

# **DOWNINGTOWN FOOTBALL**

**2024 Season**



## **2024 SEASON**

- **What the Program stands for**
- **DEFA Volunteers**
- **Fund Raising**
- **New Calendar**
- **Hazing**
- **Team Camp**
- **Get Involved**

# MODEL PROGRAM

This is our objective for this year and every year. It starts with myself and our coaches. We hope to model what a “**First Class Program**” looks like, and acts like to your sons. The last part of this large objective is participation from the parents in the form of support both in the home and in the stands.

## TRANSFORMATIVE VS. TRANSACTIONAL



If we are not aware of our purpose and if our goals are not in alignment with our purpose...then winning becomes the purpose



Character is learned; therefore, it can be taught. But it can't be learned if it is not modeled.



# GOALS VS PURPOSE

**Goals have a beginning and end...Purpose doesn't. Purpose is what we live for.**

Today's Culture says the outcome on the scoreboard is the reason why we play the game. Yet the potential for something more meaningful is possible if we can see more than the value of the win. We want our guys to show up, with their teammates, fight through adversity, and develop character. We want & expect learning to come from our guys playing experiences.

# MISSION STATEMENT

**Our purpose** to help young men become men of empathy and moral courage who will lead; be reasonable; and develop a noble cause beyond themselves.

**Our definition of Success:** In 5- & 10-years players become respectful good men, fathers, husbands, and members of their community.

**Our Measure of Success:** we measure success daily as we coach and model our transformative purpose while inspiring our young men to do better.

# PROGRAM RULES VS STANDARDS



**We do not have rules we have standards**



**Rules** ... one of a set of explicit or understood regulations or principles governing conduct within a particular activity or sphere.



**Standards** ... a level of quality or attainment. An idea or thing used to measure, norm or model in comparative evaluation.

# DOWNINGTOWN CORE VALUES

## BAM (BE A MAN)

### Family

#### Platinum Rule:

A man treats others with respect and Dignity

### Accountability

#### If you are on-

#### Time you are

late: A man stands on his own two feet

### Toughness (GRIT)

#### No BCE: A man

takes responsibility for himself and lives with the consequences





# CULTURE COACH

# **CULTURE COACH**

- Reinforces our Core Values
- Leads Fellowship before game
- Provides additional role model who is focused on the student
- Available for all players to confide in





# DOWNINGTOWN FOOTBALL

"A MAN TREATS OTHERS WITH

DIGNITY AND RESPECT"

**F**ORGET  
**A**BOUT  
**M**E  
**I**  
**L**OVE  
**Y**OU

RIDES TO PRACTICE  
/ LIFTING

LEAD IN YOUR  
OWN WAY

ORGANIZED  
HANGOUTS (GRIFF)

DEFEND YOUR  
TEAMMATES

EVERYONE HELPS  
WITH EQUIPMENT

92% ATTENDANCE

# TRUST. SACRIFICE. TRADITION.

## F.A.M.I.L.Y.

- No Tolerance for Bullying
- You are responsible for your own equipment
- Know all your teammates name.
- Overall attendance >92%
- Offer rides to practice to teammates who may need it.
- Lead in your own way.
- Defend your teammates.



## **ACCOUNTABILITY**

**DOWNTOWN FOOTBALL**

- 1 HR. OF FILM PER WEEK
- OWN MISTAKES (NO BCE)
- EMBRACE THE GRIND
- NO SKIPPED REPS
- ON TIME = LATE
- REST/EAT RIGHT: NO PHONES  
IN BED

**PRIDE.  
CONFIDENCE.  
INTEGRITY.**

# **ACCOUNTABILITY**

- Hold ourselves & each other accountable
- Make all lifts during in-season sports
- Be prepared to lift/practice
- Listen to Hear
- 100% on all fund raising



**TOUGHNESS  
GRIT**



**EFFORT.  
FINISH.  
RESILIENCE.**

LIFTING GROUP  
INTEGRITY

HURT VS. INJURED

RESPECT THE LOOK  
SQUADS

COMPETE /  
CONSEQUENCES

DON'T GET BEAT TWICE

DJ: MASON & JOE

# TOUGHNESS GRIT

- No BCE
- Well Done > Well Said
- Keep the Main thing the MAIN thing
- Don't be hurt; take care of yourself; see trainer if needed
- No pre or post snap penalties

# GRIT

The more students accomplish, the more confident they become. In their extracurricular activities, students will learn how to work hard, have fun, and work to an end.

This establishes a strong foundation and instills confidence to help them advance in the future

Prolonged involvement in extracurricular activities will help prepare your child for their post high school and professional future. Armed with these advanced skills; they can overcome obstacles in the future and achieve success and happiness.





