

# SAN DIEGO SCHOOL OF FOOTBALL COLLEGE-PREP KICKING ACADEMY



## The Complete Student-Athlete (College-Prep Standards)

### **Scholar** How hard are you willing to study?

You are committed to exceeding academic standards.

You work on tasks for understanding; going far beyond the completion of an assignment.

### **Teammate** How much are you willing to give?

**Accountability:** If you're on time- YOU'RE LATE. Arrive five minutes early.

Do you run, lift, stretch, and kick as you should? 350 days out of 365 MINIMUM.

**Poise:** How do you manage your emotions? Never Too High, Never Too Low.

### **Citizen** How much are you willing to give up?

What are you like off the field? How do you uphold your end of the social contract?

You will give up some rights as an individual to the rights of the team (any team).

### **Athlete** How hard are you willing to train?

**Strength and Fitness:** under :60 440, under 5.0 40, bench 225, 28" vertical, 8' broad jump.

**Proficiency and Performance:** 3.75- 65 yd KO, 43 yd- 4.3 ht punt, 50+ FG from the ground.

These are the standards that put our alumni into colleges such as :  
**Stanford, USC, Notre Dame, TCU, Nebraska, Michigan, Utah, Hawaii, Missouri, Georgia,**  
**Harvard , Princeton, Cornell, Columbia, Georgetown,**  
just to name a few.