



# ***Code of Conduct***

*This weight room has trained teams that have won  
Conference, Section & State Championships.  
This weight room has trained athletes that have become  
All-Conference, All-State, All-American and All-Pro.  
Respect these legacies while training in  
the house they have built for you.*



## **CODE OF CONDUCT STATEMENT**

Student-athletes at Anoka High School are expected to represent themselves, their team and the school with honesty, integrity, and character whether academically, athletically or socially. Participation on a co-curricular team is a privilege, not a right, and should be treated as such. It has many benefits and brings with it a responsibility to be positive and effective members of the team, school and broader local community. The athletics department, along with the student-athletes who represent our co-curricular programs, are a window to the school.

Student-athletes often are in the spotlight and, fair or not, their behavior is subject to scrutiny by their peers, members of the school, local communities and the media. The actions of one student-athlete may result in a generalization to all student-athletes and reflects on the individual, team, school, and community whether it be positively or negatively. It is expected that all student-athletes abide by team and school policies. A written copy of guidelines and the co-curricular athletics student-athlete code of conduct will be provided to all student-athletes on an annual basis and will be available online.

Student-athletes who do not conform to this code may be subject to consequences for their actions that may include but are not limited to: a warning, suspension and/or dismissal. In addition to all Anoka High School policies, student-athletes are responsible for following the standards in the MSHSL student-athlete behavior and sports-like conduct statement as well as all city, state and federal laws.

## **MISSION (What we do):**

To enhance athlete development in a year-round strength, speed & conditioning academy. This enhancement will guide and assist athletes to reach their greatest potential mentally, physically & socially and prepare them for competition at the varsity and college levels.

## **PURPOSE (Why we do):**

To develop men and women athletes of the highest integrity who possess a disciplined work ethic & courage to stand for what they believe in. These men and women athletes will make great husbands & wives, amazing fathers & mothers and trustworthy employees while representing their community with the utmost respect.

## **VISION (What we see):**

To create an atmosphere within Anoka Athletics of intense competition - where winning is the main goal across all levels of sports - and structured development is the process of competing at the next level.



## **PROCESS (How we do):**

### **Strength**

*Incorporating all major muscle groups with the foundation of progression & overload.*

#### **F.R.E.E. Principle**

FINISH: Complete Every Workout

RECORD: Monitor weight & reps

EFFORT: Train to overload

EXECUTION: Quality of Reps over Quantity of Weight

### **Speed**

*Incorporating all major movements of the body focusing on control, awareness and precision.*

Application of Correct Form

Stop & Go Movement

Lateral Movement

Plyometric (speed & height)

Quick, controlled Feet

Explosive Starts

### **Conditioning**

*Sport-specific conditioning designed to adhere to each sports variety of movements while integrating proper form.*

Metabolic Training

A high intensity interval training incorporating sport-specific sprint movements

Resistive Training

A sand, hill, pull sled and parachute training to enhance speed and form

Continuous Tempo & Accelerator Training

A slow or fast training including accelerators and flying 30's & 60's with full recovery between sets

### **Pre & Post-Hab**

*Injury prevention exercises performed after strength & before speed & conditioning.*

Dynamic & Static stretching & flexibility of the major muscle groups

Ultra-band exercises incorporated on a daily basis

### **Academy Topics (summer program only)**

Week #1: Pre-commitment Contract

Week #2: Goal Setting - Short Term

Week #3: Nutrition & Sleep

Week #4: Substance/Tobacco

Week #5: Social Network

Week #6: Goal Setting - Long Term

Week #7: Post-Commitment Contract



## **STANDARDS of ACTION (Expectations): T.O.R.N.A.D.O.E.S.**

ALL participants of Tornado Force will carry the discipline and work ethic into the athlete's respective sport(s). There is an expectation that ALL athletes involved with Tornado Force will adhere to each of these Standards of Action in every aspect of their life:

### **TOUGH**

*"Toughness is in the soul & spirit - not in muscles." - Alex Karras*

*"Anyone who has a smile on their face conceals a toughness that is almost frightening." Greta Garbo*

Athletes will be mentally & physically tough. The days of being soft have come to an end. Be comfortable with being uncomfortable. Always improve.

### **OBEDIENT**

*"Obedience of the law is demanded; not asked as a favor" - Theodore Roosevelt*

Athletes will know their role in the weight room and in their respective sport(s). Abide by the rules. Athletes are responsible for their own self-determination.

### **RESPECT**

*"Respect for ourselves guides our morals; respect for others guides our manners" - Laurence Sterne*

A good reputation generates respect. Athletes will earn and give respect to parents, staff, coaches, referee's and opposing teams.

### **NO REGRETS**

*"I have no regrets, because I've done everything I could to the best of my ability." - Robert Redford*

Eat Right. Sleep Right. Train Right. Compete Right. Live Right. No Regrets.

Do what needs to be done - when it needs to be done - as well as it can be done.

Take care of business!

### **ATTITUDE**

*"Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way." - Viktor E. Frankl*

What happens to us is not always in our control. How we react to what happens IS in our control.

Attitude is 100% in the athlete's control.



## **D**ISCIPLINE

***"Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak and esteem to all." - George Washington***

To be an Athlete of Integrity is absolutely HUGE in today's fickle, undisciplined culture.

Show up. On Time.

Athletes will be challenged to INVEST their time in the weight room and not just SPEND their time there.

Discipline means self-control.

Self-control means good decision-making in all aspects of an athlete's life.

## **O**PPPOSITE

***"In a world where conformity breeds acceptance; stand tall and go against the grain, because when every one is going the wrong way - you will be headed right." - Kemar Hinds***

With actions and behavior - you will be asked to rise above poor decision-making.

Do what is right. Always.

Behavior must be solid: In AND out of the competition realm. This includes, but is not limited to: school grades & attendance, hazing, verbal and/or sexual harassment, bullying, etc.

## **E**XPECT TO WIN

***"Expecting to win is not the same as wanting to win. When you expect to win you have amplified your imagination. You've pushed your level of desire up a notch." - Matt Furey***

You imagine what you want, you see yourself excited about achieving what you want - then you make a vow to do WHATEVER it takes to make it happen. Walk into the arena of training expecting to improve and into the realm of competition expecting to win.

## **S**ELFLESS

***"It's hard to get people to overcome the thought that they have to take care of themselves first. It's hard to get players to give in to the group and become selfless as opposed to selfish." - Isaiah Thomas***

The athlete's daily question: Are you making others around you better?

The ultimate Catch-22: Always putting others before yourself - in turn - helps yourself.

***The Tornado Force Program is an enrichment opportunity.  
It is not a requirement of the Athletic Department  
or any of the Anoka High School sports teams.***