

“Considerations for
Building a Character based
Team Culture”

A joint presentation of

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The Importance

Character education is important because character is who you are and how you act. It is about being caring, respectful, trustful, and fair and people will notice when you portray these traits, in your everyday actions.

As educators, we spend the majority of the day with the students, meaning we have a lot of influence on them. It is our job to make sure that we are displaying good manners and moral behavior so we can create a positive school environment and create good future citizens of society. Having good character is important in the student's future endeavors.

- **Alta Loma Athletic Philosophy**

- "Discipline is not something you do TO someone; it is something you do FOR someone."
- Mission Statement
- The Alta Loma athletic department will strive to exemplify, "scholar/athlete." We will be competitive in league and a regular playoff contender. We will embody "class." Our program will provide each athlete with a positive experience from which they can learn valuable life lessons. Athletes will use these lessons to become productive members of society.
- Core Values
- Most sports today are being coached according to the professional model, winning is the top priority, and all decisions are based on what is most likely to produce a victory. High School athletics should be coached according to the developmental model. The developmental model instills in the student/athlete values and ideals that will help them become better human beings, more successful people, and contributors to society. Such values include patience, self control, integrity, self discipline, courage, benevolence, politeness, honesty, humility, and sincerity.
- Athletics provides many life lessons that, if approached correctly, can be beneficial to the mental, physical and emotional development of the young men and women involved. A good coach can teach young people the true meaning of discipline, dedication, perseverance, commitment, accountability, and competition just to name a few.



char·ac·ter

/ˈkerəktər/

noun

noun: **character**; plural noun: **characters**

1. the mental and moral qualities distinctive to an individual.

"running away was not in keeping with her character"

Similar:

personality

nature

disposition

temperament

temper





team

/tēn/

noun

a group of players forming one side in a competitive game or sport.

Similar:

group

squad

side

band

bunch

company

party



verb

1. come together as a team to achieve a common goal.
"he **teamed up with** the band to produce the album"

Similar:

join (up)

join forces

collaborate

get together

come together





cul·ture

/ˈkəlCHər/

noun

1. the arts and other manifestations of human intellectual achievement regarded collectively.
"20th century popular culture"

Similar:

the arts

the humanities

intellectual achievement(s)



2. the customs, arts, social institutions, and achievements of a particular nation, people, or other social group.

"Caribbean culture"

Similar:

civilization

society

way of life

lifestyle

customs

traditions



verb

BIOLOGY

maintain (tissue cells, bacteria, etc.) in conditions suitable for growth.



cli·mate

/ˈklīmit/

noun

noun: **climate**; plural noun: **climates**

the weather conditions prevailing in an area in general or over a long period.
"our cold, wet climate"

Similar:

weather pattern

weather conditions

weather

atmospheric conditions

- a region with particular prevailing weather conditions.
"vacationing in a warm climate"

Similar:

region

area

zone

country

place

clime

- the prevailing trend of public opinion or of another aspect of public life.
"the current economic climate"

Similar:

atmosphere

mood

temper

spirit

feeling

feel





ta·boo

/təˈbo͞o,təˈbo͞o/

noun

a social or religious custom prohibiting or forbidding discussion of a particular practice or forbidding association with a particular person, place, or thing.

Similar:

prohibition

proscription

veto

interdiction

interdict

ban



adjective

prohibited or restricted by social custom.

"sex was a taboo subject"

Similar:

forbidden

prohibited

banned

proscribed

vetoed

ruled out



verb

place under prohibition.

