



FOOTBALL 2018

**What do we want to build?**

HCA has enjoyed a few good football years, even earning a shot to play for a State Championship. Our goal is to re-establish a football program that:

- kids want to be a part of
- values player safety
- builds school pride
- generates funds for the school
- is an enjoyable experience for
  - players
  - parents
  - coaches
  - teachers and staff
  - student body
  - alumni
  - fans

**What are the benefits of football?**

**Health:** Football is a physically demanding game that provides an opportunity for players to improve their speed, agility, strength, hand-eye coordination and overall cardiovascular endurance.

**Comaraderie:** The friendship built amongst a team of football players is unlike any other sport due to the high intensity. Working toward one common goal, the bond many players develop with each other is priceless. This camaraderie is a lifelong benefit, as they will quickly appreciate the importance of developing close relationships with others.

**Discipline:** Football is a game of inches, and this margin of error requires a keen attention to detail from everyone on the field. One wrong step, one dropped pass or one mental error can negatively affect any given play. Players will learn the importance of being disciplined with everything they do.

**Work Ethic:** Some days, putting on more than 10 pounds of pads and a helmet and lacing up the cleats just does not seem like a fun thing to do, especially in the heat. But practice makes perfect, and preparation is needed to be successful in football. The strong work ethic football players develop is a vital asset they can carry with them for the rest of their lives.

**Teamwork:** Football is truly a team game. Everyone is counted on to play their individual role. There's a tremendous amount of accountability required from each player to do a specific job on every play. This teamwork helps players become accustomed to working with others, a skill that is required in almost every profession.

**Mental Toughness:** In addition to physical toughness, it takes a strong mind to play the game of football. Whether it's battling through a minor injury or overcoming adversity after a turnover or a mistake, players often develop mental toughness they may never have discovered otherwise.

- Hunter Hewitt

**8-Man Football****1,161+**

8-man teams nationwide

**30**

teams in GA

**23 Teams**

teams participate in

**GICAA****Fast**

paced games with higher

**Scoring**

M o r e

**Exciting**

O F F E N S E

M o r e

**Disciplined**

D E F E N S E

## Commitment to Safety

- The switch to 8-man football is as much about safety as it is about remaining competitive and building a program:
  - 8-man football allows us to better match players with positions according to their skill and ability instead of trying to fill 11 positions
  - The more spread out game of 8-man football requires more disciplined (safer) tackling technique to be successful making a stop in the open field.
  - Gang tackling and piles are less frequent with a 3 man line
  - 6 less total players on the field reduces the odds of injury
  - A faster game requires better conditioning which research shows to reduce the odds of injury
- Lamonde Wellness will volunteer their time and facility to offer sports physicals again this year. [Fees collected by Lamonde Wellness will be donated back to HCA] They are working on two new additions to the standard physical:
  - providing the option for an EKG screen
  - providing the option for a baseline IMPACT concussion test

## Getting to the Next Level

"...if you're a dominant player or a dominant student-athlete and you do well in multiple sports, you can succeed."

**- Reese Morgan, D-Line Coach, University of Iowa Hawkeyes**

"You're playing every position. You're playing special teams, offense, defense, everything you can think of, and the only break you have is a timeout... Those type of players come into the college game in good shape, ready to accept and embrace almost anything they are asked to do. And they're usually hungry, eager to prove something."

**- Nathan Bazata, D-Tackle, University of Iowa Hawkeyes**

"Defensively, those 6- and 8-Man guys got to be able to tackle, because if they can't, it's 200 (points) to 220... We've had good luck, especially defensively. We've had good players at darn near every position from 6- and 8-Man... Athletes are athletes and football players are football players, good football players find a way to be good football players regardless of the level they're playing at."

**- Bryan Armstrong, O-Coordinator, Montana State University**

After weighing his options with different schools, Jansen Slaughter made his choice official Thursday, signing to play for the Berry College Vikings once he graduates later this spring. Slaughter has been a key player for the Lions' football team throughout his time at Unity, keeping up with the change from 11-man to 8-man two years ago and then making the switch from quarterback to receiver.

**- Jeremy Stewart, Northwest Georgia News**

## 8-Man Football

### Greenbrier Christian Academy

Chesapeake, VA

PK-12

Enrollment = 640

Football Roster = 24

Transitioned to 8-man in 2017

*"...a team like ours can be shorthanded in no time. This may be the way schools have to go in order to keep their programs."*

**- Tommy Austin**  
Head Coach

### Stuart Hall High School

San Francisco, CA

9-12

Enrollment = 205

Football Roster = 22

Began 8-man in 2010

*"...since 2011, the Knights have gone 31-16. [they are competitive - more fun when winning] Rather than trying to scrape together enough players to field an 11-man football team, the Knights play a style of the game typically employed by small-town teams and other small private schools."*

**- Ethan Kassel**  
SF Examiner

### St. Francis

Humphrey, NE

K-12

Enrollment = 213

Football Roster = 16

8-man since at least 2004

*"...11th straight win in the opening round of the playoffs..."*

**- MaxPreps**

## Player Thoughts



"Initially, everyone kind of looks around like, what is this? But once you get over that, it's still football. Just a lot more speed, guys got to play both ways and go 100 percent the whole time. You've got to win, no matter how many guys play. So I think it benefits us being a smaller team. We don't have as many big guys. So running, with all the speed, helps us a lot."

**- Jordan Newman, QB**



"I really like how there's a lot more space. So it's more one-on-one tackling. You really focus on your tackling form and it makes you a better tackler. It's your fault, so you've got to take responsibility if you miss it. And that's what you've got to learn from eight-man football. You've got to take the responsibility and leadership and say, hey, I missed that tackle. It's my fault. And you've got to make yourself better throughout the way."

**- Keith Barlow, G, DE**



"I don't really mind it that much. (There's) a lot more room out there. It's a lot faster. And there's a lot more you can do. A lot more options. There's no place to hide out there. So you're going to have the best players out there. There's not going to be anybody that's not pulling their weight. You don't get people slacking off any at all. Because if they do, it's pretty obvious."

**- Owen Kennedy, TE, DE**



"I like it. It feels almost the same. You're just missing three people. There's no difference on the field when you're playing. It's football. It's just natural when you get out there. It's time to play. I enjoy it."

**- Marlyn Brown, DE, FB**



"First off, I was hesitant. I didn't think of it as real football at first. I was like, football has 11 people on the field. But I'm starting to love it because we're working as a team, we're getting stuff done. We just don't have to worry about losing one guy and not being able to finish the season if we were in 11-man. I like eight-man a lot. I'm happy for the season."

**- Connor Blovat, TE, LB**

## 8-Man Football

### Rashaan Salaam

*Running Back*

- 1994 Heisman Trophy Winner
- University of Colorado
- Chicago Bears
- Cleveland Browns

### Josh Brown

*Placekicker*

- University of Nebraska
- Seattle Seahawks
- New York Giants

### Nolan Cromwell

*Defensive Back*

- University of Kansas
- LA Rams
- Cleveland Browns (coach)

### Chad Greenway

*Linebacker*

- University of Iowa
- Minnesota Vikings

### Dean Steinkuhler

*Offensive Lineman*

- University of Nebraska
- Houston Oilers



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CHAMPIONSHIP**  
PANAMA CITY BEACH, FL