

University of Nevada Football



GRIT

2019

Player Manual

Important Contact Numbers

Football Staff

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The Nevada Way

The Nevada Way- Success is not complicated here at Nevada but it's not easy. Do the right thing, the right way, at the right time. That's the Nevada way.

The difference between successful people and unsuccessful people. The biggest difference between successful people and unsuccessful people is that successful people are willing to do what unsuccessful people are not. Remember that; it will come in handy many times throughout life when faced with difficult, tedious or a tough choice.

Discipline- Our program is built on discipline. You cannot have success in football program without it. Discipline is a part of everything we do, every decision we make.

The coaches job is to love the players-As coaches here at Nevada we are committed to loving our players. The wellbeing of our players is our highest priority.

The players job is to love one another- As a player love your teammate like a brother. One of the greatest privileges you will have in your life is to be a part of a team.

Nevada Football Core Values

Respect

1. Address people with respect. Yes Sir, No ma'am
2. Be Humble and helpful to others.
3. Be True to yourself.
4. Be a loyal person. Be loyal to country, family & school.
5. Show obedience and respect
6. Always show respect to women.
7. Drink deeply from good books.
8. Practice your faith every day, whatever your faith may be.
9. Be a good teammate.
10. Build Shelter against a rainy day.
11. Pray for guidance and give thanks for your blessing everyday
12. Manners matter. I want a team of gentleman. Always be a gentleman, even when people don't deserve it. Not because they are gentleman, but because you are.

Accountability

1. Be early-in everything you do. It shows respect.
2. Everybody gets a reputation, what will yours be.
3. Be sure you count! TM
4. Don't whine, don't complain don't make excuses.
5. Respect the opportunity to compete by being totally prepared.
6. Critical self-analysis is important for improvement.
7. Never miss an opportunity to shut up and listen.
8. Don't mistake and time spent for work completed.
9. Let your scars show.
10. Accompany your decisions with actions and finish what you start.
11. Never do anything to hurt the team.
12. Focus on what's important, and limit the rest.

Core Values continued...

Hustle

1. The difference is in the details.
2. Greatness comes from doing the little things better than anyone else.
3. Your foundation must be strong. Your stance starts everything.
4. Speed Kills-Be a Cheetah.
5. Learn to eat properly.
6. Develop your strength.
7. Endurance-whoever plays the hardest the longest wins.
8. Hustle makes up for mistakes.
9. Precision-you must master your techniques.
10. Hit them in their soul!
11. Kill the dragon of resistance and harness the dragon of strength.
12. Where's your chip at? Always play with an edge.

Concluding Thoughts

1. It doesn't have to be perfect.
2. Never worry about the opponent. Keep your focus on your game.
3. My four best friends that have served me well are who, what where, and why? Get to know them well.
4. Invest in your film prep.
5. Take Notes-write it down. TM
6. The law's of learning: 1) Explanation 2) Demonstration 3) Imitation
4) Repetition, repetition, repetition.
7. Be consistent. Be an everyday guy.
8. Limits are like fears-they are often just an illusion. "Be Fearless"
9. Mental toughness is doing the right thing for the team when it's not the easy thing for you.
10. In the end, the most prepared, tough-minded team wins.

"What you are is God's gift to you; What you do with your life is your gift to God" -Danish Proverb

These are our core values as a program. Being **Respectful, Accountable, and Hustling** are the minimum standards for everyone in associated with our program. As a player don't expect to get a pat on the back for the things you are supposed to do.



Nevada Grit

Here at Nevada we take pride of our Nevada Grit. What is Nevada Grit?

Nevada Grit is our.....

- Passion
- Perseverance
- Determination
- Endurance
- Effort
- Mental Toughness
- Durability
- Willfulness
- Discipline
- Diligence
- Hope
- Loving what you do
- Get knocked down 7 times, get up 8
- Fighting for each other
- Never Ever Ever Give Up

Our Nevada Grit is the fabric in which we build our championship mentality.

