**1440 Football**

**1440 Football** is the football philosophy our student-athletes and coaches adhere to at Kaiserslautern High School. With only 1440 minutes in a day, what are we all doing to better prepare ourselves physically, mentally, emotionally, and academically to be ready for *all* of our football endeavors? With time a battle we all must constantly face, student-athletes should use their time wisely and constantly strive to better themselves. Student-athletes must use their time during our off-season to prepare themselves for our season. Our short season is not the time to get into shape. During our season, we need use our time to focus on form and play execution. **1440 Football** gives student-athletes a perspective, which time used wisely, becomes an essential component of our successful football program. **1440 Football** translates to all we do, and the coaching staff and players will use **1440 Football** throughout this year to better prepare student-athletes for our games.

**Example**:

Game times

Junior Varsity: 40 minutes (game time) + 10 minutes (half time) + 4 minutes half time warm up) = 54 minutes.

Varsity: 48 minutes (game time) + 10 minutes (half time) + 4 minutes half time warm up) = 62 minutes.

We understand these times are official, however game time from pre-game to post game, is approximately three hours per contest, equaling 180 minutes (60 minutes per hour multiplied by three hours). Yet even with 180 minute gone, this is a very short part of a game day. The day would still hold 1260 minutes. Football players should ask themselves, “what should I do to better prepare for our next contest, and our next practice?” Players should ask “how should I use my time,” to be ready for what comes next in our season.

Student-athletes need to address “what do I need to do in order to recover from my latest game?

Student-athletes should ask, “what do I need to do to ensure I am academically eligible to participate in my next game?”

Student-athletes need to maintain a constant focus, using **1440 Football** as their guide. With **1440 Football** a continual reminder, student-athletes will be able to constantly judge how they’ve use their time. Time must be used wisely!

**1440 Football** is our philosophy. In order to be successful, we all need to adhere to the policies and principles associated. With **1440 Football,** we will be successful.