

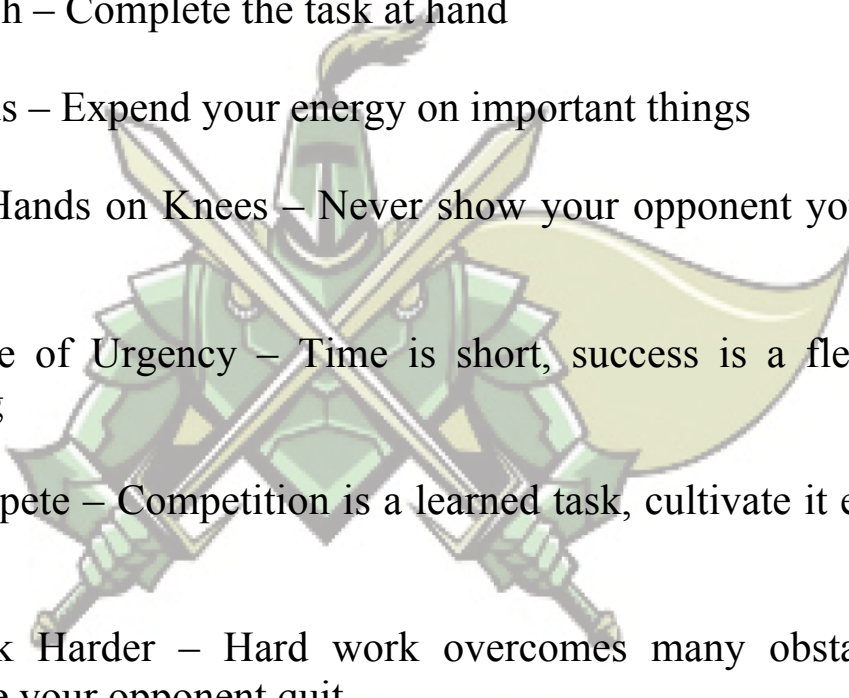
**SJR**



**GREEN KNIGHTS  
FOOTBALL**

# ST. JOSEPH REGIONAL FOOTBALL

## 10 KEYS FOR SUCCESS

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1. Lead Yourself – Become an example of hard work
  2. Finish – Complete the task at hand
  3. Focus – Expend your energy on important things
  4. No Hands on Knees – Never show your opponent you are tired
  5. Sense of Urgency – Time is short, success is a fleeting thing
  6. Compete – Competition is a learned task, cultivate it every day
  7. Work Harder – Hard work overcomes many obstacles, make your opponent quit
  8. Stay Positive – Positive environments promote better work ethic
  9. Persistence and Accountability – Great distance can be covered with small steps in the right direction, MAN UP!
  10. Win Everyday – It's right in front of you

## **ST. JOSEPH REGIONAL FOOTBALL MISSION STATEMENT**

**St. Joseph Regional Football seeks to take grade school young men and teach them how to develop pride in themselves, their team and their school. Our athletes will fully understand what it means to dedicate themselves to the goals of the team. The goals of our coaches are to develop leadership skills in each athlete, teach our athletes to handle and overcome adversity and most importantly begin each season as a team and end as CHAMPIONS.**

**St. Joseph Regional Football fully understands that we are a component of the ultimate mission of St. Joseph Regional H.S.; developing the “Vir Fidelis” – The Faithful Man.**



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## “POWER OF THE UNIT”

Now this is the Law of the Jungle --  
as old and as true as the sky;  
And the Wolf that shall keep it may prosper,  
but the Wolf that shall break it must die.

As the creeper that girdles the tree-trunk  
the Law runneth forward and back --  
For the strength of the Pack is the Wolf,  
and the strength of the Wolf is the Pack.

- Rudyard Kipling

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# ST . JOSEPH REGIONAL FOOTBALL

THE TEAM – THIS TEAM – OUR TEAM

## WORK PRINCIPLES

1. Work Hard
2. Stay Loose
3. Stay Focused
4. Be Accountable
5. Take Care of One Another

### 4 Fights Everyday

1. Us vs. Them
2. Division From Within
3. Complacency
4. Fatigue

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