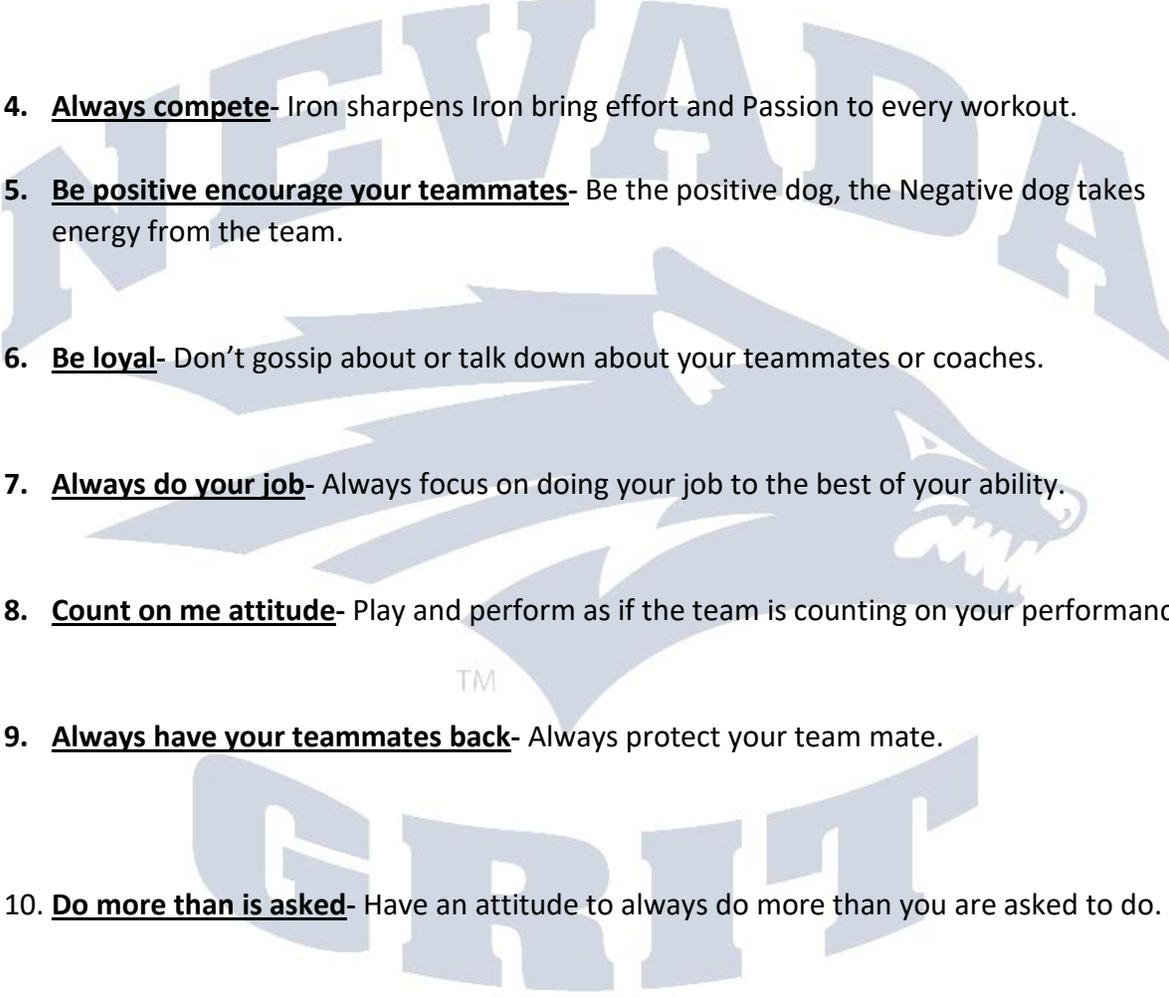
We develop leaders here at Nevada, here is our definition of leadership.

