

PHASE 1 TESTING RESULTS/THOUGHTS

ONE STEP FASTER: This is what our off-season development program is all about. One running step can equate from 5-8 feet. Can you imagine every young man becoming one step faster? On the football field this would equate to 55-88 feet. Since a football field is in yards this is 18.3 to 29.3 yards. Let's take the average of this. That means when you put 11 men on the football field they are covering 23.8 more yards if they become One Step Faster. This is a huge deal!

No matter what position a young man plays he must be as fast as possible. College coaches are looking for speed more than they are anything else. We cannot take a young man from a 5.0 40 in a year to a 4.5. This is unrealistic. But if that young man works his tail off we do believe he can get One Step Faster. One Step would be a 4.8 from a 5.0 and that is a huge deal. Over the course of time these One Steps add up. If a 9th grader gets One Step Faster each year, he will have gotten four steps faster by the time he graduates. Four steps? That can equate to 20-32 feet. That is 6.6 yards to 10.6 yards faster from freshman to senior year.

Now I can't guarantee any of this and it isn't proven. However, we have seen amazing results in our One Step Faster program. But there are a few ingredients that I can encourage and coach, but must come from deep within in the soul of a young man.

Commitment: Decide in your heart to WORK!

Consistency: Never miss a workout!

Intensity: Give everything you have during the workout!

Execution: Perfect the form-do the exercise right to the inch!

Persevere: NEVER EVER EVER QUIT!

WIN THE DAY!

The man who misses a workout, he is like the man who was told there was gold 10 feet under the dirt, but he was lazy to dig.

My goal is to help each young man become the very best they can become. I do not measure one man's results against another's. What I monitor is each player's results compared to their previous results. The goal is to get each young man to take ownership of their results and create a plan and set goals to continue to improve.

Phase 1 was a huge success. The kids worked hard and we saw improvement. However, As I write this it is February 16th: We expect each young man to make huge strides each month. I am satisfied with where we are today. But I am resolved to work them hard so they can be where they want to be August 1st.

The results of Phase 1 and some good information is on the following pages. This is a baseline of where each young man is. However, where we are is never where we intend to stay! I have big plans and big goals for each young man! Let's KEEP CHOPPIN'!

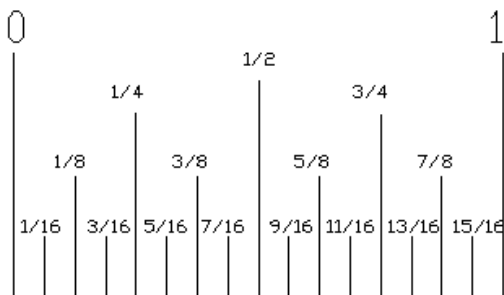
ONE STEP FASTER

A 16TH OF AN INCH?

As I was working out the boys one morning I started thinking about what Kirby Smart, the head coach of the UGA Bulldogs, said after the national championship game where they lost by mere inches. They asked him how he could get his team to return to the national championship game and win it. His response was simply, "Inches."

He quickly pointed out there are inches everywhere that his team could improve. His team had just made it to the national championship game and lost by inches. All is well with the UGA Football program. They were the second best team in the nation by inches. But UGA wants to be number 1. And the way they will get there is improving by inches. They must find those inches and attack them!

Thinking about all of this I had a vision of an inch and I had to go look at a ruler. What I noticed is there were 16 tick marks making an inch. I started thinking about how each day is a 16th. We want to get one inch better. One inch becomes one foot eventually. One foot times three becomes one yard. We are a team that talks about



getting One Step Faster. We've discussed how one step can be 5 to 8 feet. I've said we want to gain that One Step over the course of a year. In order to get that One Step we must think of each day as a 16th of an inch.

Each day I want to gain a 16th. If I get a 16th better everyday after 16 days of training I will be one inch better. Under this theory it will take 192 training days to gain a foot. Hopefully we can gain more

than a 16th each day so we can reach our goal of One Step Faster over one year. But the 16th principle is important information: Gaining a 16th today is vital!