"traditional societies taboo female handling of food during this period"

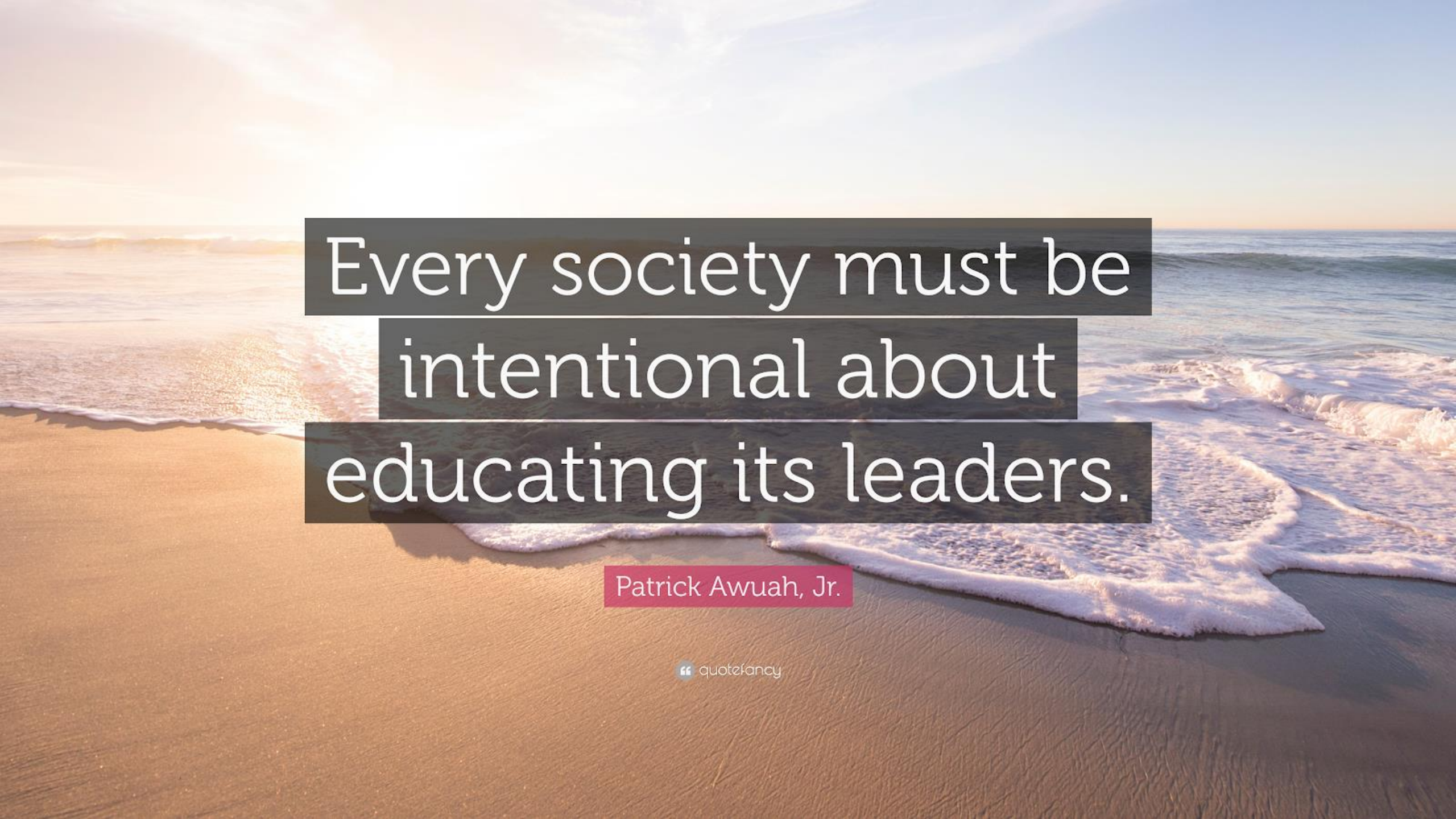


**WHAT YOU SEE HERE
WHAT YOU DO HERE
WHAT YOU HEAR HERE
WHEN YOU LEAVE HERE
— *Let It Stay Here* —**

— Be —

Intentional

everyday



Every society must be
intentional about
educating its leaders.

Patrick Awuah, Jr.



Good values are easier
caught than taught.

Zig Ziglar

“ quote fancy



Train Up
a *Child*
in the way
He SHOULD
GO
and when
he is old,
he will not
Depart From It

PROVERBS 22:6

Treat others
the way
YOU want to
be treated.

