

CCA FOOTBALL



THE SPARTAN WAY

MISSION AND VISION

Developing young men through the commitment to and the pursuit of excellence in all that that we do, from the classroom to the field of competition and everywhere else we have the chance to contribute; focusing on integrity, character, and the development of a strong work ethic. We are committed to investing in the lives of our student-athletes through academic support, off-season lifting programs, and community service projects.

We believe that **football** is best taught through positive discipline, without fear, intimidation or threat. We will create a safe environment that allows each student athlete to acquire the knowledge, the work ethic, and communication skills necessary to become responsible and productive members of society.

VIRTUES

INTEGRITY

WE STICK TO OUR PRINCIPLES. DO THE RIGHT THING, THE RIGHT WAY, EVERY TIME.

RESPONSIBILITY

WE HOLD OURSELVES AND OUR TEAMMATES ACCOUNTABLE. TAKE OWNERSHIP OF THE OUTCOME AND DO WHAT'S NECESSARY TO MAKE IT RIGHT.

SELF-GOVERNMENT

OWNERSHIP. THE PLAYERS WILL OWN THE OUTCOME OF THIS TEAM AND LEARN TO CARRY THEMSELVES WITH AUTHORITY.

RESPECT

RESPECT YOUR LEADERS, YOUR TEAMMATES, YOUR OPPONENTS AND YOURSELF.

COURAGE

UNCERTAINTY EXISTS IN ALL THINGS, WHEN FEAR AND DOUBT CREEP IN, WE PRESS ON AND OVERCOME ADVERSITY. WE LEAD FROM THE FRONT.

PERSEVERANCE

CONSISTENT EFFORT IN ALL THINGS, NO MATTER HOW HARD IT GETS.

HUMILITY

WE ARE A TEAM. NO ROOM FOR ARROGANCE OR SELFISHNESS

PHILOSOPHY

SERVANT LEADERSHIP

ATTITUDE

DISCIPLINE

PASSION

COMMITMENT

RELENTLESSNESS

TRUST

BELIEF

TEAM FIRST

PROGRAM GOALS

- Excel on the playing field, in the classroom, and in the community.
- Emphasis on composure, sportsmanship and putting the team first.
- Transform each student/athlete into the best person they can be.
- Develop a family atmosphere within the program.
- Build a sense of pride for the football program within the administration, faculty, and student body.
- Give back to the city of Jacksonville through community outreach projects and youth camps.
- Teach the game of football while emphasizing life lessons.
- Compete for a championship every season.
- Have Fun!

PROGRAM EXPECTATIONS

YEAR 1: BUILD THE FOUNDATION

YEAR 2: GROW THE PROGRAM

YEAR 3: LEARN TO COMPETE AT A HIGH LEVEL

YEAR 4: LEARN TO PLAY WINNING FOOTBALL

YEAR 5: LEARN TO PLAY CHAMPIONSHIP FOOTBALL

BUILD THE PERSON

BUILD THE ATHLETE

SERVE THE COMMUNITY

BE A CHAMPION

PROGRAM EXPECTATIONS

ACCOUNTABILITY

SOUND DISCIPLINARY STRUCTURE AND FAIR TREATMENT OF ALL PLAYERS. FAVORITISM IS DEADLY.

QUALITY COACHING

SOUND FOOTBALL FUNDAMENTALS. HIGH EMPHASIS ON PLAYING THE GAME PROPERLY TO AVOID INJURY.
LEARN THE GAME FOOTBALL TO OUT PERFORM OPPONENTS.

FAMILY

WE WILL BE A FAMILY INCLUSIVE ATMOSPHERE. REGULAR TEAM GET TOGETHERS. COMMUNITY INVOLVEMENT AS A TEAM.

PARENTAL INVOLVEMENT

CLEAR COMMUNICATION TO PARENTS ABOUT SCHEDULES AND EVENTS. THIS IS A TWO WAY STREET, PARENTS ARE ENCOURAGED TO REACH OUT TO COACHES WITH ANY ISSUES WE SHOULD BE AWARE OF.

COMMUNITY SERVICE

COMMUNITY SERVICE WILL BE A CRITICAL PART OF TEAM PARTICIPATION.

QUALITY OFF SEASON TRAINING

MENTAL AND PHYSICAL DEVELOPMENT. COMPETING IN SECONDARY SPORTS. STRENGTH AND SPEED DEVELOPMENT THROUGHOUT THE OFF SEASON.

