

ARIZONA FOOTBALL

2015

HIDEAWAY

BOOK

2015 Arizona Wildcats Football Schedule

Date		Opponent	Time/TV
Thurs. Sept. 3		UTSA Roadrunners Arizona Stadium, Tucson, AZ	TBA
Saturday Sep. 12		at Nevada Wolf Pack Mackay Stadium, Reno, NV	4:00 p.m. PT CBSSN
Saturday Sep. 19		Northern Arizona Lumberjacks Arizona Stadium, Tucson, AZ	TBA
Saturday Sep. 26		UCLA Bruins Arizona Stadium, Tucson, AZ	TBA
Saturday Oct. 3		at Stanford Cardinal Stanford Stadium, Stanford, CA	TBA
Saturday Oct. 10		Oregon State Beavers Arizona Stadium, Tucson, AZ	TBA
Saturday Oct. 17		at Colorado Buffaloes Folsom Field, Boulder, CO	TBA
Saturday Oct. 24		Washington State Cougars Arizona Stadium, Tucson, AZ	TBA
Saturday Oct. 31		at Washington Huskies Husky Stadium, Seattle, WA	TBA
Saturday Nov. 7		at USC Trojans L.A. Memorial Coliseum, Los Angeles, CA	TBA
Saturday Nov. 14		Utah Utes Arizona Stadium, Tucson, AZ	TBA
Saturday Nov. 21		at Arizona State Sun Devils Sun Devil Stadium, Tempe, AZ	TBA
Saturday Nov. 28	---	Open Date	---
Friday Dec. 4		Pac-12 Championship Game Hosted by team with best Pac-12 record.	TBA

2015 PAC-12 FOOTBALL SCHEDULE

Thursday, Sept. 3

- UTSA at Arizona
- Michigan at Utah

Saturday, Sept. 5

- Arizona State vs Texas A&M, NRG Stadium, Houston
- Arkansas State at USC
- Virginia at UCLA
- Colorado at Hawaii
- Eastern Washington at Oregon
- Weber State at Oregon State
- Washington at Boise State
- Portland State at Washington State
- Grambling State at California
- Stanford at Northwestern

Saturday, Sept. 12

- Arizona at Nevada
- Cal Poly at Arizona State
- Idaho at USC
- UCLA at UNLV
- UMass at Colorado
- Utah State at Utah
- Oregon at Michigan State

- Oregon State at Michigan
- Sacramento State at Washington
- Washington State at Rutgers
- San Diego State at California
- UCF at Stanford

Saturday, Sept. 19

- Northern Arizona at Arizona
- New Mexico at Arizona State
- Stanford at USC
- BYU at UCLA
- Colorado vs. Colorado State (at Denver, CO)
- Utah at Fresno State
- Georgia State at Oregon
- San Jose State at Oregon State
- Utah State at Washington
- Wyoming at Washington State
- California at Texas

Friday, Sept. 25

- Stanford at Oregon State

Saturday, Sept. 26

- UCLA at Arizona
- USC at Arizona State
- Nicholls State at Colorado
- Utah at Oregon
- California at Washington

Saturday, Oct. 3

- Arizona at Stanford
- Arizona State at UCLA
- Oregon at Colorado
- Washington State at California

Thursday, Oct. 8

- Washington at USC

Saturday, Oct. 10

- Oregon State at Arizona
- Colorado at Arizona State
- California at Utah
- Washington State at Oregon

Thursday, Oct. 15

- UCLA at Stanford

Saturday, Oct. 17

- Arizona at Colorado
- Arizona State at Utah
- USC at Notre Dame
- Oregon at Washington
- Oregon State at Washington State

Thursday, Oct. 22

- California at UCLA

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2015 TEAM HOTEL ACCOMODATIONS

Nevada

Sept. 12, 2015
Grand Sierra Resort
2500 E. 2nd St.
Reno, NV
(775) 789-2000

Stanford

Oct. 3, 2015
Marriott San Mateo
1770 S. Amphlett Blvd
San Mateo, CA
(650) 653-6000

Colorado

Oct. 17, 2015
Westin Westminster
10600 Westminster Blvd
Westminster, CO
(303) 410-5000

USC

Nov. 7, 2015
Glendale Hilton
100 West Glenoaks Blvd
Glendale, CA
(818) 956-5466

Washington

Oct. 31, 2015
Seattle Marriott Bellevue
200 110th Ave NE
Bellevue, WA
(425) 214-7600

ASU

Nov. 21, 2015
Phoenix Airport Marriott
1101 North 44th St.
Phoenix, AZ
(602) 273-7373

STAFF RESPONSIBILITIES

Head Coach-Rich Rodriguez

1. Provide leadership, pride, high morals, and guidance for entire staff. To motivate and direct players and coaches to identify and solve problems and to assign responsibility and give authority to execute.
2. Public relations, media, fundraising, etc.
3. Make final discipline decisions (assistants handle cases that need not reach head coach).
4. Be responsible for losses.
5. Check staff on game plans and use of personnel. Veto any plan that I am convinced will end in failure.
6. Promote staff and team unity.
7. Promote stress and demand loyalty to staff, athletic department, and the University of Arizona.
8. To ensure proper team and program morale.
9. To help coach quarterbacks and receivers, help organize the offense, and assist offensive coordinator in calling the plays.
10. To organize the plan to make our program a consistent top ten program.
11. To approve game plans of offense, defense and special teams.
12. To communicate to staff my expectations and to receive their feedback on program matters.
13. To be the "voice" of the program to media/administration/boosters, etc.
14. To be decision-maker on issues that reflect back on program

Associate Head Coach/Offensive Coordinator-Calvin Magee

1. Coordinate offense-game plan, practice schedules, offensive staff meetings, offensive goals/statistics, teaching tools, and play-calling in conjunction with Coach Rodriguez
2. Assist Head Coach with internal relations of football program. Assist Head Coach with external relations/fundraising.
3. Assist Head Coach with staff/team morale.
4. Organize/develop offensive playbook.
5. Staff/Graduate Assistant and intern liaison.
6. Organize "answer" sheet on game plan and communicate audibles/checks on game day.
7. Coach running backs and oversee other offensive positions.
8. Oversee offensive scouting report and self-scout report.
9. Academic monitoring of running backs.
10. Oversee offensive walk-on program with Matt Dudek/Jahmile Addae.
11. Oversee practice/meetings in case of head coach absence.
12. Communicate with staff expectations of head coach on program matters.
13. Staff video liaison.
14. Recruit assigned area-Evaluate all offensive prospects.

Defensive Coordinator-Jeff Casteel

1. Coordinate defense-game plan, practice schedules, defensive staff meetings, defensive goals/statistics, teaching tools.
2. Organize/develop defensive playbook.
3. Call defenses.
4. Assign and evaluate defensive graduate assistant.
5. Press box and sideline assignments for defensive staff and team.
6. Coach the linebackers.
7. Organize defensive recruiting board and defensive practice schedule.
8. Weekly defensive scouting reports and daily defensive practice schedule.
9. Defensive staff and defensive team "morale".
10. Meet with Head Coach on defensive plan and practice organization and personnel.
11. Evaluate all defensive prospects.
12. Oversee defensive walk-on program with Matt Dudek/Jahmile Addae
13. Academic monitoring of linebackers.
14. Assist with external relations program.

Defensive Line-Bill Kirelawich

1. Coach defensive line.
2. Duties assigned by defensive coordinator.
3. Academic monitoring of d-line.
4. Assist in coordinating The extra point/Field Block unit
5. Recruit assigned area.

Offensive Line-Jim Michalczik

1. Coach Offensive line.
2. Organize short yardage/goal-line offense with Coach Magee.
3. Academic monitoring of o-line.
4. Assist with extra-point/FG units.
5. Organize scout team front looks.
6. Recruit assigned areas.

Corners/Free Safety-David Lockwood

1. Coach Corners/Free Safety
2. Academic monitoring of Corners/Free Safety
3. Duties assigned by defensive coordinator.
4. Assist with defensive special teams.
5. Recruit assigned areas.
6. Plan defensive skill development with coaches/strength staff.

Quarterbacks/Co-Offensive Coordinator-Rod Smith

1. Coach quarterbacks.
2. Assist Coach Magee with passing game coordinator/offensive play list.
3. Academic monitoring of quarterbacks.
4. Organize scout team coverage looks.
5. Organize/teach offensive signals.
6. Recruit assigned area.
7. Equipment Liaison

Tight Ends/Specialist-Charlie Ragle

1. Coach tight ends/specialists
2. Academic monitoring of tight ends/specialists.
3. Special teams coordinator. Plan/Organize special teams practices, meetings and reports.
4. Plan specialists practices/workouts.
5. Recruit assigned areas.

Wide Receivers-Tony Dews

1. Coach wide-receivers
2. Academic monitoring of wide-receivers.
3. Oversee throwing/catching in-season program.
4. Recruit assigned area.
5. Assist with Punt Team.
6. Plan offensive skill development with coaches/strength staff.

Safeties-Matt Caponi

1. Coach Spurs/Bandits
2. Academic monitoring of Spurs/Bandits
3. Duties assigned by defensive coordinator
4. Recruit assigned areas
5. Assist with Special Teams units.