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You want to be trusted.
Tell the truth.
Be honest.



You've got to give it
to get it.
Show it.



You are responsible
for you.
It's on you.



Life has rules.
Play fair.
It's a rule.



Caring is thinking
with your heart.
Think hard.



Make the world a
better place.
Set the tone.

Character Counts at Northwood-Kensett

If we don't
teach kids how
to behave,
how can we
punish them when
they don't?

www.linkedin.com

**“What you permit,
you promote. What
you allow, you
encourage. What
you condone, you
own.**

Deon Birkes

- Lincoln High School, Lincoln, AR
- School District is 149 Square miles
- Kids on bus at 6am
- High Poverty Rate 71% (Free or reduced Lunch)

Problems

- Broken Homes
- Kids raised by Grandparents
- Unengaged guardians
- Kids quitting sports because it's tough or because they were disciplined etc.
- Kids do not have role model or expectations to succeed or Do it “RIGHT”

**DIDN'T GO TO THE GYM
TODAY, BUT...**

**THE CASHIER'S NAME AT
MCDONALDS WAS JIM.
SOOO. SAME THING.**

Problems Continued

- Girls Basketball only won maybe 5 games a year on a good year
- Football was in the middle of a 20+ game losing streak
- Football to playoffs 1 time in school history
- Coaches/Teachers/Students believing that is just the way it was.

**I'M COMING FOR
EVERYTHING THEY
SAID I COULDN'T HAVE**



Solutions

- How do we fix it
 - How can you turn it around
-
- “One word that will change your life” Jon Gordon
 - 51% of our students participate in athletics
- Use them to change school culture not just Athletics

