself. It begins in the weight room. Though even the weak may begin a workout, the physically tough will continue past “the burn;” only the mentally tough will continue when the body refuses to cooperate. During conditioning, the physically tough will train hard; the mentally tough will train regardless. Where the physically tough are willing to work to exhaustion; the mentally tough will work to failure. On the practice field, the physically tough will “finish the drill;” the mentally tough will “finish the drill” correctly. The physically tough will voluntarily practice hard and long under the right conditions; the mentally tough will train under any conditions, because the mentally tough understand they must perform on Friday night in every condition.

We will be tough so that we can play faster, understanding that how fast we play depends on how well we train. We know our performance on game night depends on our toughness during the week. We know we will be a physical team because we will train to be physically tough; we know we will finish well because we will train to be mentally tough. As a result, the player who daily asserts, develops, and demonstrates both mental and physical toughness is not afraid to fail early because he knows his training will prevail in the 2<sup>nd</sup> half. The team that daily asserts, develops, and demonstrates both mental and physical toughness is not afraid to trail early because the team knows its toughness will prevail in the 4<sup>th</sup> quarter. We *will* be tough. We *will* play fast. We *will* prevail.

**WIN THE DAY**

# FAST E R: EXECUTE

EXECUTION, the way an ELCA Charger defines the word, is flawless performance with perfect effort. We must not be men who strive to play on Friday night without the resolve to obtain perfect EXECUTION Monday through Thursday. Not only must we strive for perfect EXECUTION Monday through Friday, we must do the same in efforts in academically, socially, spiritually and academically.

In order for us to compete at the highest level we must EXECUTE our plan with INTENSITY. The definition of execute is, “to produce in accordance with a plan or design.” The definition of intensity is focused effort. There are a plethora of schemes that can win football games, but we must EXECUTE with intensity our style of play to be successful. We must say no to good ideas in order to remain focused on our WILDLY IMPORTANT GOALS. We must act on what we can control (effort, intensity, execution) and hold our teammates / ourselves accountable for our actions. We have a proven plan and we must stick to that plan through thick and thin, wins and losses, success and failure. The answer is not to look for another philosophy or plan. The answer is to EXECUTE our plan with intensity and focus on the EXECUTION of our plan.

One of the many things the common man struggles with is follow-through. Many men have plans to succeed and they have desires to succeed, few men have the ability to commit and stay consistent in their plan. Even of the few men who will commit, many will not EXECUTE with intensity. The commitment, the consistency, and the drive to EXECUTE with intensity are what separate winners from losers.

In our quest to execute with intensity, we must give perfect effort in this pursuit. We must work to obtain the ability to execute perfectly day in and day out. You cannot have PERFECT EXECUTION without REPETITION. Aristotle described REPETITION in the following statement: **“We are what we REPEATEDLY do. Excellence, then, is not an act, but a HABIT.”** Our REPETITION must be EXCELLENT so we develop the ability to EXECUTE at a high level on a daily basis.

Not only must we execute our plan with intensity in our pursuits of becoming champions on the field, but more importantly, we must pursue Christ with the same mindset. We must have a plan with how we will pursue Christ. We must be consistent in this plan. We must EXECUTE this plan with intensity. Intensity is a very strategic word because it designates going through the motions from giving focused effort. We do not say our prayers or read our Bible in order to check the box. We must pray that Christ will give us a heart that truly desires him; a heart that longs to read and study his Word that we may know him more.

**WIN THE DAY**



# FASTER **R**: RELENTLESS

Linebackers and defensive backs flying to the football recklessly and ruthlessly putting fear into the hearts of the opposing ball carrier, offensive linemen finishing blocks on every snap demoralizing the opposing front, running backs fighting for every inch of extra yardage at the end of a run frustrating the opposing defense who can't keep the chains from moving and get off the field, defensive lineman getting off the ball every snap with such tremendous explosiveness and consistency that it makes the opposing offensive line desire to surrender, every phase of special teams competing like this snap is the most important of the entire season! An entire team competing with a fierce urgency from snap through the echo of the whistle on every play! If you have ever seen ELCA football on a Friday night, then you will most definitely think of one word about our style of play...RELENTLESS!