Director of Football Operations-Mike Parrish

1. Provide administrative assistance for Head Coach.
2. Supervise receptionist.
3. Report time and approve vacation request for office staff and football temporary staff.
4. Approve hiring of any temporary office student staff.
5. Assist Head Coach with new employee transition.
6. Manage all aspects of the football budget.
7. Approve all travel request and travel expenses reports for all staff.
8. Provide administrative support with game operations.
9. Assist Head Coach with game schedule process.
10. Create football game contracts for execution.
11. Manage team travel arrangements for home and away game contracts.
12. Visiting football team coordination.
13. Coordinate football team bowl game operations.
14. Pre-season practice administrative arrangements.
15. Manage the daily functions of the football office.
16. Coordinate Training Table meal program, including occasional meals.
17. Arrange and coordinate football facility construction/improvements.
18. Hideaway preparations.
19. Distribution of staff football game tickets and parking passes.
20. Liaison to the marketing and promotions department for concepts/material.
21. Assist staff with NCAA rules interpretations.
22. Answer inquiries or complaints from faculty, staff, students and guests.
23. Manage sideline passes and game credentials.
24. Manage the CARA (Countable Athlete Related Activity) process.

Director of On-Campus Recruiting/Personnel Director-Matt Dudek

1. Provide administrative assistance for head coach.
2. Plan/Coordinate the recruitment of student-athletes for the football program-including: Prospect Evaluations, mailings, communications, official/unofficial visits, information gathering, coaches recruiting schedules.
3. Plan and assist with recruitment functions such as junior days, spring game, home games, visits and camps.
4. Organize recruiting board and prospect list.
5. Organize constitute communication regarding recruiting with Head Coach and staff.
6. Assist Head Coach with roster management.
7. Coordinate recruiting service purchases for purpose of complying with NCAA rules.
8. Organize game-day visits
9. Ensure all prospects are clear of playing field prior to kick-off.
10. Coordinate and manage all NCAA compliance forms for recruiting.
11. Arrange student-athlete hosts during official visits.
12. Organize recruiting mailings
13. Organize recruiting board and personnel board.
14. Assist in acting as liaison between football staff and compliance office to keep the football program in compliance with NCAA, PAC-12 conference and University rules.
15. Assist with marketing of program.
16. Organize/Host practice guests and implement practice atmosphere.
17. NFL Liaison

Assistant Director of Operations/University Liaison-Billy Kirelawich

1. Provide administrative assistance for head coach.
2. Assist Director of on Campus recruiting with the planning and coordinate of recruitment functions of student athletes.
3. Coordinate player-family relations and operations.
4. Manage and coordinate yearly football calendar, coordinate with head coach, recruiting coordinator and strength coach dates and times for all activity.
5. Coordinate weekly award winners and Wildcat group competition.
6. Provide assistance with management of team bench during games.
7. Assist with In-state walk-on program.
8. Assist in acting as a liaison with football staff and compliance office to keep program in compliance with NCAA, PAC-12 Conference and University rules..
9. Assist DFO with Pro/Day/Pro Scout organization.
10. Coordinate practice officials.
11. Organize community relations programs for the football program.
12. Collect public information on all opponents and distribute to staff.
13. Ensure safety of team bench during games.
14. Assist Head Coach with game official's reviews.
15. Help organize programs and systems that maintain a positive relationship with Alums, former players in support of program.
16. Assist in transition of incoming student-athletes to the University.

Executive Assistant to the Head Coach-Melissa Melendez

Job Summary:

Perform responsible secretarial administrative duties for the Head Football Coach, including matters of highly sensitive and confidential nature.

Essential Functions/Responsibilities:

1. Respond to inquiries and complaints regarding matters of highly sensitive or confidential nature, which may have institutional impact.
2. Initiate written correspondence requiring interpretation of policies and procedures.
3. Schedule appointments and coordinate meetings for Head Coach.
4. Manage all autograph requests from fans, alums and charities.
5. Take and transcribe correspondence as a representative of the Head Coach or direct matters to appropriate individuals for action of follow-up.
6. Receive and reconcile expense statements for the Head Coach
7. Personal interaction may involve providing and obtaining highly confidential information requiring discretion and judgment in the interpretation and application of policies and procedures.
8. Assist with Sponsorship of Summer Camps.

Recruiting:

1. Assist the Head Football Coach with any recruiting correspondence.
2. Assist with maintaining prospect appointment schedule during unofficial visits.

Football Operations Coordinator-Andrew Warsaw

1. Assist Head Coach with administrative duties.
2. Assist Mike Parrish, Billy Kirelawich and Matt Dudek with administrative duties.
3. Practice atmosphere/set-up (music, noise, etc.)
4. NCAA Compliance updates/reminders/verifications
5. Liaison to guests of head coach-games/practices/off-season
6. Assist with on-campus tours of guests.
7. Assist staff with community relations.
8. Coordinate Camps and Clinics.

Football Operations Coordinator-Jahmile Addae

1. Assist staff with public information on all opponents and distribute to staff.
2. Assist in transition of incoming student-athletes to the university.
3. Assist in practice organization-in particular with scripted situations and time management.
4. Assist with providing training, resources and guidance in character development and life skills for the players.
5. Assist Matt Dudek with organizing walk-on program.

Video Coordinator-Tim Cummins

1. Organize taping of practices and games.
2. Responsible for weekly video exchange during season.
3. Responsible for upkeep and maintenance of all video equipment.
4. Responsible for weekly/yearly/position highlight tapes.
5. Assign video staff to responsibilities and supervise them.
6. Weekly officials review tape to PAC-12.
7. Administer/copy/develop weekly player tapes (scouting reports, game tapes, etc.).
8. Meet with coordinators/position coaches for video cut-up needs/wants.
9. Report to Jeff with video issues.

Head Athletic Equipment Manager-Wendell Neal

1. Report to Head Football Coach for all football equipment needs.
2. Oversee and issue equipment and coaching tools for football.
3. Assign and oversee assistant equipment manager and student managers for football.
4. Oversee field preparation and assigned areas.
5. Purchase equipment and supplies. Maintain equipment budget for football. Coordinate with all equipment contracts pertaining to football.
6. Maintain sideline phone hookup for both home and away games.
7. Keep inventory of equipment.
8. Oversee locker room and assign lockers.
9. Maintenance and cleanliness of football equipment (sleds-chutes-nets, etc.)
10. Work with administrators on control of sideline passes.
11. Maintain sideline during game.
12. Report to assigned coach with equipment needs/issues.

Head Trainer- Randy Cohen

1. Supervision/Implementation of Athletic Training program.
2. Daily injury report to staff
3. Assign trainers to on-field areas.
4. Liaison with medical staff.
5. Set appointments with doctors.
6. Prevention, care treatment, of injuries.
7. Work with strength/conditioning coaches on menus.
8. Handle travel meals with Strength/Conditioning Coach and DFO.
9. Administer player physicals and drug tests.
10. Check weight chart daily during two-a-days.
11. Assist DFO with travel arrangements (meals, taping, rooms, etc.).

Head Strength and Conditioning Coach-Chris Allen

1. Development, administration and implementation of strength and conditioning program.
2. Practice and game stretch/flex routine.
3. Keep accurate and up-to-date height/weight/strength records.
4. Assemble all team meetings and take roll.
5. Assist staff with team discipline.
6. Take roll at buses/meals and hotel curfew.
7. Assist trainer with travel meals.
8. Post pre-game warm-up times in locker room.
9. Oversee Lowell-Stevens weight room equipment/facilities.
10. Organize, supervise and assign all strength/conditioning coaches and their tasks.
11. Communicate with medical staff/trainer on physical well-being/injuries of players.
12. Practice plan/workouts for injured athletes (in conjunction with trainer).
13. Assist with recruiting visits-official and unofficial.
14. Upkeep/maintenance of weight room and equipment.

Skill Development/Assistant Strength and Conditioning Coach-Parker Whiteman

1. Develop, administer and implement position-specific skill development plan/exercises for each player.
2. Assist position coaches with administration of winter/summer written positions tests.
3. Assist with Strength/Conditioning Program.
4. Assign strength staff/GA's with position-specific agility drills.
5. Meet with position coaches regularly to get update on specific needs/wants for position specific exercises.
6. Duties assigned by the Head Strength/Coaching Coach.

Defensive Graduate Assistant- Mike Diangelo

1. Duties assigned by Head Coach.
2. Duties assigned by Defensive Coordinator.
3. Recruiting area calls/letters.
4. Assist with defensive backs.
5. Assist with defensive walk-on program.
6. Help run Scout Offense and Scout Special Teams (kick-off return and punt block)
7. Assist Defensive staff with playbooks, tests, etc.

Defensive Graduate Assistant-Hank Hobson

1. Duties assigned by Head Coach.
2. Duties assigned by Defensive Coordinator.
3. Recruiting area calls/letters.
4. Assist with linebackers.
5. Help run scout offense and scout special teams.
6. Assist staff with defensive tests.

Offensive Graduate Assistant-Kyle Quinn

1. Duties assigned by Head Coach
2. Assist Offensive Coordinator.
3. Recruiting area calls/letters.
4. Oversee/develop scouting reports.
5. Assist Coach Magee with offensive playbooks.
6. Assist Coach Michalczyk with O-Line.
7. Assist with offensive walk-on program.
8. Help run Scout Team Defense and Scout Special Teams (punt block and kick off)

Offensive Graduate Assistant- Kylan Butler

1. Duties assigned by Head Coach
2. Duties assigned by Offensive Coordinator.
3. Recruiting area calls/letters.
4. Assist with Scouting Reports
5. Assist Coach Magee with offensive playbooks.
6. Assist Coach Dews with Wide Receivers-particularly Slots.
7. Help run Scout Team Defense and Scout Special Teams

**GENERAL
JOB
DESCRIPTIONS**

Football Graduate Assistant

Job Areas and Responsibilities:

Assist Head Football Coach and Position Coaches with coaching, recruiting and administrative duties.