I talk of Winning the Day. I could take the Win the Day philosophy to athletics, academics, my pursuit of Christ. The main premise is this day matters! You are either growing or you are dying. You are either gaining that 16th or you are losing it. It's easy to neglect today because you can't necessarily see a 16th of an inch. The problem is if I don't gain a 16th today I can't be at an 8th tomorrow; I can't be at an inch 16 days from now. We must value that 16th and we must WIN THE DAY!

ONE STEP FASTER

DEMAND EXCELLENCE...TAKE OWNERSHIP

Description of Lifts/Terms

Bench Press: 1 rep max of a specific weight with 0 help from any spotter.

Squat: 1 rep max of a squat with a specific weight to a ball that is 12-13 inches off the ground. No one is allowed to assist or touch the lifter.

Power Clean: 1 rep max with a specific weight on the bar. No aids such as wrist wraps are allowed.

40 yard dash: Player is timed 2-3 times by 2 clocks. Clock begins on player's movement.

10 yard dash: This measures how good a player's explosiveness is from the beginning of the 40.

Pro Shuttle: In phase 1 testing was done in a gym with running shoes. Players must start with hand on the ground and touch each line with their hands or they are penalized .10 seconds.

L Drill: The L drill is something we copied from the NFL combine. It measures a player's ability to change direction multiple times.

Vertical Jump: We do this just because colleges and NFL combines measure it. We want the boys to know where they stand against each other and the college and NFL averages.

LB Club: Bench, Squat and Power clean lifts are combined for a total.

STRONGEST MAN: 5.0 Club: A player's body weight will be divided into the LB club total. The goal for players is to be in the 5.0 club which is being able to lift 5 times one's body weight. Pound for Pound, this can identify the strongest men at ELCA factoring in body weight. Skill guys should be right at 5.0 or above it. If not, that means they are too heavy and need to lose weight. Bad weight makes a man slow.

Strength without speed is dead!

CHANGE: This is the difference in the pound club total from this max out compared to the last max lb club. We want to say change. We want to see the boys moving up. This is there total improvement.

ONE STEP FASTER

BEGIN WITH THE END IN MIND

It is important you set goals for yourself. Goals allow us to have a vision of where we want to go and what we want to become. Goals should drive our day to day work. To have goals but no work is meaningless. Do not just set goals for your body. Analyze your heart, soul and mind as well. I am a firm believer that what is in my heart, mind and soul is of more value than my body! But as athletes, bodily training is important!

WIN THE DAY!

"Train yourself for Godliness. For while bodily training is of some value, godliness is of value in everyway." 1 Timothy 4:8

THIS IS WHERE I AM	THIS IS WHERE I'M GOING
Bench:	Bench:
Squat:	Squat:
Power Clean:	Power Clean:
40:	40:
Pro Shuttle:	Pro Shuttle:
LB CLUB:	LB CLUB:
5.0 Club:	5.0 Club:
Power Index:	Power Index:
DEMAND EXCELLENCE: Analyze your life in the following areas	
Humility:	
Thankful:	
Courage:	
Take Ownership:	
Respect:	
Steadfast:	
Loyalty	
WIN THE DAY: Each day are you striving to Win the Day?	
Commitment:	
Consistency:	
Execution:	
Intensity:	
Perseverance:	

We did not speed test in phase 1 but you can set your speed goals based upon what you know you ran last summer.

DEMAND EXCELLENCE: This is what is in your heart and soul. Who are you when no one is watching. Analyze who you are. Understand this: Jesus Christ is Excellence. Those characteristics are characteristics who showed us. For example: Courage isn't being tough and not being scared to go fight-Courage is having the ability to stand up and do right when all your friends are doing wrong.

WIN THE DAY: Analyze those five areas not just as an athlete but about who you are in the classroom and who you are as a leader (your character).
 **If you refuse to analyze what is in your heart and your mind you are accepting failure: "Search me, O God, and know my heart. Try me and know my thoughts. Reveal to me any sinful way in me and lead me in the way everlasting." Psalm 139:23-24

DEMAND EXCELLENCE!

Just as the Bible says faith without works is dead, from an athlete standpoint I say the following: Strength without speed is dead. Goals without work is dead.