# WT ROOM





# BLUE & GOLD FOOTBALL CAMP





# WHY PLAY HS FOOTBALL



## Downingtown

Play in front of a large crowd of people who care about High School Football



## With Guys you had known forever

Play with guys who you grew up with and who will be your lifelong friends



## Invested win your success

Be part of a group that honors your commitment to the program and to each other

# POSITIVE TEAM PLEDGE

I will be a positive leader who sets the example for my teammates through my positive attitude and actions.

I promise to share positive energy and encouragement with my teammates

I will not be an energy vampire nor will I sabotage myself and team with negativity; complaining and making excuses.

When I make a mistake I will own it and seek to improve.

With Hard Work, determination, and faith I will never give up and will always help me team move forward towards our vision and goals.

# MULTI-SPORT ATHLETES

## WHY YOU SHOULD PLAY

1. Improves athleticism
2. Improves GRIT
3. Improves competitiveness
4. Prevents “burnout”
5. Make **DOWNINGTOWN** better in all sports

## WHY KIDS PLAY ONE SPORT

1. Told by “CLUB” coach it will help get a scholarship
2. Selfish, uniformed coaches
3. Club teams needs to financially prosper, and your son is helping them do that

# MULTIPLE SPORT ATHLETES

Coach Matta supports all sports at Downingtown East. There have been numerous players in our 20 years that played multiple sports including both my sons and both of my daughters. This also includes all four of the former players that played in the NFL.

Anyone who tells you different is misrepresenting the facts. I would take that into consideration in evaluating that person's reliability...and we all know you can not rely on the unreliable.



# MULTIPLE SPORT ATHLETES



## Lacrosse

Brody Wilson  
Captain; Lax at Yale;  
Sanders Healy Lax at  
Townson.



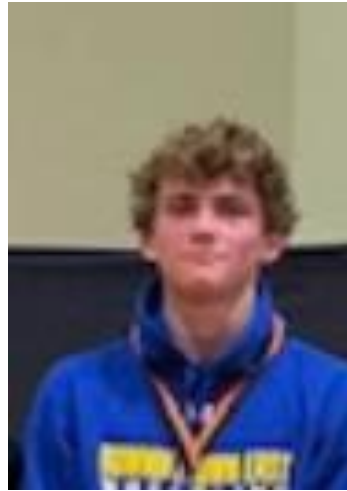
## Track

Danny Chisena  
Track/Football at PSU



## 2022 Captains

Tremendous leaders  
of our 2022 team all  
played a Spring Sport



# MULTIPLE SPORT ATHLETES

# COMMUNICATION

## Communication with Coach Matta

- Available anytime to talk about your son(s) or daughter

## What is appropriate?

- Anything that I can be of help with. Grades; job; letters of recommendation. Tutor suggestions; etc.

## What is not appropriate?

- Playing time; what position; team/game strategies



# ADDITIONAL COMMUNICATION THOUGHTS

Please consider calling me or talking to me in person rather than e-mail...especially if you are angry. (I am intentionally short in reply)



Do not approach me 30 minutes prior or after a contest with any concerns.



When possible it is best to talk in person if there are concerns do not go through third party ...most, if not all, large concerns can be eliminated with face-to-face communication.



**It is not helpful to post your complaints or grievances on our page or for that matter anywhere. Please exercise a little discretion.**



# DEFA VOLUNTEERS

We need to get more people involved

- Plenty of opportunities
- Great way to be with your son

Alumni Outreach

- Must have help
- Spring Social

Social Media Person

Youth/Middle School  
Liaison

Fresh Ideas

# BLUE & GOLD FOOTBALL CAMP

- **Blue & Gold Camp**
  - June 17th through June 21st
    - Graduation Project
  - Want 200+ campers
  - 100% profit to DEFA
  - Players also can work the camp
    - Great way to get the word out about our Program
  - Ideas on how to make it better?

# FUND RAISERS

- **Gear Orders** 12+ items. Due April 22nd for delivery by Memorial Day.
  - Boys must sell their gear; the demand is very high.
- **Gold Cards-** Hand Out July 30<sup>th</sup>
  - Blitz is August 10<sup>th</sup>
  - GOAL: 2500 cards (2400+ last year)
- **Pancake Breakfasts**