A. General Duties

- a. Attend coaching meeting
- b. Organize opponent scout team
- c. Run demonstration teams during practice
- d. Breakdown opponent video and provide scouting reports to coaches.
- e. Assist full time coaches with on field coaching as directed by the Head Coach and Coordinators.

B. Recruiting

- a. Assist coaching staff with recruiting calls and recruiting mailings.
- b. Assist coaching staff with on campus official and unofficial visits.
- c. Be responsible for a particular recruiting area
 - I. Including:
 1. Identifying potential prospects.
 2. Calling potential prospects
 3. Screening potential prospects for full time coaches to recruit.

C. Game Day

- a. Chart plays for coaches
- b. Provide coaching feedback to players at all direction of full time coaches.

D. Summer Camps

- a. Provide administrative support to the position coaches for summer camp.
- b. Assist in organization of position skill instruction.

Football Office Intern-

1. Assist staff with administrative duties.
2. Assist defensive staff with computer breakdowns and self-scout.
3. Type and print documents for defensive staff preparation.
4. Duties assigned by Head Coach.
5. Provide statistical data to assist coaches in game preparation/recruiting.

Football Staff Intern

Job Areas and Responsibilities:

Assist with management of the service and support functions of the Football program. Description as follows:

A. General Duties

- a. Maintain and update football computer database. Attach opponent data to video to allow assistant coaches to efficiently view opponent video.
- b. Work with football operations to help organize player housing.
- c. Type and print documents created by Assistant Coaches.
- d. Assist academic support staff with class checking of current student/athletes.
- e. Assist academic support staff with organizing and monitoring study table.
- f. Copying and distributing weekly opponent scouting reports.
- g. Creating, copying, and distributing team playbook.
- h. Monitor team curfew during pre-season training camp.
- i. Lifestyle monitoring of student/athletes. Monitor off campus student/athlete housing.

B. Recruiting

- a. Assist recruiting coaches with campus tours during official visits.
- b. Transport prospects to and from the airport during official visits.
- c. Transport prospects to and from academic meetings during official visits.
- d. Provide tours of Lowell-Stevens Football Facility for prospects on unofficial visits.
- e. Assist recruiting coaches with athletic campus tours during official visits.

C. Game Day

- a. Chart and record play calls and opponent play calls.
- b. Provide assistant coaches with statistical data compiled during the game.

D. Summer Camps

- a. Provide administrative support to the position coaches for summer camp.
- b. Assist in organization of position skill instruction.

STAFF NOTES

2015 STATE OF THE UNION

Entering our fourth season at Arizona, I believe that the type of culture and environment that is necessary to win championships is permeating our program.

While we still have a lot of work to do- especially in recruiting- to maintain a championship level, the attitude of having a hard edge with a desire to improve every day is more a part of our fabric.

We have to be willing to be creative-yet sound-in our methods. Our opponents are getting better so we must get "an edge" by being a little different in a good way.

Our core belief of working hard in a friendly environment will always be a staple of our program as we work to build the best program in America!

2015 Objectives/Goals

Objectives of Hideaway:

- To review every detail of the program
- To make sure every person involved in our program understands their responsibility and what they will be held accountable for.
- To make sure everyone is on the "same page" on all aspects of the program
- To have all three phases and their schemes reviewed and critiqued by the staff
- To plan our entire year
- To discuss problems, ideas, and solutions to better our program
- To answer any questions regarding all aspects of the program
- To make the necessary adjustments/modifications before august camp

Goals for the 2015 Season:

- Have the best conditioned and hardest playing team in the country
- Have the best disciplined team in the country
- Execute with confidence and great fundamentals
- Test our opponents' conditioning and force the opposing offense to be uncomfortable.
- Win all special teams phases
- Eliminate/Reduce negative yardage plays and turnovers on offense and create them on defense
- To be excited to compete each day and especially each game
- To take our players where they can't take themselves and enjoy the journey
- To be unselfish with no hidden agendas and team-oriented as players, coaches and staff.

Staff Philosophy

As a staff we should understand not only how we do things but why we do things. We must continue to believe every person in the program has value, is important and is shown respect.

Everyone should "DO YOUR JOB" as well as possible but be willing to help in any area if asked. We should all appreciate everyone's jobs and take great pride in doing our own better than anyone in the country.

We have to be demanding with our players yet make sure they feel appreciated and loved. Our players should look forward to visiting the football facility at all times. Our most valuable asset is our people and we always need to remember that.

Your families are important and they are welcome to the facility when you have time. Choose to communicate what you want/trust with them but they must know they represent the program as well.

I always welcome suggestions and ideas and input but everyone must understand that all my decisions won't always please everyone. We can enjoy our job, our process, and our time together while building our program to get better every day.

HOW TO ACCOMPLISH OUR GOALS

Kicking Game

Be creative and unique with our schemes but also be sound. The importance should be felt by all players and coaches. We should have a goal of setting up a score in every game. Our techniques should be taught well and execution should always be the priority. Try to get a lot of players involved and excited to play on these units.

Defense

Play fast and work hard both pre-snap and post-snap creating confusion for the opposing quarterback and coaches. Create negative yardage plays, missed assignments and turnovers by the looks we give. Take away the "easy stuff" and force them to execute the more difficult plays. Be physical and celebrate each stop..

Offense

Play fast, execute and control the tempo of the game. Run the system and force the defense to make plays. Value the possession and eliminate negative yardage plays and turnovers. Our goal should be to lead the PAC-12 in scoring.

Team

To be the hardest working and fastest playing team in America. Our players must feel that they can outwork their opponents before, during and after each snap. Our team must be totally prepared for every situation in every game both mentally and physically.

Staff

Work together with a common purpose and loyalty while respecting everyone's role and responsibilities. Each unit and aspect of the program is prepared and looked after on an "elite" level. Enjoy the process of building the best program in America.

STAFF NOTES

EXPECTATIONS

LOYALTY

- a. To me, each other and the entire football program.
- b. Do not publicly criticize anyone in the program.
- c. Defend each other in public (man on street knocks a coach, don't just shrug it off).
- d. We will succeed or fail with LOYALTY between men in here and their wives/families.

NO STAFF SECRETS OUT OF THE OFFICE

- a. Discussions of personnel.
- b. Problems and disagreements.
- c. Be careful what you tell your wives.
- d. Be careful what you say to the media (nothing is off record)
- e. Tell your players to stay in-house as well.

OFFICE HOURS/NOTES

- a. In-Season-7:30 am until finished. Best work is early; not late at night.
- b. Summer-office duty will be assigned.
- c. Out of Season-8:00 am until 5:00 pm
- d. Keep office clean and neat. We do not want sloppy GA, video, storage, or meeting rooms.
- e. Do not encourage loitering of outsiders in office or in dressing rooms.
- f. Do encourage your players to visit with you often.
- g. Take care of your own meeting rooms.
- h. Be available to communicate/check in when out of town

DRESS CODE

- a. Neat
- b. No other school's attire when in public.
- c. Sport coat when traveling by plane to away games/exceptions on return travel
- d. Recruiting-Casual
- e. Wear as much Arizona attire as possible.

CONDUCT

- a. Be careful of profane language around office, secretaries, and public.
- b. Don't curse at players-you can yell at what he does or doesn't do but don't make it personal.
- c. Don't embarrass program or fellow coaches with drunkenness, DUI, embarrassing actions in public, etc.
- d. Remember you are a leader of young men.
- e. It is good to be involved in church (voluntary, but it does set a good example for our players)/chapel.
- f. Get involved in university community, public speaking, etc.
- g. Never hit a player-you can get his attention other ways.
- h. Be enthusiastic and positive.
- i. Don't moonlight other jobs without my approval- I'd like for you to speak at clinics, etc.-just check with me for schedule.

GET TO KNOW YOUR PLAYERS

- a. The better you know them, the better you can coach them.
- b. Be professional.
- c. Don't offer or suggest things that you can't deliver.
- d. Have them develop pride in their position without diminishing the team concept.
- e. Help them develop in all aspects on and off the field.

RESPONSIBILITY

- a. Study and develop your knowledge of your position.
- b. Handle your players' off-field problems-let me know if you need my help.
- c. Don't practice or repeat mistakes-learn from them.
- d. Be the best at your responsibilities.
- e. Answer all mail and phone calls quickly
- f. Get the confidence and loyalty of all players you coach-first teamers to scout teamers.
- g. Don't rely on someone else to help you get something done.
- h. Know your job description, duties and responsibilities.
- i. Make sure you do your job and then you can help someone else.
- j. You get what you demand from your players.
- k. Communicate well with the staff at all times.

ROLE AS RECRUITER

- a. May be your greatest contributions to our staff.
- b. One great player may win a championship for us-don't shy away from the great ones- just have a back-up plan.
- c. Don't waste our money-don't try to out-spend or make money in recruiting-
ALWAYS BE HONEST!
- d. I will not back you in cheating! We are in a business for a lifetime. If something is "iffy," you must run it by me.