ONE STEP FASTER

The CRUCIBLE

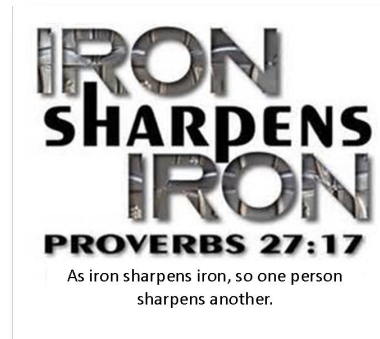
The longer I coach and the longer I live life the more I see that instilling a value for hard work in young men is vital to their success in life. At ELCA, we believe in HARD WORK. We understand that success only comes to those who are willing to sacrifice. This is why we ask you to get up one time a week extra early and report at 5:58 AM and get after it together for one hour! You want to be great? Do what great people do! Everyone wants to WIN, but most people and teams are not willing to put in the work it requires to WIN! Winning requires sacrifice. If you are unwilling to sacrifice you are unwilling to win. We don't want to coach kids who are unwilling to win!

We had three CRUCIBLES in phase 1. It was all about getting kids there and beginning to work. We will have four more in phase two and then the fifth Wednesday morning will be a testing day. We are going to make those four CRUCIBLES before testing day HARD! I want each young man to realize that he can give a little bit more.

Right now are averaging 94% participation each morning. Obviously I want that at 100%. But kids to get sick. Being really sick should be the only reason why any young man should miss. There will be many days in their life where they are tired and don't feel like it. How we feel should never determine rather we do something or not!

We have three focus areas for our Crucibles:

- 1.) **Speed Development:** We must get faster for Friday nights. Also, this summer when you go to college camps to try and get scholarships, you will be asked to run the 40, pro shuttle, L Drill, Vertical jump and some other types of speed and agility exercises. We will work on each one of these exercises and demand FANATICAL effort!
- 2.) **Mental Toughness:** Getting up early takes mental toughness. Pushing through the demanding coaching and 1000's of reps with a great attitude takes mental toughness. Everything we do as coaches is to develop mental toughness in you! Coaches will have 0 tolerance for poor effort and poor attitudes. We are looking for winners!
- 3.) **Leadership:** We are looking for men who will lead. There are a whole of people out there who are willing to work hard in order for their personal success. However, it takes special people to be concerned about the success of others. Leaders set the standard by their own personal performance and take a genuine interest in encouraging others to be successful.



My ATTITUDE determines my EFFECTIVENESS!

ONE STEP FASTER

BREAK WEEK/VACATION WEEK

We have been in training for six weeks and you need a less intense week but you **DO NOT** need to do nothing next week. I am going to give a good list of things you should do next week by day. Many of you have your spring sports so you will be running, but some of you do not. If you do not lift next week at all you will come back and spend 3 weeks getting back to where you are right now. You want to come back ready to start making gains on your present level of performance! I cannot reiterate enough: You must continue to work during the week off school at a moderate intensity level!!

I'm here and can get to a gym:	I'm on vacation and no gym:
Monday: LIFT: Bench 3x5 Squat 3x5 Power Clean/Hang Clean 3x5 4 rounds: 25 pushup/25 air squats/10 pullups RUN: 2 laps around track 10 100 yard strides	Monday: Run 1 mile and then do the following: 5 rounds: 25 pushups or more 25 air squats
Tuesday: **play an active game such as basketball	Tuesday: **Be active for an hour
Wednesday: **play an active game such as basketball	Monday: Run 1 mile and then do the following: 5 rounds: 25 pushups or more 25 air squats
Thursday: LIFT: Bench 3x5 Squat 3x5 Power Clean/Hang Clean 3x5 4 rounds: 25 pushup/25 air squats/10 pullups RUN: 2 laps around track 10 100 yard strides	Thursday: **Be active for an hour
Friday: Run a mile and play an active game outside.	Friday: Run 1 mile and then do the following: 5 rounds: 25 pushups or more 25 air squats

TAKE OWNERSHIP

Many of you train your tails off but your diet is poor and your life patterns are poor. What I mean by life patterns is you stay up late watching TV, texting, computer, etc. You squander time! These things prevent you from sleeping and getting rest which is imperative for your body! Wasting time prevents you from being on task doing homework at home.