EXPECTATIONS

- Expectations
 - Practice is mandatory
 - If you must miss for some reason, let a coach know before hand.
 - During the season, if you play football for CCA, you only play for CCA. No cross playing between CCA and JDL is allowed this year. This is a safety concern to protect your athletes from overuse and injury, which we saw a lot of last year. Football games should be limited to one game per week.
 - Summer Conditioning is a must, whether you workout with us at CCA or on your own, you must show up in shape at fall camp in August. A CCA Football summer workout packet will be issued before the end of spring practice.

FOOTBALL SEASON CHECKLIST

Fees and expenses related to the football program

- \$250 athletic fee
- Personal Gear
 - Must purchase padded girdle
- Offseason collaboration with D1 Training for summer workout sessions
 - Dates and price TBD
- Summer camps
 - 2-3 7v7 Camps
 - Optional Big Man camps for OL/DL
- Paperwork (next slide)
- Current 5th graders
 - Cannot participate in drills until Fall Practice

FOOTBALL SEASON CHECKLIST

- Paperwork



Athletics Required Forms

Consent and Release from Liability

Participation Physical

Student-Athlete Code of Conduct

Parent/Guardian Code of Conduct

Home School Students Only

Student-Athlete Travel Release Form

COMMUNICATION

- EMAIL:
BBARNES@CORNERSTONECLASSICAL.ORG

GROUPME CHAT



DRESS CODE FOR PRACTICE

HELMETS = CCA issued football helmet, CCA issued practice jersey, blue OR dark athletic shorts, white athletic t-shirt/compression shirt

SHELLS = Same as helmets + shoulder pads and padded girdle

FULL PADS = Same as shells + white practice pants with knee pads

Spring practice schedule dates and times

MIDDLE SCHOOL MAY VARY FROM JV FROM TIME TO TIME. COACHES WILL COMMUNICATE THIS DURING PRACTICE AND VIA GROUPME

SPRING PRACTICE SCHEDULE

DATE	TIME	DRESS
Monday, April 29, 2024	3:45-5:30	HELMETS
Tuesday, April 30, 2024	3:45-5:30	HELMETS
Wednesday, May 1, 2024	3:45-4:45	SHELLS
Thursday, May 2, 2024	3:45-5:30	SHELLS
Friday, May 3, 2024	3:45-4:45	SHELLS
Monday, May 6, 2024	3:45-5:30	FULL PADS
Tuesday, May 7, 2024	3:45-5:30	HELMETS
Wednesday, May 8, 2024	3:45-4:45	FULL PADS
Thursday, May 9, 2024	3:45-5:30	FULL PADS
Friday, May 10, 2024	3:45-4:45	HELMETS

ALL PRACTICES WILL BE HELD AT FORT FAMILY PARK:
8000 Baymeadows Rd E, Jacksonville, FL 32256

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SPRING PRACTICE SCHEDULE

DATE	TIME	DRESS
Monday, May 13, 2024	3:45-5:30	FULL
Tuesday, May 14, 2024	3:45-5:30	HELMETS
Wednesday, May 15, 2024	3:45-4:45	FULL
Thursday, May 16, 2024	3:45-5:30	FULL
Friday, May 17, 2024	3:45-4:45	HELMETS
Monday, May 20, 2024	3:45-5:30	FULL
Tuesday, May 21, 2024	3:45-5:30	FULL
Wednesday, May 22, 2024	3:45-4:45	FULL
Thursday, May 23, 2024	3:45-5:30	HELMETS ONLY
Friday, May 24, 2024	3:45-4:45	FAMILY DAY

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FOOTBALL SCHEDULE

MIDDLE SCHOOL

H	Tuesday, September 3, 2024	UC
H	Tuesday, September 10, 2024	EPISCOPAL
H	Tuesday, September 17, 2024	IMPACT CHRISTIAN
H	Tuesday, September 24, 2024	CALLAHAN
H	Tuesday, October 1, 2024	ZAREPATH ACADEMY
A	Tuesday, October 8, 2024	EPISCOPAL
	Tuesday, October 15, 2024	BYE
A	Tuesday, October 22, 2024	PROVIDENCE

FOOTBALL SCHEDULE

JUNIOR VARSITY

A	Thursday, August 29, 2024	EPISCOPAL
A	Thursday, September 5, 2024	PROVIDENCE
A	Thursday, September 12, 2024	BRADFORD (STARKE)
H	Friday, September 20, 2024	DUVAL CHARTER - BAYMEADOWS
H	Thursday, September 26, 2024	BISHOP SNYDER
H	Tuesday, October 1, 2024	SUWANNEE (LIVE OAK)
A	Wednesday, October 9, 2024	HILLIARD

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