WIVES

- a. One of the most important assets to a coach.
- b. They often set your temperament and focus.
- c. Educate her and control her talk. She must understand our program, jobs, town and state.
- d. Solve office problems in the office-don't take them home to your wives.
- e. Be careful what you say to them.
- f. Make sure they are loyal to the staff and the program.
- g. Make sure they don't expect too many special favors from the start- understand our environment.

STAFF DECISIONS

- a. You have one vote-use it!
- b. I have one more than all yours added up-Respect it!
- c. I will listen to your opinions and I welcome them-know when it is time to move on. We can agree to disagree without being disagreeable.
- d. **COMMUNICATE**

COMMUNICATION

- a. Keep me posted what is going on with the players.
- b. An assistant's responsibility is to decrease my participation in decision-making, not to replace my participation in decision-making.
- c. Never keep something from me that I will be held accountable for (institutional Control)
- d. Communicate with each other in all areas-Academics, strength/conditioning/skill development, medical, etc.

ORGANIZATION

- a. Be organized and present facts-not generalizations
- b. Don't major in the minors.
- c. Cover/coach the fundamentals.
- d. Coach your position only on the field. Coordinators can correct all positions.
- e. Have a plan for each day/practice and go after it intensely. You don't always have to scream and holler, but you should always be intense.
- f. Don't let your work pile up on you-mail, phone calls, plans etc.
- g. Don't have GA's do things that you should be doing yourself.

DEMANDS ON PLAYERS

- a. Demand that your players always play full speed and with great effort and focus.
- b. Demand that they go to class and be responsible students.
- c. Demand that your players act mature and don't embarrass the program.
- d. We don't want any lazy people in our program.

STAFF MEETINGS

- a. You must be mentally tough and thick-skinned
- b. Respect my final say-so
- c. Once a decision is agreed upon in a staff meeting, then go outside and defend it.
- d. Be on time-my watch.

COORDINATORS ROLE

- a. On offense/defense-coordinators have the final say-so on scheme decisions, personnel, etc.
Always run personnel moves by me before you do them.
- b. I hold coordinators responsible for your position work.
- c. See me together on the tie-breaker decisions.
- d. I want you to battle the coordinator in staff meetings if you feel strongly about something.
- e. Let me know what we're doing!

KEY COMPONENTS TO A FOOTBALL PROGRAM'S SUCCESS

I. DISCIPLINE

This is the number one area of focus for the coaching staff in developing a consistent, highly-successful football program on and off the field.

A. Off-Field Discipline

1. The coaching staff will ensure that the student-athletes will not embarrass the program, the University, themselves, or families with any improper conduct. The Head Coach will be the main facilitator and will always demand proper conduct.
2. The student-athlete will be required to attend class and conduct themselves properly in the classroom.
3. The student-athlete will abide by university and program rules at all times.
4. Punishment for improper behavior will be immediate and stern, but consistent and fair.
5. Repeated disciplinary problem student-athletes will be suspended.
6. Student-athlete will be constantly reminded that they represent the university, a state, a program, and teammates, in addition to their families with all of their off-field activities, as well as their on-field activities. Thus, they will be held a higher standard than normal students.
7. The Head Coach will always be aware of potential or current discipline problems and will act swiftly to prevent any problems.
8. The coaching staff will have constant communication with academic services and have weekly updates on class attendance and weekly updates on academic progress.
9. The student-athlete will conduct themselves as a gentleman on trips, functions, with the media, and in other public arenas.
10. The student-athletes will follow a year-round academic program and will graduate with their degree. The coaching staff will constantly provide the motivation to achieve this.

B. On-Field Discipline

1. Stupid penalties will not be tolerated.
2. Any actions that bring attention to the individual and not the team will not be tolerated.
3. The coaching staff will ensure that their particular segment/position players will be disciplined in their techniques and fundamentals.
4. The sideline behavior and organization will always be well-structured.
5. The players will conduct themselves with class before and after each game as well.

II. RECRUITING

We will have a recruiting plan that will enable us to attract the best student-athletes that we can get on a consistent basis that will enable us to win Championships and graduate our athletes.

1. We must build a solid relationship with high school coaches and programs.
 - a. Camps and Clinics
 - b. Speaking opportunities throughout the state.
 - c. Phone contact with high school coaches on a consistent basis.
 - d. Letters to high school coaches on a consistent basis
 - e. Personal invitations to practices and games.
 - f. High visibility at state functions; clinics, games, etc.
 - g. Spring recruiting -the coaches will always pay close attention to in-state prospects and be extremely organized in their evaluation process.
 - h. Use Social Media

2. Build a relationship with all the top prospects in the state and within our recruiting areas as early as possible (within NCAA regulations).
 - a. Letters sent on a consistent basis.
 - b. Phone calls when allowed.
 - c. Encourage participation in summer football camps.
 - d. Send invitation for unofficial visits (Jr. Day, etc.)
 - e. Sell the program and university at every opportunity.
 - f. High visibility in community relations and local events.
 - g. Use Social Media

3. Persistence, enthusiasm and great energy in our approach to recruiting.
4. Relentless year round evaluation, identification and organization of prospects.
5. Coaching staff with detailed recruiting responsibilities.
 - a. No stone goes unturned in the search for great players.
 - b. Use an aggressive, exciting demeanor in our approach to recruiting, yet always remaining within the rules.
 - c. Develop relationships with prospects, their coaches, their families, and the people who are important to them.
6. Have a year-round long recruiting plan that will enable us to accomplish something every day in the recruiting process.
7. Update the recruiting board and mailing list on a daily basis.
8. Plan great visits for prospects during contact period.
9. Recruiting coordinators will have extensive 12-month calendar and notebook that will cover all aspects and daily functions.
10. The staff will always know and abide by NCAA rules and will always maintain the highest possible ethical and normal standards in all recruiting efforts.

III. STUDENT-ATHLETE DEVELOPMENT

The Coaching staff will be responsible for developing our student-athletes into the best player/student/person that he can be.

A. In the Classroom

1. Provide motivation, guidance and discipline for each player in their segment to achieve success and graduate.
2. Take a personal interest in "high-risk" students to aid in their development as a student.

B. Off the Field Maturation

1. Provide guidance and discipline for each player in their segment to prepare them for "Life outside football" and as a current representative of the program.
2. Encourage and nurture a "Family" atmosphere with the staff and players in the program including the staff's families, as well as the player's families.

C. In the Strength/Conditioning Program

1. Provide motivation, discipline and guidance in making our players faster, stronger, bigger, and in better condition than any of their opponents.
2. Provide guidance and teaching models so players can enhance their individual football skills (throwing, catching, etc.) on their own during off-season times.

D. In Mental Aspects of Football Program

1. Provide motivation and positive examples of how to succeed on/off the field.
2. Give written tests/quizzes to players regarding our offensive/defensive/special teams schemes on a consistent basis.

E. In Individual Positions

1. Provide teaching and development of each position's individual techniques and fundamentals.
2. Always research the "latest" and "best" ways to teach a position technique to see if it can improve the player's performance.
3. Be the best teacher of that position in the country.

ORGANIZATIONAL POINTS OF EMPHASIS

I. Coaching Staff

- A. Assistants must have experience and winning experience helps.
- B. Assistants must have knowledge and understanding of all aspects of the football program.
 - 1. Knowledge of particular position.
 - 2. Knowledge of NCAA rules and regulations.
 - 3. Knowledge of developing the student-athlete.
- C. Assistants -must meet the following criteria:
 - 1. They must be loyal.
 - 2. They must be honest.
 - 3. They must be dedicated.
 - 4. They must be interested in building a program that will be consistently successful.
 - 5. They must be interested in enhancing their understanding and knowledge of the game.
 - 6. They must care for our players, but not baby them.
 - 7. They must be active on campus and in the community.
 - 8. They must be inquisitive
 - 9. They must be willing to accept constructive criticism, be open to suggestions and be able to adapt to various schemes.
 - 10. They must work hard.
 - 11. They must represent the program and institution in a positive image at all times.
 - 12. They must be disciplined and be able to discipline, motivate and teach their student-athletes.

II. Fundraising will be essential to the Development and Maintenance of the Program. The Coaches will be involved with:

- A. Speaking and appearing at various alumni functions, fundraisers and dinners.
- B. Participation in g()lf tournaments to benefit the college and athletic programs.
- C. Visit large donors and contributors in person (when time permits) during the off-season and summer.
- D. Involve former Lettermen with spring functions and Honorary Captains in fall.
- E. Thank you notes to major contributors when asked by Head Coach. Let Head Coach lead in this regard.

III. Public Relations will be emphasized by the entire Coaching Staff.

- A. The coaches will attend as many alumni functions as possible and will promote the program and college.
- B. The coaches can become involved in local civic organizations.
- C. The coaches will deal politely and promptly with local media and out-of-state media to promote a positive "up-front" image.
- D. The coaches will put on a clinic each spring and openly invite high school coaches to visit with them.
- E. Practice sessions will be open to the public during selected times during the spring practice session.
- F. We will promote and have a highly successful football camp on campus.
- G. The coaches will become involved and seen at campus activities and promote the school at every opportunity.
- H. The coaches will conduct a ladies clinic each summer on campus.

IV. Our Student-Athletes will make a commitment to Graduating with a Four-Year Degree.

- A. We will recruit students who will have the proper academic requirements and who show a desire to excel and succeed academically.
- B. Class attendance will be mandatory at all times.
- C. Monitored study halls will be attended four days a week.
- D. The Head Coach and assistants will be assigned student –athletes for counseling and academic up-dates on a weekly basis.
- E. The coaches will ensure that their student-athletes will use all of the available university resources to help them academically.
- F. An incentive program for academic success will be implemented by the football staff.
- G. The coaching staff will ensure that their student-athletes will not embarrass the program with improper actions in the classroom.