Below is a graphic as a reminder to take your diet seriously and to see that training is only one of three components of physical improvement. TAKE OWNERSHIP of your life in these areas as a STUDENT ATHLETE!

*Getting stronger and faster
requires consistent excellence in
training, rest and diet.*



Sample eating plan:

****just an example. Research on your own!**

Meal 1: 5 AM

30 grams of protein

*4 eggs and 8 oz of milk

Vitamin and Minerals

2 oranges

Meal 2: 7:30 AM

30 grams of protein

*2 chicken biscuits and 8 oz of milk

1 apple

Meal 3: 10 AM Snack

30 grams of protein

*protein bar

Fruit

1 banana and grapes

Meal 4: 1pm Lunch

30 grams of protein

2 chick breast

Vitamins and minerals

Broccoli and carrots (a lot of them)

Meal 5: 3:30 pm snack

30 grams of protein

2 Peanut butter and jelly sandwiches

Vitamins and minerals

Grapes

Meal 6: 7:30 PM Dinner

30 grams of protein

Steak

Vitamins and minerals

Spinach salad

Meal 7: Bed time protein snack

30 grams of protein

Protein shake that has vitamins and Minerals in it.

ONE STEP FASTER

2018 ELCA FOOTBALL

PHASE 1 Testing Results

ONE STEP FASTER

CLASS OF 2019

PHASE 2 RESULTS

The 2017 shows what the player did at this time last year or when they moved into ELCA. The W18 number is the results from this maxout in the winter of 2018 (18W). The Goal number is what I want them to be doing by spring practice. The Change is the difference between the previous max and this max. We want to see the boys going up and this is the most important number to me. I don't really care how one man stacks up to another, but how each one improves. The 5.0 Club is taking their pound club and dividing it by their body weight. It's really hard to be able to lift 5 times your body weight. It's an impressive feat!

2019	Weight	Squat 2017	Squat W18	Squat Goal18	Bench 2017	Bench W18	Bench Goal18	Clean 2017	Clean W18	Clean Goal18	lb club W2017	lb club W2018	Change	5.0 Club
Brayden Rush	215	345	365	425	275	265	300	275	250	315	895	880	-15	4.09
Jelan Pearson	170	365	425	450	225	245	265	245	255	275	835	925	90	5.44
Justin Menard	170	225	320	350	195	225	245	225	250	275	645	795	150	4.68
Kobi Mitchell	185	250	315	345	170	200	225	185	205	225	605	720	115	3.89
Michael Meneely	175	385	430	465	245	275	300	265	295	315	895	1000	105	5.71
Rasaan Hopps	140	225	265	285	145	165	185	165	195	225	535	625	90	4.46
Jack Buckley	180	245	315	345	195	215	235	195	245	265	635	775	140	4.31
Andy Meyer	135	225	275	315	170	200	215	185	225	240	580	700	120	5.19
J. Youngblood	205	405	430	465	295	325	340	300	325	360	1000	1080	80	5.27
Tre Riddick	265	400	430	465	245	300	315	245	260	275	890	990	100	3.74
Cody Carder	290			315			225			225	0	0	0	0.00
Evan Zember	255	290	335	365	205	225	250	235	225	250	730	785	55	3.08
CJ Turner	205	275	365	405	215	255	275	205	255	275	695	875	180	4.27
Jacob Belin	150	185	235	275	155	185	205	155	200	225	495	620	125	4.13
Trevon Reddish	190	225	315	340	165	225	250	175	225	250	565	765	200	4.03
Felix U	195	225	305	340	155	205	235	165	205	245	545	715	170	3.67

ONE STEP FASTER

CLASS OF 2020

PHASE 1 RESULTS

The 2017 shows what the player did at this time last year or when they moved into ELCA. The W18 number is the results from this maxout in the winter of 2018 (18W). The Goal number is what I want them to be doing by spring practice. The Change is the difference between the previous max and this max. We want to see the boys going up and this is the most important number to me. I don't really care how one man stacks up to another, but how each one improves. The 5.0 Club is taking their pound club and dividing it by their body weight. It's really hard to be able to lift 5 times your body weight. It's an impressive feat!

