

# A.C.E. PROGRAM

ATHLETICS. CHARACTER. EDUCATION

**BIG DAWG  
FOOTBALL INC.**

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## **MISSION**

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Big Dawg Football Inc. is a non-profit organization dedicated to molding the character and skills of student-athletes through community sports outreach.

## **OBJECTIVE**

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The objective of the A.C.E. Program is to build our student-athletes holistically by molding the person with character building activities, teaching the student through academic support, and training the player with position-specific sports development .

# ATHLETICS

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Each student-athlete will be will receive detailed position specific work at the DL/OLB position. Every athlete will be assessed so that a personalized training curriculum can be created to ensure their progress through out the program.

Each athlete will be taken through the Optimal Defensive Line Training System ([www.bigdawgfootball.com](http://www.bigdawgfootball.com)) which consist of 2 programs: The Run Game and the Pass Rush

The ODLTS: Run Game is a program that is designed to teach and train the DL to be highly effective at the Line of Scrimmage and behind the Line of Scrimmage. This program consists of 4 levels with several emphasis and objectives. The levels are as follows;

- Level 1 = Stance
- Level 2 = Start
- Level 3 = Steps
- Level 4 = Strike

The ODLTS: Pass Rush is a program that is designed to teach and train the DL to be highly effective in their pre-snap and post-snap attack. This program consist of 6 levels with several emphasis and objectives. The levels are as follows;

- Level 1 - Stance
- Level 2 - Start
- Level 3 - Steps
- Level 4 - Set
- Level 5 - Strike
- Level 6 - Sack

# ATHLETICS

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The Optimal Defensive Line Training System (ODLTS) will be paired with a Dynamic Strength Program to teach and progress the athlete in flexibility, mobility, strength, and power. Each athlete will be assessed on their flexibility, core strength, upper and lower body strength. Based on their assessment, a specific strength training curriculum will be created for optimal gain. After each cycle of training, the student athlete will be re-assessed to track progress. Every assessment will be charted and filed for review.

Each athlete will be educated on the proper nutrition. Nutrition will be taught to each athlete not only for the benefits of sports performance but longevity of a healthy life.

# CHARACTER

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The A.C.E. program places a huge emphasis on building the person first to progress the player. A student-athletes' "attitude" should always be over their "arsenal". How an athlete allows themselves to be defined off the field, will ultimately determine the player that plays on the field. Molding a better person, builds a better player.

The A.C.E. program will help student-athletes identify who they are as a person first. It is vitally important that every-student athlete knows who they are and what they have a passion for outside of football. It is essential for the student-athlete to study themselves and it is important for the A.C.E coaches to know their athletes and build relevant relationships with them.

A.C.E. will host bi-weekly character building sessions entitled, #WednesdayWisdom. These discussions will focus on building individual character traits and encourage positive behavior at home, in school, and in the community.

# **EDUCATION**

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All student-athletes participating in the A.C.E. program will have access to the following academic support resources:

SAT & ACT Prep (High School Level)  
Math, English, and Science Tutoring  
NCAA Clearinghouse Eligibility

Every student-athlete's academic file will be analyzed and evaluated to identify any academic gaps. This will provide the necessary data needed to provide academic assistance. Based on the information acquired from the academic file analysis, A.C.E. will seek to provide the proper tutors for the students in the main 3 challenging core subjects: math, science, and english. Progress reports will be issued to help keep academic track of all student-athletes in the program. This will provide the necessary level of accountability needed for academic success.