V. Recruiting High-Quality Student-Athletes will be a Top Priority and a Major Key to our Success.

- A. We will recruit student-athletes that can succeed academically at our school.
- B. We will recruit student-athletes that meet our criteria (listed below) to play at our level:
 - 1. Athletic Ability
 - 2. Competitiveness/Football savvy/Character/Love of the game
 - 3. Speed and Quickness
 - 4. Strength and Aggressiveness
 - 5. Height/Weight Specifications
- C. We will recruit student-athletes that have character and maturity to have success on and off the field.

- D. We will recruit any local player that meets the above criteria and we feel can contribute to our program.
- E. We will be honest and up-front with high school coaches and build a positive rapport with them.
- F. We will always be aware of any changing NCAA rules or regulations and will inform prospective student-athletes of the updated requirements.
- G. We will always be positive when recruiting and selling our program.
- H. We will always promote the academic programs at our school and the education that the prospect can receive.
- I. We will promote our philosophy of offense, defense and special teams to the prospect and his potential role in those areas.
- J. We will always be honest with the prospects in all aspects of the recruiting process.
- K. We will promote the entire campus and community to the prospect and fully explain his expected role and responsibilities.
- L. We will promote our coaching staff, players and program to each prospect and explain our "Commitment to Excellence."
- M. We will make each recruiting visit a special, thorough experience for recruits.
 - 1. We will use a video presentation to introduce the academic and campus life.
 - 2. We will attempt to combine our visits with a basketball game so that the prospect can see the excitement and enthusiasm created by our other sports programs.
 - 3. The coaching staff will be personally involved in the campus tours and will get to know each recruit and their family thoroughly and have them get a comfort level with the university.

VI. We will cooperate and Support other Sports and Campus Programs.

- A. The coaching staff will attend other games and functions when possible.
- B. The coaches will work together to recruit a dual-sport athlete.
- C. We will always be considerate of other sports' needs for use of the facilities.

VII. We will Show "Class" in our Attire.

- A. We will commit to looking sharp on and off the field; with our uniforms and off the field.
- B. The coaching staff will dress neatly at all times and always project a positive image.

VIII. We will always maintain our Facilities and Equipment with the utmost care.

- A. The locker rooms, offices, equipment rooms, etc...will always be kept as neat as possible.
- B. Our players and coaches will keep their residence as clean and neat as possible.
- C. The coaches will commit to helping raise money to upgrade facilities as needed.

IX. We will instill Discipline and Communication between Players, Coaches and Administration in order for our Program to reach and maintain its potential.

- A. We will have a discipline policy that is demanding but consistent and fair.
- B. We will communicate with our players concerning academics, athletics and social life so we can maintain the necessary rapport that the student-athlete can thrive with.
- C. We will always maintain that discipline is the foundation of success for our program. We are convinced that a student-athlete can be successful if we create a direction and are consistent in following that course.

X. We will adopt a Year-Round Training and Academic Program for our Student- Athlete.

- A. We will provide yearly strength and conditioning program for our student-athletes that will help reach their fullest potential.
- B. The program will be closely monitored during the academic year by the coaches and over the summer by the student-athlete and strength staff.
- C. Each student-athlete will follow a yearly academic goals guideline and follow a consistent plan toward their degree.
- D. The coaches will involve guest lectures with the team throughout the year to stimulate student-athletes growth, discipline and unity.

XI. Summary Statement

There are many areas that must be pulled together to create a positive atmosphere that is conducive to a successful program. I feel that the general outline that I have listed explains my vision and plan for a successful football program. With cooperation and organization, I am convinced that I can lead our program to the pinnacle of success and maintain it on the highest level. We have done it before and are continuing to do it now.

ARIZONA[®]

FOOTBALL

GOLDEN RULES

- 1) DO NOT EMBARRASS the program or your family.
- 2) Give the best effort on the field, in the weight room, in the film room, in the classroom. COMPETE!!
- 3) Be a good TEAMMATE.
- 4) Live and train like an Elite Athlete.
- 5) Represent the program the right way-Humble and Hungry – in the way you act and the way you talk.

Player Rules

I. General Rules

1. DO NOT EMBARRASS the Program!
 - a) Maintain our Motto- Most disciplined, Hardest playing, best conditioned Team in America!
 - b) No one is indispensable. Team rights supersede individual rights.
2. Be on time for all meetings, meals, classes, etc.
 - a) The official time is on Coach Rod's wrist. Call before, not after, if you have an emergency.
3. Designated spots for bulletins will be in the locker room and equipment room. Notices will be up by 11:00am. CHECK EACH DAY! Also make sure we have your updated phone numbers for texting purposes.
4. See or communicate with your position coach before missing or being late to meetings, practice, workouts, etc. even if the doctor, trainer or head coach excuses you.
5. Unexcused absence or other mistakes will mean immediate disciplinary action. Discipline will be fair but not always the same-depends on what you have done in the past.
6. Class attendance is MANDATORY! DO NOT Drop classes without seeing academic advisor AND informing position coach.
7. No hats, sunglasses or headsets are to be worn in meetings or study hall.
8. No cell phone use in Locker Room, Training Table or Field.
9. Dress Code- Coach Rod will set the travel attire for the game trips. During any football related time- practice, workouts, meetings, interviews- No jewelry. Hair and facial hair should be neatly trimmed and cut. Pants need to be worn at waist level. No other college/University attire to be worn.
10. Press/Media
 - a) Always be complimentary- About teammates and opponents
 - b) Use social media- Twitter, Facebook-With Caution
 - c) Football info stays within football family- WHAT YOU SEE HERE AND HEAR HERE, STAYS HERE WHEN YOU LEAVE HERE!

11. We will drug test everybody- We will have a 100% Drug Free football team!
12. No Alcoholic beverages if under 21 years of age. Being intoxicated at any time is against the rules!
13. All injured players must receive treatment or see a trainer when training room opens at 7:00am each morning.
14. We dress alike for workouts and practices. Practice clothing to be worn as issued- Don't cut/Tie up Jerseys, etc. Do not cut mouth pieces, all ankles must be taped or braced for practices- OL/DL wear braces for knees.
15. Living off campus is subject to approval by Head Coach and position coach. Off-campus subject to moving back on campus.
16. Keep locker room and individual lockers neat and clean
 - You are responsible for your equipment and valuables
 - If something isn't yours, don't take it. Stealing means automatic dismissal.
 - Keep floors clean- pick up tape and trash.
 - Flush toilets and turn showers off when finished.
 - We have female trainers- watch language and mannerisms.
17. In training/Practice- NEVER BEND OVER when fatigued!
18. Do not talk to agents/runners and don't accept free things. Remember NCAA rules!!
19. BE A GREAT TEAMMATE- best way is to be of service and help when needed.
20. Communicate with staff- Don't be a locker room lawyer.
21. Do your BEST.

PULL THE ROPE!!

STRENGTH AND CONDITIONING NOTES

1. Chris-Review our current in-season and year-long plan.
2. Any changes needed for in-season (with no open dates) for travel squad?
3. Do recruit guys have off-season program going on during season?
4. Discuss our injured athlete plan?
5. Discuss our game day strength staff duties. Any problems last year keeping guys off the white on sidelines?
6. Discuss discipline with position coaches. It needs to be immediate, fair and smart.
7. We need to continue to monitor, award, recognize and update record-breakers!
8. Discuss training table/nutrition/snacks.
9. What about custom-made recovery shakes?
10. Do we need a more structured post-workout recovery plan?
11. Discuss our conditioning—in –season, winter session, summer.
12. Do we have before/after profile pictures of the guys? Should we put a couple of the most dramatic ones in the weight room?
13. Is the “Shed” being used effectively? Should we incorporate more time in there?
14. Should we have record breakers/position leaders pictures in the weight room?
15. Who are the hardest workers in the weight room? Who are the slackers?

TRAINING ROOM AND MEDICAL NOTES

1. Who is on our medical staff and what are their duties? Show pictures of staff.
2. Discuss current injury status?
3. What were our most common injuries this past year?
4. Are our knee braces/ankle braces updated?
5. Do we do vision tests each year?
6. Who is on medical redshirt? What are they doing? Any potential new ones?
7. Did we have any significant weight loss during the season? Do we weekly monitor it?
8. Discuss our flexibility/muscle weakness testing.
9. Do we have any issues with delayed appointments/surgeries, etc.?
10. Do we have enough trainers/water/Gatorade for summer workouts?
11. List guys that need "specialized" running/conditioning programs.
12. Discuss our concussion protocol.
13. Do our student trainers feel appreciated?
14. Any idea for a new "recovery" room in the future?
15. Any diet or food adjustments needed for this coming season?

ACADEMIC NOTES

1. Discuss our Academic staff for football and what their roles are. Show pictures.
2. Any suggestions for incentives/motivations/awards?
3. Discuss our class checking procedures, policy and reliability.
4. Discuss our APR? What is it and how can we improve it?
5. Discuss our newcomers' summer school schedule.
6. Who will graduate in summer, in December? What 4th year players need to graduate?
7. Who are our high-risk players academically?
8. Any suggestions to improve academic performance?
9. Are we more pro-active with regards to coaches knowing assignments/projects/tests that are coming up?
10. Are we making sure that our guys are "engaged and participating" in class?