2020	Weight	Squat 2017	Squat W18	Squat Goal18	Bench 2017	Bench W18	Bench Goal18	Clean 2017	Clean W18	Clean Goal18	lb club W2017	lb club W2018	Change	5.0 Club
Devon Dorsey	188	275	325	365	155	185	210	205	250	275	635	760	125	4.04
Nate McCollum	175	335	375	405	245	275	300	235	250	290	815	900	85	5.14
Keaton Mitchell	165	225	315	350	170	200	225	190	225	250	585	740	155	4.48
David Wingfield	165	265	300	335	185	215	235	185	225	250	635	740	105	4.48
Brandon Evans	175	245	285	315	185	245	265	200	245	275	630	775	145	4.43
Deion Fisher	200	225	300	340	135	185	225	185	235	260	545	720	175	3.60
Antavius Fish	220	300	365	405	225	280	300	165	205	225	690	850	160	3.86
Gabe Taylor	165	205	255	275	125	185	205	145	165	185	475	605	130	3.67
Thomas Williams	210	215	275	300	155	185	205	185	205	225	555	665	110	3.17
Ethan Bruno	240	325	375	405	175	240	265	185	245	275	685	860	175	3.58
Shedrick Rhodes	240	205	275	315	145	175	205	165	185	225	515	635	120	2.65
Jacob Dendy	225	205	275	315	125	155	185	155	195	215	485	625	140	2.78
Caid McCammon	175	205	285	305	145	185	205	135	165	185	485	635	150	3.63
C. Segastume	175	205	275	300	155	210	225	145	195	215	505	680	175	3.89
Jeremy Butler	200	205	315	345	155	195	215	165	220	250	525	730	205	3.65
Micah McClure	170	200	245	275	155	200	225	190	225	250	545	670	125	3.94
H. Hardeman	155	195	245	275	135	170	185	135	165	185	465	580	115	3.74
Marquis Black	270	315	335	370	215	265	300	225	265	300	755	865	110	3.20
Justin Robinson	195		300	350		215	235		235	260	0	750	750	3.85
Chris Tutt														

ONE STEP FASTER

CLASS OF 2022

PHASE 1 RESULTS

The 2017 shows what the player did at this time last year or when they moved into ELCA. The W18 number is the results from this maxout in the winter of 2018 (18W). The Goal number is what I want them to be doing by spring practice. The Change is the difference between the previous max and this max. We want to see the boys going up and this is the most important number to me. I don't really care how one man stacks up to another, but how each one improves. The 5.0 Club is taking their pound club and dividing it by their body weight. It's really hard to be able to lift 5 times your body weight. It's an impressive feat!

2021	Weight	Squat 2017	Squat W18	Squat Goal18	Bench 2017	Bench W18	Bench Goal18	Clean 2017	Clean W18	Clean Goal18	lb club W2017	lb club W2018	Change	5.0 Club
Kaleb Anthony	140	200	250	275	125	165	190	125	175	200	450	590	140	4.21
Charis Spence	165	200	300	335	135	185	210	165	215	235	500	700	200	4.24
Cooper Creswell	140	175	235	265	105	135	165	150	185	205	430	555	125	3.96
Bryson Estes	205	165	295	335	150	235	260	165	235	260	480	765	285	3.73
Isaiah Haralson	225	245	305	350	175	195	215	160	185	215	580	685	105	3.04
Trent Hosford	135	135	155	185	90	125	150	95	140	170	320	420	100	3.11
Christian Duncan	150	150	225	260	95	145	165	115	155	185	360	525	165	3.50
Jaydin Gay	175	95	180	225	85	115	135	95	115	135	275	410	135	2.34
C. Lawson	225	205	315	350	115	165	190	145	195	225	465	675	210	3.00
Triston Cooksey	140	185	245	275	115	150	170	115	145	175	85	540	455	3.86
Andrew Riad	170	155	225	260	85	160	180	105	155	185	345	540	195	3.18
Tae Stroud	155	175	245	275	115	165	185	115	165	195	405	575	170	3.71
Austin Reed	140	155	205	235	85	130	150	115	175	195	355	510	155	3.64
Josh Rogers	150	285	340	375	205	245	265	195	205	225	685	790	105	5.27
Mason Whitlock	130	85	140	165	75	110	135	90	120	140	250	370	120	2.85
Mac Craig	165	135	205	245	85	155	185	115	175	200	335	535	200	3.24
P. Massingale	180	165	235	265	105	145	165	115	205	225	385	585	200	3.25
Nate Orcutt	150	165	225	260	105	145	165	135	175	200	405	545	140	3.63