Leadership- “The art of influencing in such a way as to obtain willing obedience, confidence, respect and loyal cooperation to accomplish a Goal.”

Napoleon Hill’s 11 Major Attributes of leadership are our own.

1. **Unwavering Courage**- means full belief in oneself and one’s occupation. No intelligent follower will follow a leader who lacks self-confidence and courage.
2. **Self-Control**-Put simply, if you cannot control yourself then you cannot control others. Self-Control is a must in leadership.
3. **A Keen Sense Of Justice**- Essential for leadership in any calling. Otherwise you will lose respect of your followers
4. **Definiteness of Decision**-If you do not make strong decisions then you will be unsure-people do not follow one who is unsure.
5. **Definiteness of Plans**-You must plan your work and work your plan. Otherwise you are moving by guesswork and will eventually fail.
6. **The Habit of Doing More Than Paid For**-Hill found that all leaders who succeed in an outstanding way are always willing to do more than they require from their followers.
7. **A Pleasing Personality**- This is needed to get the respect of followers (whether these be customers, workers or shareholders) and is essential.
8. **Sympathy and Understanding**- A successful Leader must be in sympathy with his or her followers and understand their problems.
9. **Mastery of Detail**- All great leaders know every single detail of their position to the most minute detail. They master whatever is expected of them.
10. **Willingness to Assume Full Responsibility**-A successful leader must be willing to be responsible for the mistakes and shortcomings of their followers. If a follower has failed he must consider that he has failed and do whatever it takes to put it right.
11. **Cooperation**- This is essential. As well as co-operating with others a successful leader must also induce his/her followers to co-operate. Leadership calls for power and power is only available through the help of others which requires co-operation.

What is a being a good teammate at Nevada?

1. **Surrender to team culture**- Sacrifice and Conform to the rules, Values, and Culture of the Team. It's a privilege and an honor to be a part of Team something bigger than yourself. Be obedient to the values of the team.
 2. **Never do anything to hurt the team**- In your decision making always protect the team.
 3. **Be respectful**- Respect my teammates and coaches no matter what their differences.
 4. **Always compete**- Iron sharpens Iron bring effort and Passion to every workout.
 5. **Be positive encourage your teammates**- Be the positive dog, the Negative dog takes energy from the team.
 6. **Be loyal**- Don't gossip about or talk down about your teammates or coaches.
 7. **Always do your job**- Always focus on doing your job to the best of your ability.
 8. **Count on me attitude**- Play and perform as if the team is counting on your performance.
 9. **Always have your teammates back**- Always protect your team mate.
 10. **Do more than is asked**- Have an attitude to always do more than you are asked to do.
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Nevada

How We Practice

Practice is Everything- Everyone has the same amount of time practice, it's what you do with that time makes you successful!

- **Deliberate Practice**-We have to practice with a deliberate purpose in mind every day.
- **Compete**-Compete everyday with 100% Focus, Leave all distractions behind at practice.
- **Measure your performance**- will grade and do corrections on your practice every day.

TALENT X EFFORT = SKILL

SKILL X EFFORT = ACHIEVEMENT

EFFORT COUNTS TWICE

Success has a Rent to be Paid- And the Rent Must be Paid EVERYDAY!

Common Respect- As a team we need to understand that practicing together is a privilege. We must have a "Common Respect for our Teammates and coaches on the practice field.