2015-2016 Academic Calendar

Fall 2015	
International Undergraduate & Graduate Orientation	August 11-13, 2015
Graduate Orientation	August 19, 2015
Classes begin	August 24, 2015
Labor Day - no classes	September 7, 2015
Honors Convocation - no classes between 3-5 p.m.	Traditionally held in October on Friday of Family Weekend
Veterans Day - no classes	November 11, 2015
Thanksgiving recess	November 26-29, 2015
Last day of classes and laboratory sessions	December 9, 2015
Reading Day - no classes or finals	December 10, 2015
Final examinations	December 11-17, 2015
Degree award date for students completing by close of Fall Session	December 18, 2015
College and Department Convocation Ceremonies	Please click on link in left column for a complete list of convocation ceremonies

Winter 2015	
Classes begin	December 21, 2015
Christmas Holidays - no classes	December 24-25, 2015
New Year's Holiday - no classes	January 1, 2016
Last day of classes and examinations	January 12, 2016
Degree award date for students completing by close of Winter Session	January 13, 2016

Spring 2016

International Undergraduate & Graduate Orientation	January 5-7, 2016
Classes begin	January 13, 2016
Martin Luther King Jr Holiday - no classes	January 18, 2016
Spring recess - no classes	March 12-20, 2016
Last day of classes and laboratory sessions	May 4, 2016
Reading Day - no classes or finals	May 5, 2016
Final examinations	May 6-12, 2016
<u>Commencement</u>	May 14, 2016
Degree award date for students completing by close of Spring Semester	Saturday, May 14, 2016

Summer 2016

Pre-Session

Classes begin	May 16, 2016
Memorial Day Holiday -- no classes	May 30, 2016
Last day of classes and examinations	June 4, 2016

Summer Session I

Classes begin	June 6, 2016
Independence Day observed -- no classes	July 4, 2016
Last day of classes and examinations	July 7, 2016

Summer Session II

Classes begin	July 11, 2016
Last day of classes and examinations	August 10, 2016
Degree award date for students completing by close of Pre-session, Summer Session I or II	August 11, 2016

**Pre-Season
Camp
Itinerary**

Pre-Season Camp Itinerary-2015

ARIZONA FOOTBALL

Tuesday-August 4, 2014 6:00pm

1st Team Meeting

-Roll Call	Strength Staff
-Media Relations	Molly O'Mara
-Training Room	Randy Cohen
-Equipment Room	Wendell Neal
-Video	Tim Cummins
-Weight Room	Chris Allen
-Rules/Goals/Schedule	Coach Rod
-Individual Position Meetings	Position Coaches

Tuesday, August 4, 2015

1:00pm- 4:00pm- Player Headshots

4:00pm- Team Meeting-Compliance

5:00pm-Dinner

6:00pm- Team Meeting

7:30pm-Snacks

10:30pm- Curfew-Lights out

Wednesday, August 5, 2015

Practice #1 (Helmets)

10:00am- Brunch

11:00am- Team Meeting

11:30am- Special Teams Meeting

12:00pm- Individual Meetings

1:00pm- Newcomer Walk-Thru

3:30pm- Snacks

4:00pm- Team Meeting

4:15pm- Individual Meetings

5:30pm- Practice #1 (Helmets)

8:15pm- Dinner

11:00pm- Curfew- Lights out

Thursday-August 6, 2015

Practice #2- Helmets

10:00am- Brunch

11:00am- Team Meeting

11:30am- Special Teams Meeting

12:00pm- Individual Meetings

1:00pm- Newcomer Walk-Thru

3:30pm- Snacks

4:00pm- Team Meeting

4:15pm- Individual Meetings

5:30pm- Practice #2 (Helmets)

8:15pm- Dinner

11:00pm- Curfew- Lights out

Friday-August 7, 2015

Practice #3-Shells

8:00am-Treatments/Breakfast

9:30am-Off. Lift/Def. meet & walk-thru

10:45am-Def. Lift/Off. meet & walk-thru

12:00pm-Special Teams walk-thru

12:30pm-Lunch

4:00pm-Snack

4:30pm-Team meeting

4:45pm-Individual meetings

5:00pm- Practice #3 (Shells)

8:30pm (approx.) – Dinner

11:00pm-Curfew-Lights out

Saturday-August 8, 2015

Practice #4-Shells

8:00am-Treatments/Breakfast

9:30am-Def. Lift/Off. meet & walk-thru

10:45am-Off. Lift/Def. meet & walk-thru

12:00pm-Special Teams walk-thru

12:30pm-Lunch

4:00pm-Snack

4:30pm-Team meeting

4:45pm-Individual meetings

5:00pm- Practice #4 (Shells)

8:30pm (approx.) – Dinner

11:00pm-Curfew-Lights out

Sunday-August 9, 2015

No Practice

9:00am-Treatments

10:00am-Brunch

11:00am-Individual Meetings

12:30pm-Special Teams Meeting

5:00pm-Dinner

6:00pm-Team Meeting

6:30pm-Individual Meetings

11:00pm-Curfew-Lights out

Monday-August 10, 2015

Practice #5-Full

10:00am- Breakfast/Treatments

11:00am-Team Meeting

11:30am-Special Teams Meeting

12:00pm-Individual Meetings

3:30pm-Snacks

4:30pm-Team Meetings

4:45pm- Individual Meetings

6:00pm-Practice #5 (Full)

3:30pm- Dinner

11:00pm-Curfew-Lights out

Tuesday-August 11, 2015

Practice #6 & #7

7:00am- Full Breakfast/Treatments

8:30am- Practice #6 (Helmets/Vests)

11:30am- Lunch

3:00pm-Snack

4:00pm- Special Teams meeting

4:30pm-Individual meetings

6:00pm- Practice #7 (Full)

8:00pm- Dinner

10:30pm-Curfew-Lights out

Wednesday-August 12, 2015

Practice #8-Shells?

8:00am-Breakfast/Treatments

9:30am-Def. Lift/Off. meet & walk-thru

10:45am-Off. Lift/Def. meet & walk-thru

12:00pm-Special Teams walk-thru

12:30pm-Lunch

4:00pm-Snack

4:30pm-Team meeting

4:45pm-Individual meetings

5:00pm- Practice #8 (Shells)

8:30pm (approx.) – Dinner

11:00pm-Curfew-Lights out

Thursday-August 13, 2015

Practice #9 & #10

7:00am-Full Breakfast/Treatments

8:30am-Practice #9 (Helmets & Vests)

11:30am-Lunch

3:00pm-Snack

4:00pm-Special Teams meeting

4:30pm-Individual meetings

6:00pm- Practice #10 (Full)

8:00pm- Dinner

10:30pm-Curfew-Lights out

Friday-August 14, 2015

Practice #11 (Shells) ?

8:00 am-Treatments/Breakfast

9:30am-Def. Lift/Off. meet & walk-thru

10:45am-Off. Lift/Def. meet & walk-thru

12:00pm-Special Teams walk-thru

12:30pm-Lunch

4:00pm-Snack

4:30pm-Team meeting

4:45pm-Individual meetings

5:00pm- Practice #11 (Shells)

8:30pm- Dinner

11:00pm-Curfew-Lights out

Saturday-August 15, 2015

Practice #12 (Full)

7:00am-Breakfast/Treatments

8:30am-Practice #12(Full)

11:30am-Lunch

2:00pm Snack

2:30pm Team Meeting

2:45pm- Special Teams Meeting

3:00pm-Individual Meetings

4:30pm Busses leave for Ft. Huachuca

5:30pm- Dinner with Soldiers

8:30pm-Team Meeting

10:30pm- Curfew

Sunday, August 16, 2015

9:00am-Brunch with Soldiers/Community?

10:30am-Leave for Tucson

Noon (Approx.)- Team Recovery Session

4:00pm- Dinner

5:30pm-Team Meeting

11:00pm-Curfew

Monday-August 17, 2015

Practice #13 & #14 (Helmets/Shells)

7:00am-Full Breakfast/Treatments

8:30am-Practice #13 (Helmets/Vests)

11:30am-Lunch-

3:00pm-Snack

4:00pm-Special Teams Meeting

4:30pm- Individual Meetings

6:00pm-Practice #14 (Shells)

8:00pm-Dinner

10:30pm-Curfew-Lights out

Tuesday-August 18, 2015

Practice #15 (Full)

8:00am-Treatments/Breakfast

9:30am-Def.Lifts/Off. Meets

10:45am-Off. Lifts/Def. Meets

12:00pm-Special Teams walk-thru/Lunch

3:30pm-Snack

4:30pm-Team Meeting

4:45pm-Individual Meetings

5:45pm-Practice #15 (TBD)

8:15pm-Dinner

11:00pm-Curfew-Lights out

Wednesday-August 19, 2015

7:00am-Breakfast/Treatments

8:30am-Practice #15 (Helmets/Vests)

11:00am-Lunch

3:00pm-Snack

4:00pm- Team Meeting

4:30pm-Individual Meetings

6:00pm-Active Walk-Thru

7:30pm-Dinner

10:30pm-Curfew-Lights out

Thursday, August 20, 2015

8:00am-Treatments/Breakfast

9:30am-Off.Lifts/Def. Meets & Walk-Thru

10:45am-Switch

12:00pm-Special Teams walk-thru/Lunch

3:30pm-Snack

4:30pm-Team Meeting

4:45pm-Individual Meetings

5:45pm-Practice #16 (Full)