ATTITUDE & EFFORT

Focus

#chasingbetter



Andrew Kurzawski MDiv CPT
@CoachKurzawski

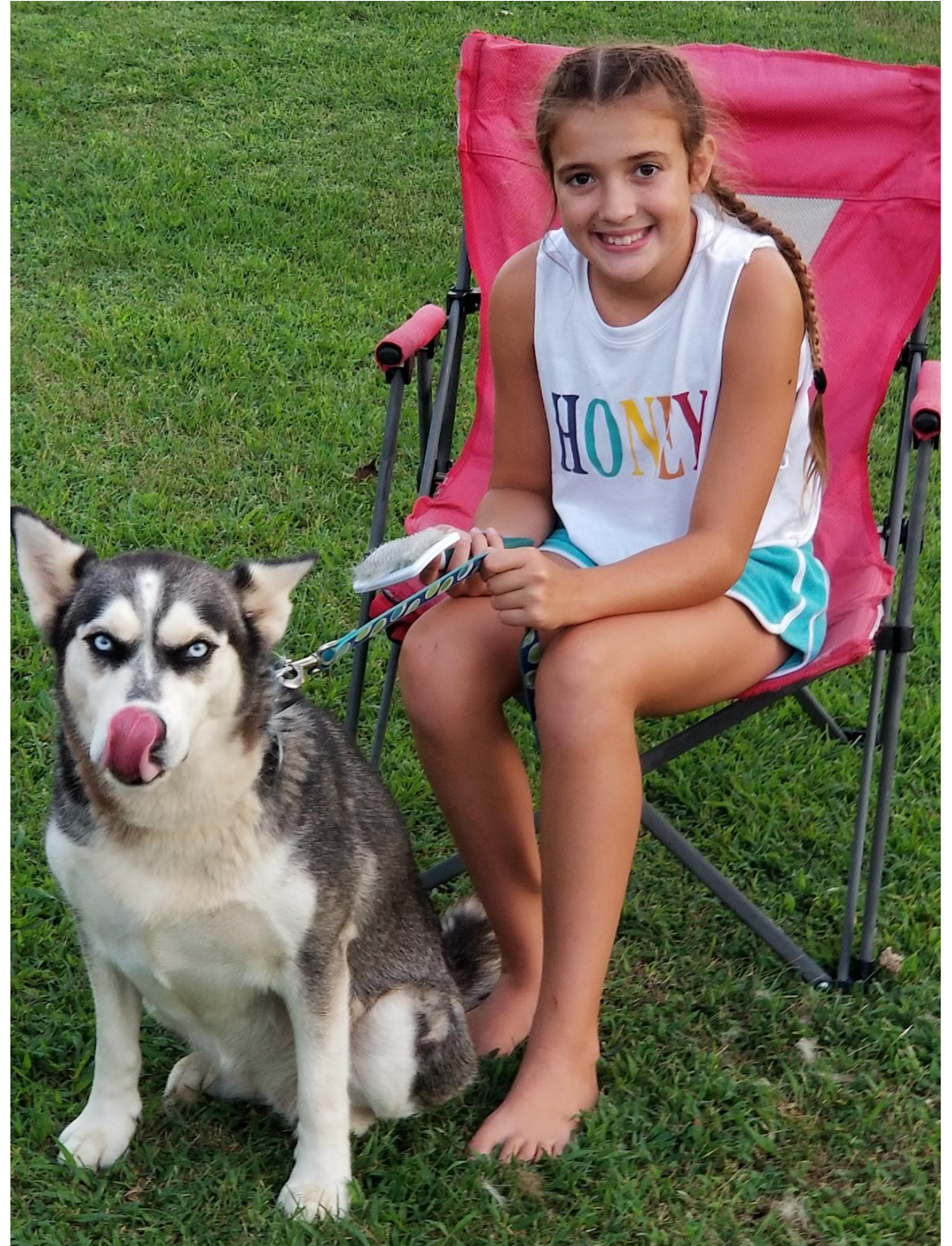


Too many kids have been taught that the goal of HS sports is to achieve an ATHLETIC scholarship – here's the truth: the goal of HS sports is to learn how to be a better person, better teammate, better communicator & to enjoy being a teenager...something you can't get back.

Standards

We want to help raise good men and women that will become good husbands & wives, mothers & fathers, just good people.

- Foster growth through spiritual character development (moral compass) Grit, compassion, perseverance, teamwork
- Appropriate positive interaction with fellow students, faculty and community
- Prepare physically and mentally to compete on the playing field as well as in other areas of life
- Acquire an education for life after Sports



Service





**The bravest thing
I ever did was
continuing my life
when I wanted
to die**

Unrepentant & Going Crazy

INTEGRITY

IS DOING THE
RIGHT THING.

EVEN WHEN
NO ONE IS
WATCHING.