How we Practice

1. **Always tap in-** always tap the sign as you leave the locker room. As you tap that sign you are making a positive statement on what you intend to do for the day. You are making an affirmation that you are ready to compete! You are leaving all the clutter of the outside world behind, and it's all about practicing football our way!
2. **Organization-**The schedule is organized. Players and coaches know where they are going. Practice is a performance
3. **The Difference is in the details-** Great Teams and great players learn to do the little things better than everyone else. Each drill will be organized. Everything will be set up for efficiency so there is no wasted motion between drills.
4. **Coaches have to be ready-** We will meet at 6:30 every day to make sure we are ready for practice with energy and focus.
5. **"Tempo"**- We practice with FULL SPEED TEMPO. Our Tempo will require us to play with speed and attention to detail. In 2017 Offensive and defensive players must learn to hustle to the LOS and be ready to process the call quickly and play the next snap. You must be able to get the call and out work the other team between the snaps to get aligned to play.
6. **Coaches Grade Effort First-**We want to play Hard Here at Nevada. Our Coaches will critique your effort first before anything else.
7. **Coaches will Be Discipline with their words**—as coaches we will focus on what we want to happen, and what we want you to do the next time.
8. **Music-** we will have music at times in practice to add energy and to and also force our players to communicate in the noise.

9. **No wasted time in Practice-** We Want no wasted time in practice don't want coaches stopping drills and team to talk and make a lot of coaching corrections. Try to do as much of that in the meeting room as possible. On the field we are rolling.
10. **We don't condition at end of practice-**we will condition throughout the course of practice. That means [players and coaches are running from drill to drill from place to place. if you're walking your wrong!
11. **Compete-Iron Sharpens Iron** this is central to everything we do. Every position every man brings that competitive energy to practice every day! Somebody's is going win, somebody's going lose. It makes a huge difference on the energy you bring to practice. Competition is about striving for what you want, it's not about beating somebody down. Learn to love the guy across from you the harder he competes the better he makes you as a player.
12. **We have 4 Practice Speed's**
 - a. Walk Through- ¾ speed DL Linebackers stop on contact
 - b. Tag Mode-Full speed tag on the ball carrier when we aren't in pads, or don't want contact on skill players. Example closer to game day.
 - c. Full Speed Thud-Full Speed thud contact, wrap up hit the man in the strike zone. NEVER take a shot on a teammate that is defenseless not looking or able to defend themselves.
 - d. Scrimmage-Full speed tackling to the ground. Be smart taking shots in the legs. NEVER take a shot on a teammate that is defenseless not looking or able to defend themselves.
13. **"Finish Plays"- The camera is rolling**
 - a. Ball Security, coach ball security all practice long. Ball Security is understanding the blocking scheme.
 - b. CPR (Club-Pull-Rip) Emphasis on defensive turnovers
 - c. Run to the ball-let's get 11 defenders in the frame.
 - d. OL- DL play to the whistle
 - e. WR's rallying up field to get a block
 - f. All Ball carriers finishing full speed and scoring> (we practice scoring here at Nevada)
14. **Center-Quarterback Exchange-**No wasted plays in practice. We need to do a diligent job here in pre-practice. If there is ever a fumbled snap never dive on a loose ball, especially Quarterbacks. We will never dive for bad snaps in practice.
15. **Stay off the ground-**Stay on your feet. Always be in a good football position.
 - a. WR's do not dive for balls when we are not wearing shoulder pads. It's a good way to blow a shoulder out.
 - b. Keep the ball off the ground (QB's WR's)
 - c. Prevent pile ups.
 - d. Stay off legs
16. **"Don't pull jersey's-** on either side of the ball.
 - a. Pulling a jersey can cause hamstring injuries
 - b. If you pull a jersey in practice you will do it in the game.
17. **No Bull rush in shorts-** Be smart use edge rushes when you are in pass rushing reaction in shorts.
18. **"Stay away from the Quarterback"-**
 - a. **On a blitz free rusher LB/DL/DB** by pass the QB and "peel off" if you come free.

- b. **If you beat the O-lineman**-one on one allow the quarterback to complete a full throwing motion. Be smart stay away from the QB's throwing motion.
- c. **Take no chops or swipes** at the QB's arm from his backside of the rush.

19. "Don't Tackle"-unless in a scrimmage situation.