8:15pm-Dinner

11:00pm- Curfew

Friday, August 21, 2015

7:30am-Treatments/Breakfast

9:00am-Practice #17 (Helmets/Vests)

11:30am-Lunch

2:30pm-Team Yoga

4:00pm-Individual Meetings

5:00pm-Dinner

Post Dinner-Individual Meetings if necessary

11:00pm-Curfew-Lights out

Saturday, August 22, 2015

7:00am-Treatments/Breakfasts

8:30am- Practice #18 (Full)-Scrimmage

11:00am-Lunch

2:30pm-Team Meeting/Special Teams Meeting

3:00pm- Individual Meetings

4:30pm-Departfor La Paloma

6:00pm- Dinner

7:00pm- Team Meeting

11:00pm-Curfew

Sunday, August 23, 2015

8:00am-Treatments

9:30am-Breakfast (La Paloma)

10:15am-Leave for Stadium

11:00am- Media Day

12:00pm-Team Photo/Position Photo/Sr. Photo/Family Photos

4:30pm-Team Meeting

4:45pm- Individual Meetings

6:00pm- Dinner at Coaches Homes

Midnight-Curfew

Monday, August 24, 2015

1st Day of Classes

3:00pm-Athletic Department Student-Athlete Meeting

4:00pm (Approx.)-Practice

Tuesday, August 25, 2015

Regular Meetings/Practice

Wednesday, August 26, 2015

Beanie Bowl Schedule (7:00pm Kick-off)

Thursday, August 27, 2015 and Friday, August 28, 2015

Regular Meetings/Practice

Saturday, August 29, 2015

Day off for Players

Sunday, August 30, 2015

Game Week-Tuesday

IN-SEASON PRACTICE SCHEDULE

SUNDAY (4 Hours)

4:00 pm Team Meeting
Offense/Defense Individual Meetings/Lift
7:00 pm Practice

MONDAY

Day off – Players

TUESDAY (4 Hours)

45 Minute Lift
2:30 pm Individual Meetings
3:30 pm Walk-Thru
3:45 pm Practice

WEDNESDAY (4 Hours)

7:00 am Treatments
2:30 pm Individual Meetings
3:30 pm Walk-Thru
3:45 pm Practice

THURSDAY (3 Hours, 15 Minutes)

2:30 pm Position Meeting
3:00 pm Specials Teams Meeting
3:40 pm Walk-thru
3:55 pm Flex
4:00 pm Practice (Helmets/Vest) 18 Periods

FRIDAY**(1 ½ Hours)**

3:00-3:30 pm	Special Teams Meeting
3:30-4:00 pm	Practice
6:30-7:00 pm	Meetings

Recruiting Notes

1. Discuss recruiting areas
2. Discuss In-State recruiting-offers, holds, walk-ons, top juniors, etc.
3. Discuss official/unofficial visits.
4. Discuss evaluation process-film, camp, at school etc.
5. Discuss how to determine OKG's. Hard questions, watch workouts, multi-sport guys, etc.
6. Discuss game day experience for recruits.
7. Discuss national recruiting philosophy-unofficial visits, etc.
8. Discuss walk-on program--- improvements, emphasis.
9. How many mid-year guys can we bring in?
10. Our Communication must be consistent and thorough.
11. Know the rules.
12. Discuss our positives and negatives.
13. Review our numbers and position needs.
14. Discuss recruiting board.
15. Review 2-Deep and who recruiting each guy and where they are from.
16. How do we narrow our focus and targets?
17. How can we attract more top prospects to campus?
18. What do our current players say is the reason they came here?

Special Team Notes

1. Who are our coaches for each unit?
 - Punt
 - Punt Block
 - Kick-off
 - Kick-off Return
 - FG
 - FG Block
2. Review our schemes/plan/adjustments for each unit.
3. Who are our:
 - Punt Returners
 - Kick Returners
 - Long Snappers
 - Holders
 - FG Kickers
 - Kick-off Kickers
 - Punters
4. Punt team questions:
 - Work equally rugby/regular punts
 - Increase tempo
 - Offense punt-our QBs need to practice punting- need to work on QB/Punter in at same time
 - Formation variety
 - Personnel
 - Recognition of one/two returners
5. Punt block questions:
 - Increase pressure-Do we have two separate units?
 - Practice individual techniques-get-offs/angles, etc.
 - Schemes vs. normal and spread punts

- Personnel-single returner and two returners
6. Kick-off questions:
 - Regular/bloop/squib kicks
 - Personnel
 - Use of surprise kick
 - Ways to get possession

 7. Kick-off return questions:
 - Simple schemes
 - Add a reverse (fake)-use more often
 - Kick-off or punt after safety
 - Hands team scheme/personnel
 - Personnel
 8. We need to pressure (mentally) our kickers/punters often (fifths, up-downs, etc.)
 9. When do we practice catching squib/bloop kicks? We need to emphasize ball security.
 10. We need to take time to teach punters/kickers what to do with bad snaps (take safety, throw ball, etc.) (Come up with all possible situations.)
 11. We need to do fast FG (JET) often.
 12. Review our communications on kick-off returns, bloop kicks, and punt returns.
 13. Review walk-thru/meetings times during camp and in-season.
 14. Review our 7:30 am special teams meeting during the season (M-T-W-Th).
 15. Review kicking game checklists and reminders.
 16. Review kicking game emphasis.
 17. Review practice organization regarding special teams (when to practice/rep each unit). Should kick-off return/kick-off units get extra time-practice during skelly because mostly involves back-ups?
 18. How can we reward special teams performers-White shirts, etc?
 19. Any new ideas for special teams? What about increasing tempo on punt/punt block?

Complete Kicking Game Checklist and Reminders

Punters

1. Time punter and snap. Who will take kicking in practice?
2. Time ball in the air.
3. Punting out of bounds.
4. Pooch Rugby kick.
5. Punt snap (work on) low-high to both sides.
6. Punters snap from end zone (practice). Don't step on end line.
7. When to take a safety on a bad snap.
8. What to do versus ten-man-rush-free man rushing.

Punt Receivers

1. Handling punts-read punter's follow through-pick up ball as it leaves punter's foot-read the back end of the ball.
2. Don't let the ball hit the ground-average 17-yard roll.
3. Handling sliced punt- if you can't handle it, get away from it.
4. Fair catch rule. (All facets)
5. Peter the ball (inside the 10 yard line or a short punt).
6. Peter the ball at the end of game or half time when we don't want to handle punts.
7. Standing on 10 yard line and punt going over your head don't simulate fair catch-go through receiving motions-be an actor. This may cause punt coverage to pull up and allow ball to go into the end zone.
8. Catch punts-with defender distracting you.
9. Depth of returner should always be correct.
10. When do the returners pick up a bouncing ball? Waist-high bounce?

Punt Returners

1. Must work versus a punter so that we are conscious of forcing the punter to kick on rhythm.
2. Goal: average 10 yards a return. Make 1st down.

Onside Kick

1. Best after we have gained field position on kick –off from ensuing 15 yard penalty.

Defensive Kicking Game

1. K.O. coverage and returns.
2. Punt returns, punt rushes, and coverage's.
 - a. Drill for punt block...Can we change up to break monotony?
3. Extra Point and Field Goal Defense.
 - a. Rush
 - b. Fake
 - c. Two Point Try
 - d. Rush from right-left or west side of field
4. Emphasize 7 Don't(s) of Kicking Game (Punt)
 - a. Don't be off sides
 - b. Don't rough kicker
 - c. Don't clip
 - d. Don't block below the waist
 - e. Don't let the ball hit the ground
 - f. Don't get penalized for holding
 - g. Don't block behind the returner

KICKING GAME SCOUTING CHECKLIST

Punt Return

- a. Where kicker places ball
- b. Can we block the punt (what block)?
- c. Who must we hold up to get a return?
- d. Fake or special plays?
- e. What is the block point?
- f. Does snapper give the clues?

Punt

- a. What type of return do they use?
- b. What type of block do they use?
- c. Who not to punt to

- d. Special return or reverse

Kick-Off Coverage

- a. Returned used (any special)
- b. Who not to kick to
- c. Best type of kick and coverage

Kick-Off Return

- a. Return to use
- b. Who must we block?
- c. Ready for unusual type of kick

Extra Point Block

- a. Can we block it?
- b. What type of block to use?
- c. Do they do anything special?
- d. Will they fake it?
- e. Do they go "tackle over"?
- f. Does the snapper give any clues?

Extra Point

- a. Type of rush used
- b. Who must we block?
- c. Any special blocks?
- d. What are our fakes?

Kicking Game Emphasis

- a. Separate kicking tape each Sunday and study.
- b. Get comprehensive kicking game work on Sunday/Thursday. Punt Pro and FG/Extra Point every day.
- c. Coach gets anyone he wants on kicking team except QB's.
- d. Get good personnel on kicking team...select specialist and use them.
- e. Have a "plan" on field not just lectures (punt from 1 yard line, safety, etc.).
- f. Don't let yourself get in a rut with kicking game drills.

Kicking game coaching points: (Change up defense kicking game predictability)

A. Block Punt

1. Who runs fastest 10 yards?
2. Who will stick nose on the ball?
3. Now coach it:
 - a. Its predictable..."they are going to punt" Let's go get them (same as when we know run or pass.)
 - b. Where does punter hit the ball? How much time?
 - c. Psychological effect on 10 man rush...shank?
 - d. Make stance same whether block or return
 1. Sprinters stance 6' off ball? Move five linemen.
 2. Nose pointed to "spot"...cocked and coiled.
 3. Most important 9 yards of your life.
 - e. Does their center "rock"? How many times he looks up!
 - f. Don't be predictable!! (Rush vs. Return) Hide it!