The word "relent" means to ease up, let up, or give up. This word is not even in our vocabulary at ELCA! We will NEVER ease up, let up, or give up under any circumstance or condition...that is for our opponent to do! We will be RELENTLESS in how our defense pursues and punishes the football, RELENTLESS in how our offense drives the football down the throats of our opponents, and RELENTLESS in how our special teams attacks the opponent in every phase of the game! But we don't just talk about being RELENTLESS, the ELCA WAY believes that a man is his preparation and therefore must daily train that way!

At ELCA each young man goes through a process of preparation that pushes him to his absolute perceived limits on a daily basis. Our young men are put into situations that daily test and expands their will. In our training, our players face situations that at first seem improbable, if not impossible, to overcome. This training is not meant to break them, it is meant to build them into Godly men that will NEVER ease up, let up, or give up in any circumstance or situation! The result of this process is a young man whose heart has been put to the test on a daily basis and is now ready for the fire of Friday night competition.

Proverbs says, "Lord, put me to the test. Make me like silver." There are many similarities between the ELCA Way of training and to the process of purifying silver or gold. In that process the refiner takes the precious metal, heats it to extraordinary levels which results in the impurities rising to the top, and then scrapes off those impurities. The result of that process is that the refiner is left with pure silver and pure gold. There is an ancient Chinese proverb that says, "Real gold fears no fire." ELCA athletes choose to put their hearts to the test and "choose the fire" every day in order to be the best they can be. Their training teaches them to NEVER ease up, let up, or give up in any circumstance. The result of the fire of training is pure silver and gold...a team that is RELENTLESS!

**WIN THE DAY**



# Young Man, Count the Cost Before you Begin

**WARNING:** The following numbers will either tremendously discourage you or they will be one of the greatest motivators you have ever read!!!

The average high school football game is about 150 plays. The average football play lasts about 6 seconds long. 150 plays times 6 seconds a play each equals 900 seconds. Therefore in a 48 minute game, there is only 15 minutes of actual “snap to whistle” competition!

In order to prepare for those 15 minutes a game, an ELCA football player intentionally and willingly puts his mind, body, and spirit through intense and rigorous preparation. From January 1<sup>st</sup> to the snap of the first game in August, an ELCA football player will complete the following...

- 80 off-season workouts which last 90 minutes each...This is a minimum total of 120 hours in off-season workouts.
- 10 days of Spring Practice which lasts 2 ½ hrs each...This is a minimum of 25 hours in Spring Practice.
- 32 summer workouts which last 3 hours each...This is a minimum of 96 hours in summer workouts.
- 12 summer 7 on 7 competitions which last 1 hour each...This is a minimum of 12 hours of 7 on 7 competitions
- 20 August pre-season practices which last 2 ½ hrs each...This is a minimum of 50 hours of August pre-season practices.

120hrs-Off-season workouts + 25hrs-Spring practice + 96hrs-Summer workouts + 12hrs-7-on-7's + 50hrs-August pre-season practices =

**OVER 300 HOURS OF PREPARATION FOR 15 MINUTES OF ACTUAL “SNAP TO WHISTLE” COMPETITION!!!**

There is a wise saying that says, "Today I must conquer myself, tomorrow lesser men." The ELCA Way is to dedicate over 300 hours of conquering self to have the opportunity to compete with our brothers conquering others. This is what makes Friday nights so special at ELCA...IT IS PAY DAY! It is PAY DAY for all my hours of work in the weight-room, it is PAY DAY for all my hours of work in the film/classroom, and it is PAY DAY for all my hours of work on the practice field! We will play with incredible JOY, PASSION, and URGENCY from every snap through the "echo of the whistle" because GAME DAY is PAY DAY at ELCA!!!

**ELCA CHARGERS  
THOSE WHO STAY WILL BECOME  
CHAMPIONS!!!**

**WIN THE DAY**