ONE STEP FASTER

POUND CLUB		
1	J. YOUNGBLOOD	1080
2	M. MENEELY	1000
3	TRE RIDDICK	990
4	JELAN PEARSON	925
5	NATE McCOLLUM	905
6	BRAYDEN RUSH	880
7	CJ TURNER	875
8	MARQUIS BLACK	865
9	ETHAN BRUNO	860
10	ANTAVIUS FISH	850
11	JUSTIN MENARD	800

ONE STEP FASTER

5.0 CLUB		
1	MICHEAL MENEELY	5.71
2	JELAN PEARSON	5.44
3	J. YOUNGBLOOD	5.27
4	JOSH ROGERS	5.27
5	ANDY MEYER	5.19
6	NATE McCOLLUM	5.14
7	JUSTIN MENARD	4.68
8	KEATON MITCHELL	4.48
9	DAVID WINDFIELD	4.48
10	RASAAN HOPPS	4.46
11	BRANDON EVANS	4.43

ONE STEP FASTER

POWER CLEANS		
1	J. YOUNGBLOOD	325
2	M. MENEELY	295
3	MARQUIS BLACK	265
4	TRE RIDDICK	260
5	JELAN PEARSON	255
6	CJ TURNER	255
7	BRAYDEN RUSH	250
8	JUSTIN MENARD	250
9	NATE McCOLLUM	250
10	DEVON DORSEY	250
11	JACK BUCKLEY	250

ONE STEP FASTER

SQUAT		
1	J. YOUNGBLOOD	430
2	TRE RIDDICK	430
3	MICHEAL MENEELY	430
4	JELAN PEARSON	430
5	NATE McCOLLUM	375
6	ETHAN BRUNO	375
7	BRAYDEN RUSH	365
8	CJ TURNER	365
9	ANTAVIUS FISH	365
10	EVAN ZEMBER	340
11	JOSH ROGERS	340

ONE STEP FASTER

BENCH PRESS		
1	J. YOUNGBLOOD	325
2	TRE RIDDICK	300
3	ANTAVIUS FISH	280
4	NATE McCOLLUM	280
5	MICHEAL MENEELY	275
6	BRAYDEN RUSH	265
7	MARQUIS BLACK	265
8	CJ TURNER	255
9	JOSH ROGERS	245
10	JELAN PEARSON	245
11	BRANDON EVANS	245

ONE STEP FASTER

FINAL THOUGHTS

We had a great start to the 2018 year in our first phase. We did not speed test in phase 1 so there are no speed testing numbers. We will speed test in phase 2. Many of you are running track so you are going to test your speed weekly. If you are not in track make sure you are working speed specifically more than just what we do in the weight room and at the Crucible.

Great teams are created by great individuals. It is important you are working hard to be your absolute best. If you are not you are letting the team down. Great teams also come from great leadership. If your character and your attitude is poor you will not be an effective team member. You might be great as an individual but you will not be a great leader on your team.

Some people say you can't be a great player if you don't take care of business in the classroom and if you don't have good character. This isn't true. You might be a very good player. But what is true is you will not be a good teammate without good character. And believe me—it takes special leaders to lead a team to a state championship. You might think your character and your academics aren't important. And if you think that then you are not a leader and you will damage your team. So the best way I can say it is this: DEMAND EXCELLENCE!!!!

LET'S KEEP CHOPPIN'!!!!!!

Coach Gess

ONE STEP FASTER

KEEP CHOPPIN'

ONE STEP FASTER