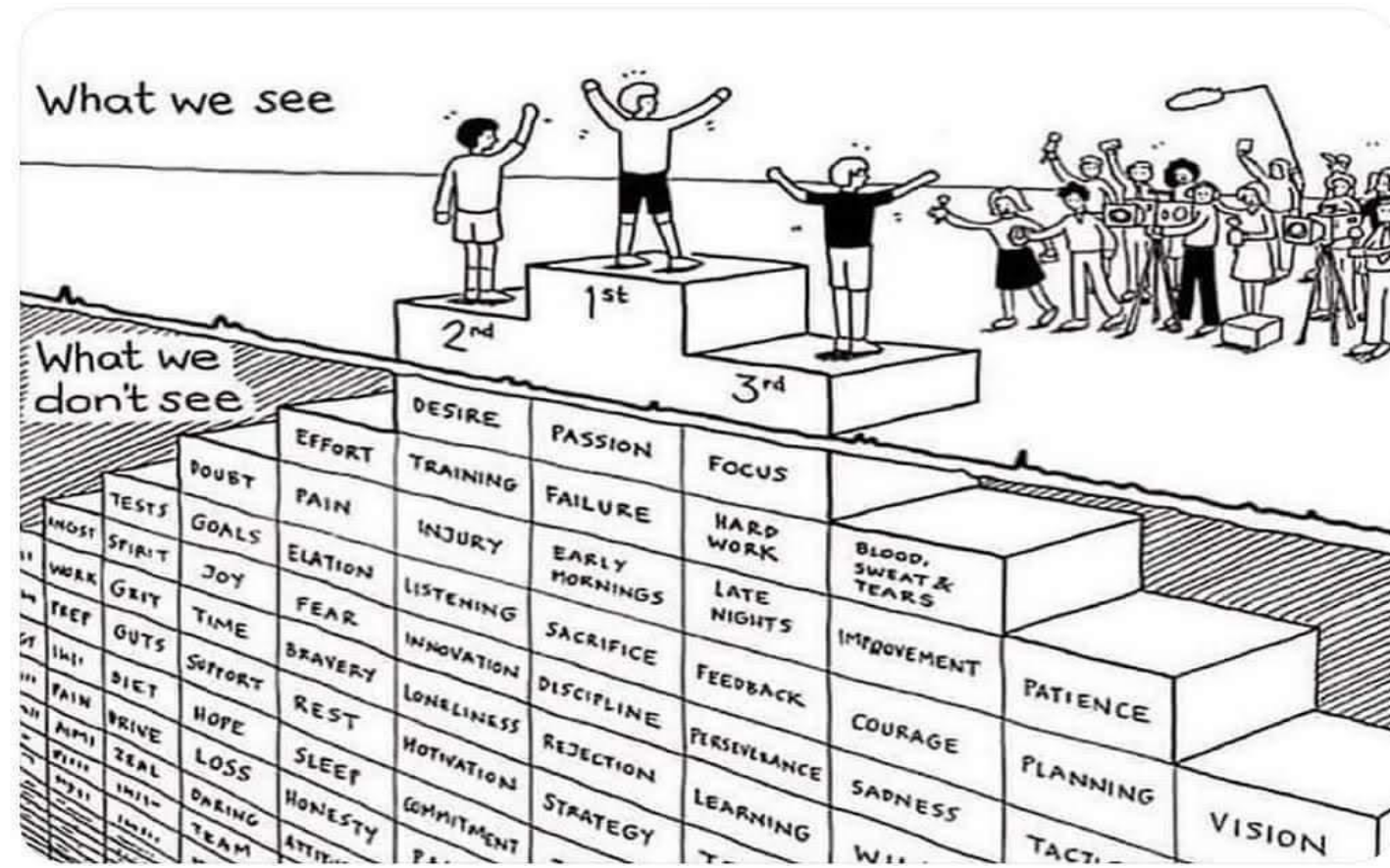
C.S. LEWIS

TALENT
IS A GIFT, BUT
CHARACTER
IS A CHOICE.

“ JOHN MAXWELL

We glorify results. Students usually only see the end product of people who succeed. We must glorify the journey!

[#growthmindset](#) [#teachergoals](#)



Evidence of Excellence

Setting standards not Goals- Book
Burning your Goals

Creating Champions

Alpha Week

- Show up and work
- 5 Consecutive days- If not they make up at 5am 5 consecutive days
- Dependent on each other: Male-Female, 7th grader-Senior, Football - Softball- Cheerleader
- Be good at what you do and not others are good at, then Get better at your weaknesses
- DO NOT QUIT- JUST FINISH
- Compete “for time”, be better than you were the day before
- Encourage each other, build character of WE not me!



Individual and
team
workouts

SOME KIDS ARE **SMARTER** THAN YOU.
SOME KIDS HAVE **cooler clothes** THAN YOU.
SOME KIDS ARE **better at SPORTS** THAN YOU.