B. Returning a Punt

1. Make a first down (10 yards)... up the middle and take crack if there.
2. Catching ball coming forward worth 5 yards.
3. Don't let ball hit ground.
4. Sideline return...up middle and break out. (1st land up middle-take it!)

5. Who is first man down? Slowest down? Who contains?
6. Can punter or FB throw?
7. Chart where ball hits and line safety up accordingly.

C. Weather Plan

1. Punt block better on wet day- windy day.
2. Catcher and kicker on wet/windy day.

Defensive Notes

1. Review our Defensive staff assignments-scouting report, scout team, game day, self-scout, summer scouting reports, game plans, opponent tendencies (tempo), special skills (pass rush, cover, etc.)
2. Review our defensive depth chart.
3. Discuss which offensive guys could help the defense.
4. Any change in practice plans needed to help the defense?
5. Do we practice tackling enough? What about cut blocks?
6. Discuss our defensive install.
7. Discuss Swat/40/Special defensive personnel teams—Can we get our fastest most athletic guys all on field at same time?
8. Discuss our “High” and press man looks.
9. How can we improve turnovers and negative yardage plays?
10. Discuss our quick check system (Mayday, SOS, Fire, etc.)
11. Discuss the strengths/weaknesses of our defensive personnel?
12. Discuss the conditioning level of our defensive guys.
13. How can we create more offensive penalties?
14. Do we use jugs enough post practice?
15. Points of EMPHASIS:
 - Take away the easy stuff
 - Pre-Snap disguises
 - “they check” – “we check”
 - Edge pressure

- Play a lot of guys
- Tackling
- Urgency to get off the blocks
- Reading QA's mannerisms/intentions

Offensive Notes

1. Review offensive staff assignments-game day, practice/scout team, scouting report, self-scout, game plans, and summer scouting reports.
2. We need to chart practice and game tempo between plays to see which plays are fastest and best executed.
3. List our offensive depth chart.
4. What defensive guys could crack the 2-deep? Any two-way players?
5. Suggestions for reducing negative yardage plays and turnovers? Sprints post-practice? Up-downs after series?
6. Discuss install for camp.
7. What are our strengths/weaknesses on our offensive personnel?
8. Do we service the defense well enough?
9. Discuss our signal system. Any suggestions?
10. Discuss what formations/plays give the defense a tough time.
11. We need to practice offensive punt more-with and without a punter.
12. Do we need a chart volume of plays for starters in practice and games (competitive reps)?
13. Points of EMPHASIS:
 - Fast Tempo
 - Simplicity
 - Conflict plays
 - *Ball security*
 - Play a lot of guys
 - Determine plays that are executed the best

- Answer the problems that everyone expects
- Adjustments to base plays
- Use speed guys
- Improve cut blocks/Improve stalk blocking
- Summer passing/plays set

Program Notes

1. Review entire staff/players pictures and know their names.
2. Any video needs?
3. Any equipment/strength needs?
4. Ensure practice fields always look NFL ready.
5. Keep Lowell-Stevens Facility (and "The Shed") clean.
6. Picture's/Signs- Program philosophy displayed enough?
7. Any game-day sidelines issues?
8. Every practice should cover multiple game-day situations! Don't assume players understand them all.
9. Discuss practice routines---Wrap-up, stretch, individual, skelly, one/one, team, etc.
10. Reminder--- Green mode at Practice--- Game Speed
 - Yellow---Practice
 - Red---Teach
 - Let's discuss live, thud, tag
11. Stay involved with your position players' academic process and life-style.
12. Discuss travel plans/Itinerary.
13. Update strength position/team records. Post in every meeting room. Recognize more!
14. Do we have graduate photos of players up in hallway?
15. How do we get more officials at practice?
16. Review our weekly awards-- Off/Def./Sp. Teams/Academics/Weight room/Community Service/practice, etc.
17. Put notices/quotes//lists in certain areas of building--- Not taped all over locker room, etc.

18. MAKE SURE EVERYONE in program-players, staff, managers, trainers, inters feel valued and appreciated!!
19. Encourage your players to visit with you often-communicate well and give constant motivation-
Text messages, summer cookouts, casual talks, etc.
20. Be open to learn/trying new concepts if it can be implemented and help the program.
21. List our advantages at Arizona.
22. Any suggestions to make our former players feel good?
23. DO YOUR JOB and RESPECT OTHERS in their jobs!

24. Keep our complaints in our building!
25. Keep things simple and defined for the players.
26. Arizona Football---We want to be fast and efficient.
27. We have to play more guys and keep them fresh once they are in game shape
28. Our time with our players is the most important time of the day---be prepared, efficient, and welcoming!!
29. Remember we are always on the lookout for players who can help us---scholarships or walk-ons.
30. Conditioning-both physical and mental---will be our key to success!

QUICK NOTES

- Study opposing offenses' mannerisms, tempo, clues, tips—when ball is going to be snapped, reaction to movement, reaction to pressure looks, reaction to press man, etc.
- Discuss satellite camps-locations, staffing, filming
- Discuss our social media videos (new one-Cool to be at Arizona?)
- Family photos-bigger on coaches' doors?
- Recognize birthdays year-long
- Recognition of weight room records should be consistent
- Players' lounge-food stocked, games (batteries) fresh, checked daily
- Recruit players that love football and love to compete
- Personalized post-workout shakes for players would be "game-changer"
- Summer time with players-quick and efficient
- Career development/life skills plan with Steptoe-Discuss ideas
- Cost of attendance impact?
- Group of players-mandatory breakfast?
- Film/prospects e-mails—quickly evaluated?
- Opening night of camp-Dinner menu?
- Post-workout recovery plan-more emphasis

Players' Council notes (April 2015)

- Personalized post-workout shakes
- Subs after work outs-occasionally (Saturdays?)
- Don't give out old player socks/jocks to replace lost ones
- Things that don't work (players' lounge, etc.) Fix right away!
- To Go dinner boxes (Told No)-Maybe need different size to go boxes

- Need water coolers by meeting rooms filled up
- Need soap in showers checked daily
- Extra ½ hour between workout groups (for guys that want to do extra)
- Items for players' lounge kitchen- Deli meat, cheese, pretzels, tuna, snacks, peanut butter, bagels/cream cheese, PowerAde machine working, bread
- Are we getting best shoes to practice/play in

-2015 NCAA Football Rules Changes (List)

-Lobby Displays? Need to upgrade

-Chrome Red Helmet?

-Game Balls to Staff/Players?

-Seating in Experience Room?

-Auxiliary locker room for former players/seniors graduating (Visitors' locker room-Stadium?)

-Any new signs to entrance of practice field?

-More White Boards in building-Weight room, meeting rooms, etc.

-Narrow focus in Recruiting?

-Have a day to make walk-ons feel special? (Meal-workout gear)

-Discuss yearlong calendar (Next year's spring ball, camps, etc.)

2015 NCAA Football Rules Changes--FINAL

The Playing Rules Oversight Panel (PROP) has approved these rules changes in 2015 for NCAA football.

1. **Illegal Equipment:** Non-standard/overbuilt facemask is illegal. Such facemasks typically have more bars and a larger coverage area than a traditional mask. (Rule 1-4-7)
2. **Illegal Equipment:** A player wearing illegal equipment will be sent to the team area for one play to fix the equipment, with no charged team timeout. The player may remain in the game with a charged team timeout to fix the equipment. (Rule 1-4-8)
3. **Pre-Game Warm-Ups:** For regular-season games, teams may have access to the field for up to 22 minutes before the opening kickoff. This may be altered by written mutual agreement of the teams before the game. (Rule 3, new article)
4. **Play Clock Re-Set:** If the ball is not ready for play by the time the play clock reads 25, the referee shall declare a timeout and signal that the play clock be set at 25. This is a change from the play clock reading 20. (Rule 3-2-4-b-3)
5. **Helmet Off Defensive Player:** The play clock is set at 40 seconds throughout the game, even when there is a 10-second runoff. (Rule 3-3-9)
6. **Unsportsmanlike Conduct:** Pulling/Pushing an opponent off the pile is added as a foul. (Rule 9-2-1-b)
7. **Game Administration Interference:** An official sideline warning is assessed before any foul is called. (Rule 9-2-5)
8. **Officiating crews may have up to eight members.** (Rule 11-2-1)
9. **Instant Replay: Reviewable:** Blocking by the kicking team members before they are eligible to touch the ball on an onside kick. (Rule 12-3-4)

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FOOTBALL

RECRUITING AREAS

JEFF CASTEEL	CALVIN MAGEE
Tucson –East, AZ	New Orleans
BILL KIRELAWICH	ROD SMITH
Ft. Myers – SW FLA.	Orange County
Fresno/Bakersfield	San Diego
DAVID LOCKWOOD	Tampa
West PHX	AZ Western
Orlando	TONY DEWS
Las Vegas	LA
MATT CAPONI	MD/DC
West Bay	GA MID
Sacramento	Gwinnett Co. GA
Oregon – Calif. JC's	JIM MICHALCZIK
CHARLIE RAGLE	East Bay
East PHX	Inland Empire
Kansas JC	Wash. - Spot