# DOWNINGTOWN FOOTBALL 2024 GEAR



<p><b>A</b> T-SHIRT</p> <p><b>Budger &amp; Core Sport Short Sleeve T-Shirt</b>              Color: Royal              Sizes: Youth 12-14, \$18   Adult 16-20, \$18              Decoration Method: Screen Printed</p>	<p><b>B</b> T-SHIRT</p> <p><b>Golden Ultra Cotton Long Sleeve T-Shirt</b>              Color: White              Sizes: Youth 12-14, \$19   Adult 16-20, \$19   XXL, \$20              Decoration Method: Screen Printed</p>	<p><b>C</b> T-SHIRT</p> <p><b>Under Armour Royal Fleece Hoodie</b>              Color: White              Sizes: Youth 12-14, \$38   Adult 16-20, \$37              Decoration Method: Screen Printed</p>	<p><b>D</b> T-SHIRT</p> <p><b>Budger Performance Fleece Hooded Sweatshirt</b>              Color: Royal              Sizes: Youth 12-14, \$35   Adult 16-20, \$42              Decoration Method: Screen Printed</p>
<p><b>E</b> SHORTS</p> <p><b>Budger 501 Power Core Bottom Sweatpants</b>              Color: White              Sizes: Youth 12-14, \$17   Adult 16-20, \$17              Decoration Method: Screen Printed</p>	<p><b>F</b> SHORTS</p> <p><b>Budger 501 Power Core Bottom Sweatpants</b>              Color: Plaid              Sizes: Youth 12-14, \$17   Adult 16-20, \$17              Decoration Method: Screen Printed</p>	<p><b>G</b> SHORTS</p> <p><b>Under Armour Royal Fleece Shorts</b>              Color: Black              Sizes: Youth 12-14, \$18   Adult 16-20, \$18              Decoration Method: Screen Printed</p>	<p><b>H</b> T-SHIRT</p> <p><b>Under Armour Tech Team Fleece</b>              Color: Black              Sizes: Youth 12-14, \$20   Adult 16-20, \$21              Decoration Method: Screen Printed</p>
<p><b>I</b> T-SHIRT</p> <p><b>Under Armour Royal Fleece Quarter Zip</b>              Color: Black              Sizes: Youth 12-14, \$25   Adult 16-20, \$27              Decoration Method: Screen Printed</p>	<p><b>J</b> T-SHIRT</p> <p><b>Under Armour Tech Team Quarter Zip</b>              Color: White              Sizes: Youth 12-14, \$20   Adult 16-20, \$21              Decoration Method: Screen Printed</p>	<p><b>K</b> T-SHIRT</p> <p><b>Premier Sportswear Women's Raw Edge Crew</b>              Color: Navy              Sizes: Youth 12-14, \$23   Adult 16-20, \$25              Decoration Method: Screen Printed</p>	<p><b>L</b> T-SHIRT</p> <p><b>District Women's Lightweight Fleece Raglan Hoodie</b>              Color: Blue              Sizes: Youth 12-14, \$25   Adult 16-20, \$27              Decoration Method: Screen Printed</p>
<p><b>M</b> T-SHIRT</p> <p><b>New Era Ladies Heritage Blank V-Neck Tee</b>              Color: Black              Sizes: Youth 12-14, \$18   Adult 16-20, \$20              Decoration Method: Screen Printed</p>	<p><b>N</b> T-SHIRT</p> <p><b>Pacific Headwear Merita Ray Bucket Hat</b>              Color: Black              Sizes: Youth 12-14, \$20   Adult 16-20, \$22              Decoration Method: Screen Printed</p>	<p><b>O</b> T-SHIRT</p> <p><b>Premier Peeking Rock Pom Hat</b>              Color: Blue              Sizes: Youth 12-14, \$21   Adult 16-20, \$23              Decoration Method: Text</p>	

# GEAR

PLACE ORDERS ONLINE AT:

<https://b-e-sportswear.printavo.com/merch/dtwnftballgear24>

OR SCAN QR CODE



\*Player Names  
Required when ordering

# ADDITIONAL PARENT INVOLVEMENT

## Mother Clinic and Appreciation Day

- August 9<sup>th</sup>
  - Learn your son's position

## Father Day Walk

- September 13<sup>th</sup>
  - Attend Team Snack; walk through
  - At stadium go through pre-game

# CONCUSSIONS

New helmets (within last two years)

Correct Protocol for reporting Concussion

- Start with our TRAINER...not school Nurse!!!

Trainer

- IMPACT TESTING

Correct coaching technique

- Be at practice

Stronger and fitter

- Be at lifting



# CALENDAR

## Important Dates

Mini Camp

Blue & Gold Camp

Team Camp

Pre-season (OTA)

Heat Camp (5 Days)

Two a days

## Summer Schedule

Summer

Work outs

7 vs. 7's (2)

6/19 & 6/26

## Off

Weekends

Most

Friday

(B&G)

July 19<sup>st</sup>

through

July 29<sup>h</sup>

# HAZING

- Absolutely ZERO tolerance
  - Conestoga HS; CB West
  - Hair Cuts etc.
- Hazing (Initiation) is for “False Tough Guys”
- Concerns e-mail me or Mr. Corey Sigle AD
  - [csigle@dasd.org](mailto:csigle@dasd.org)

# MISC. THOUGHTS



GET INVOLVED



CAFETERIA



COMMUNICATION



LISTEN TO HEAR  
NOT RESPOND



NO EXCUSES OR  
EXPLANATIONS  
#NO BCE



MOST  
INFORMATION  
CAN BE FOUND  
ON THE DEFA  
WEBSITE.