20. Defensive Backs

- a. Do not play ball through the WR's body.
- b. Avoid collisions whenever possible

21. "Cooperation Blocks": OL, RB's and DL

- a. On Screens
- b. On Sprint out type passes where the FB is assigned to cut the DE.
- c. Pass Power Protection

22. Inside drill

- a. High and Hard (stay off the ground)
- b. Safeties Short stop unless FB is Leading on you.
- c. Un blocked players don't take shots on backs
- d. No cutting on defensive line by OL TE or Back.

23. Fighting

- a. There is no place for fighting on the practice field.
- b. Fighting will not be tolerated.
- c. You get plenty of opportunity to hit between the whistles.
- d. Fighting at practice wastes every ones' time. You will not make the starting unit because you fight in practice.
- e. Sharpen your discipline enough to control your emotions practice and in the game. Selfish and undisciplined players do their own thing during the game and get the team beat!
- f. If a player would get injured in a fight and we lose him for any period of time it would be foolish.
- g. Fighting in practice is subject to the discipline of the Head coach.

General Policies and Regulations

Hazing

Hazing of any kind is prohibited and will not be tolerated.

Pitfalls of College Athletes

Here are some mistakes made by college athletes around the country that can jeopardize your standing on this team, your status with the University of Nevada, and possibly your freedom:

Offenses that can lead to unnecessary fines and possible punishment by Coach Norvell

1. Parking Tickets
2. Speeding tickets
3. Underage drinking citations
4. Public intoxication
5. Poor choices with alcohol
6. Poor choices in getting into an intimate, or risky relationship with a female.
7. Leaving the scene of an accident-if you get in an accident, stay at the scene and call authorities.

Offenses that will result in criminal charges and definite punishment by Coach Norvell

1. DUI
2. Credit Card Fraud-borrowing/stealing someone else's credit card.
This is a felony.
3. Phone Fraud-using someone else's phone without permission.
4. Sexual Harassment
5. Date Rape
6. Gang Rape
7. Theft
8. Assault
9. Drug Use

Dealing with Law Enforcement

All criminal charges or any contact with the Nevada or any police department, in any state must be reported to either to Coach Norvell or Vince Hug within 24 HOURS. This includes citations from the police, sheriff, dorm, dining hall, and traffic tickets. Be truthful in communicating what happened. It will make things much easier for you in the long run.

If you are arrested and charged with a criminal violation, you will be **automatically suspended** pending a University review of your charges. If you are convicted of a felony, you may be removed from the team and forfeit your athletic scholarship. Additional sanctions may be imposed under the Student-Athlete Code of Conduct, Student Code of Conduct, and other policies.

Firearms

There will be no firearms allowed in your possession at any time while you are at The University of Nevada. If you have a firearm legally, do not bring it on campus or any team activity. Do not have it in your car or apartment. You should have it locked up at home to prevent an accident or it being stolen. If you are aware of any Nevada student, including another student-athlete, who is in possession of a weapon or who is engaged in violent or threatening behavior (on or off-campus), you must report it immediately to UNR PD.

Sexual Harassment/Dealing with Females

As an athlete it's important that you understand the seriousness of your interaction with other people. Never threaten to or put your hands on a other people while involved in a disagreement or conflict. If you ever feel that a conversation is becoming heated or out of control **turn and run** from any potential conflict to avoid it becoming physical. Never make unwanted, hostile, offensive, or degrading advances toward a female. The following are actions that fit the definition of sexual harassment:

Teasing, sexual jokes

Sexual invitations

Spreading sexual rumors

Sexual comments

Stalking

Public humiliation

Touching or grabbing

Forced kissing

Sexual notes/letters/emails/text/Instagram

Displaying offensive pictures in public

Exposing yourself

Degrading homosexual comments to another person

Bottom line, you should treat every woman like you would want your mother, sister, or daughter to be treated by a man. Set a good example.

Confirmation

I confirm that I have read the 2019 Nevada Football Policy Manual and understand the guidelines set forth by Wolf Pack Athletics and Head Coach Jay Norvell

Signature _____

Print Name _____

Date _____