  **IT DOESN'T MATTER!**  
YOU HAVE **your** THING TOO.

• BE THE KID WHO CAN **GET ALONG.** •

• BE THE KID WHO IS *g e n e r o u s .* •

BE THE KID WHO IS **happy** FOR OTHER PEOPLE. ♥

BE THE KID WHO DOES THE **RIGHT THING!**

     **Be the NICE kid!**    







One word

We focus on one thing each year and worked on making that area better

Then we focus on building life character lessons off of the word we chose



Previous Words

TOGETHER- Wanted to make it through it together, First Year

Final Day workout

“MURPH” Partners-Compete and FINISH

(1 mile, 100 pull ups, 200 Pushups, 300 squats, 1 mile)

Compete at the end of each day as a group vs. group

SERVICE- Both to people and for our country

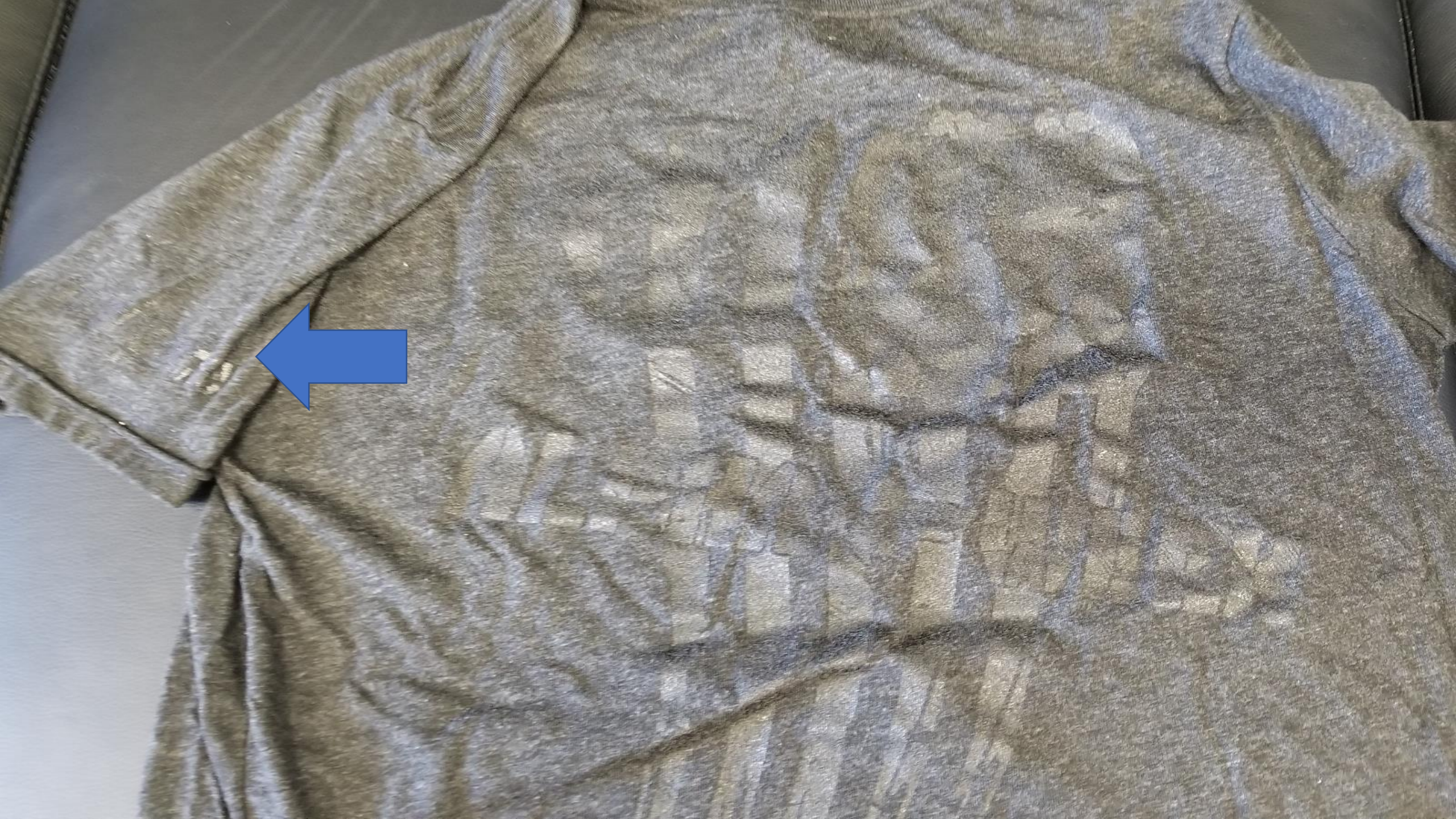
ARMY

NAVY

AIR FORCE

MARINES

Special OPS



Alpha Week
Tentative
(Subject to change)

Air Force _____
Day of Week Date

Partners Responsibility (20 Minutes)

10-1 sit-ups then Down the Hill and Back up while partner Planks then switch, Both do 10, then 9 then 8 etc.

AMRAP

Army _____
Day of Week Date

Group/Partner Responsibility

Assault Bike 10/15 cal, 10 Burpees 5 rounds for time

Marines

Day of Week

Date

Partners (groups) Chipper

400 Double Rope Waves

200 HR Push Ups

400 Yard Sled Push with Weights

200 yd Lunge

For Time

Navy

Day of Week

Date

Groups (20 minutes)

250 Meter Row (2 Min. Cap)

Run 200 with med Ball, 10 squats with med ball

Run 200 with Med Ball, 10 Squats with Med Ball

AMRAP (AMMAP)

FAMILY was this year's word for us

- **NEXT MAN UP-** YOU HAVE TO BE READY TO STEP IN FOR INJURIES OR WHEN SOMEONE LEAVES. IT IS NOT THE END OF THE WORLD BUT YOU MUST HAVE PREPARED TO BE YOUR BEST FOR YOUR TEAM. FAMILY. EMPLOYER
- **OHANA-** FAMILY, WE LEAVE NOBODY BEHIND, EVERYONE NEEDS HELP ENCOURAGEMENT, A KICK IN THE REAR, ETC.
- **MUDITA-**JOY IN OTHERS SUCCESS. BE HAPPY WITH OTHERS SUCCESS BUT STILL DETERMINED TO WORK FOR YOUR OWN. (DON'T HUNKER DOWN IN THE DUGOUT WHEN YOU CAN DANCE IN THE RAIN)
- **UBUNTU-**I AM BECAUSE OF YOU, WE ARE IN THIS TOGETHER SO I CAN ONLY BE IF YOU ARE.
- **WORKING FOR THE WOLVES (FAMILY) OR WORKING FOR THE OTHER TEAM.**

NOT ALL FAMILY IS BLOOD



ALPHA WEEK

#CHASINGBETTER

FAMILY



- **“NEXT MAN UP”** _____
- Day of Week Date
- **Teams Responsibility Groups of at least 5** **Play Clocks/Sidelines**
- 600 Double rope waves
- 400 Hand Release push-ups
- 600 Sit-ups
- 400 Frog Squats
- Lunge 100 jog 53, Lunge 100-Jog 53
- **For Time**
-

OHANA

- Day of Week Date
- **Group Responsibility** **North endzone**
- KettleBell Drag, Return rope to full extension x every group member
- Jog to hill(ag entry). Bear Crawl 10 x’s
- Jog back to field around north end of track to Home Stands
- 10 bleachers every step touch top railing
- KettleBell Drag, Return Rope to full extension x every group member
- **For Team Time**

- **MUDITA**

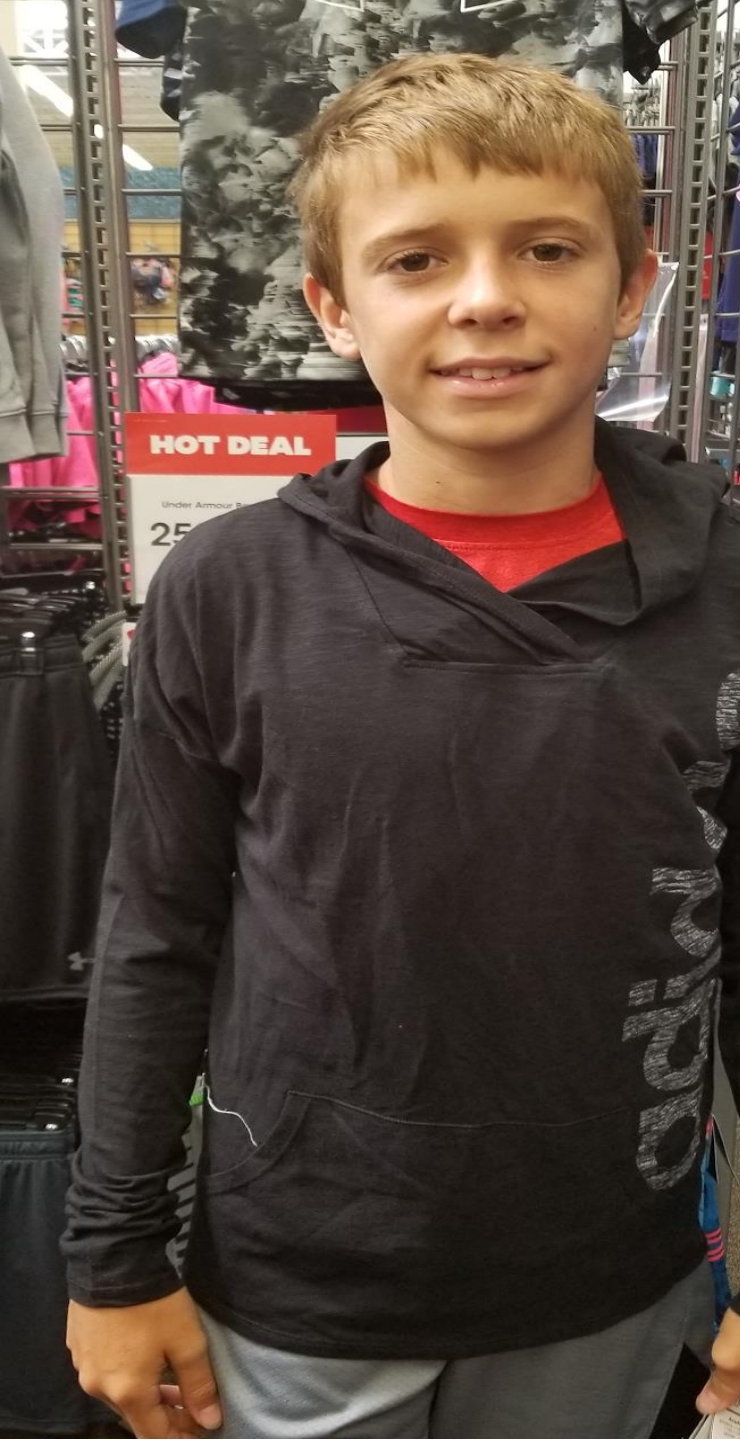
- Day of Week Date
- **Individual Chipper** **Field House**

- 500 m row
- Ball Slams x 50
- Frog Jump Squats x 50
- Plank push-ups x 50
- Kettle Bell/dumb bell swings x 50 (10lbs 8-9, 15lb/20lb 10-12)
- Run to cone and back
- **For Time**
-

- **UBUNTU**

- Day of Week Date
- **Groups (30 minutes)** **Everyone Does each** **Middle of field**
- Tire Flip, 5 tire jumps x 5
- Sled 25 yards x 2
- 20 yard weighted lunges x2
- **AMRAP**





Accomplishments

- Football has been to playoffs (quarter finals, 3 rounds deep) 3 times in 6 years.
- Golf making regular appearances in state as a team.
- Volleyball set school record for wins and first winning season in school history.

Accomplishments continued

- Basketball boys and girls both made it to quarter finals in past 5 years with regular attendance in postseason play.
- Baseball made it back to state tournament after 2-20 and 3-17 seasons
- Soccer girls made it to State Tournament after 2nd year of existence.
- Track has participants place in state events
- Softball made it to quarter finals

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