

FAITH ★ FAMILY ★ FOOTBALL

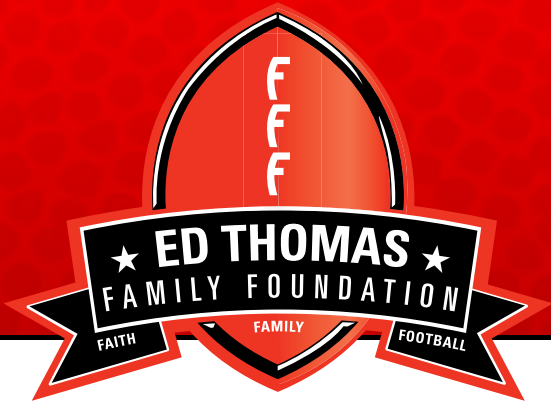


10.08.20
ED THOMAS LEGACY
LEADERSHIP ACADEMY

A photograph of a football coach walking on a field, wearing a cap and a polo shirt, holding a clipboard. In the background, several football players in helmets are visible. The entire image is overlaid with a red tint. A large white quote is centered on the left side of the image.

**"ANYONE CAN
LEAD WHEN
THINGS
ARE GOING
WELL. TRUE
LEADERSHIP
IS REVEALED
DURING
ADVERSITY."**

-Ed Thomas



EdThomasFamilyFoundation.org

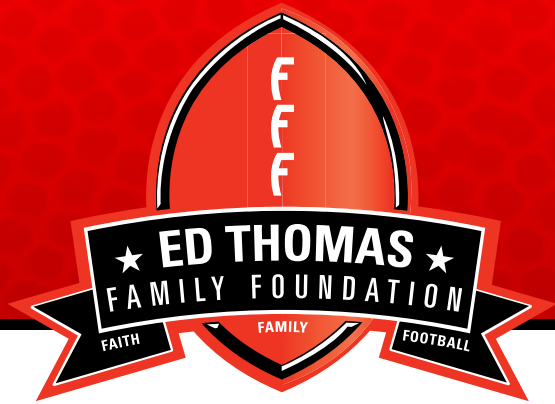
HISTORY

Ed Thomas was a high school coach and teacher that spent his entire life in Iowa. After graduating from Tri-County High School (What Cheer) and William Penn College his coaching career spanned from 1972 to June of 2009. He got his start teaching and coaching at Northeast Hamilton of Blairsburg. In 1975 Coach Thomas moved to Parkersburg where he eventually was the football coach, boys track coach, athletic director, and history and government teacher. In 1991 the two school districts of Aplington and Parkersburg joined and became one district. Coach Thomas continued his duties as Activities Coordinator, Boys Track Coach, history and government teacher, and probably became best known as the A-P Football Coach.

During Coach Thomas's career he had many accomplishments. He was a past president and a very active member of the Iowa Football Coaches Association. He was selected to the Iowa Football Coaches' Hall of Fame. In 2005 he was named NFL High School Coach of the Year. His Parkersburg and A-P football teams had only 1 losing season during his long career, he coached 2 state championship teams, his teams qualified for the state playoffs many, many times, and 4 of his former players had NFL careers. Coach Thomas unfortunately suffered an untimely death approximately 1 year after an F5 tornado destroyed half of Parkersburg. Coach Thomas was fatally shot in the Aplington-Parkersburg School weight room on June the 24th, 2009.

Over the years many coaches met with Coach Thomas to get his offense, defense, quick huddle, or a play or two. He was always willing to share whatever he knew. He never forgot all of the many coaches that had helped him along the way. In retrospect, it probably didn't matter that much the offense, defense, or the plays that Coach Thomas ran. What other coaches should have taken from him is the way he treated people. That is the key to getting the most out of people and that's what this clinic is about.

Since Coach Thomas' death, many students have shared stories about how he made an impact in their lives. This was the reason why Coach Thomas taught and coached. He often said that the school was his mission field and he loved that he got to work with young people every day. We thank you for being apart of his legacy and hope you impact those back at your home community.



LEADERS ARE PEOPLE LIKE YOU

Leaders take chances. Like everyone else, they fear failing, but they refuse to let fear control them. Leaders don't give up. When life gets rough, they hang in until the going gets better. Leaders are flexible. They realize there is more than one way and are willing to try others. Winners know they are not perfect. They respect their weaknesses while making the most of their strengths. Leaders fall, but they don't stay down. They stubbornly refuse to let a fall keep them from climbing. Leaders don't blame fate for their failures, nor luck for their successes. Leaders accept responsibility for their lives. Leaders are positive thinkers who see good in all things. From the ordinary, they make the extraordinary. Winners believe in the path they have chosen even when it is hard, even when others can't see where they are going. Leaders are patient. They know a goal is only as worthy as the effort that's required to achieve it. Leaders are people like you. They make this world a better place.

**“COMMITMENT is strong enough to OVERCOME all obstacles
so you will hang TOUGH through the TOUGH times.”**

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MOTIVATION

Coach Thomas's accomplishments, awards, and earned recognition are too many for them all to be listed here. Coach Thomas's #1 lifetime accomplishment was probably never formally recorded anywhere prior to this. Those that really knew him know well his greatest accomplishment was his ability to create meaningful relationships with people. Coach Thomas was also a man of great vision. He had a special way to visualize the way he wanted things to be in the future. Then he would work his tail off to make those visions become reality.

One of the Ed Thomas Family Foundation's goals is to continue the legacy of Ed Thomas by passing on the philosophies that Coach Thomas taught. He was passionate about working with young people and truly believed that it was the best job in the world. He empowered young people to realize their leadership potential and the impact that they can have on others.

The Ed Thomas family foundation looks forward to this clinic becoming a place where young people can meet and learn the importance of making good decisions and be a leader on the field, in their classrooms and in their communities.

SCHEDULE

9:00 LYNDSEY FENNELLY

[ACTIVITY: STRESS EVALUATION]

10:00 LARRY BLUNT

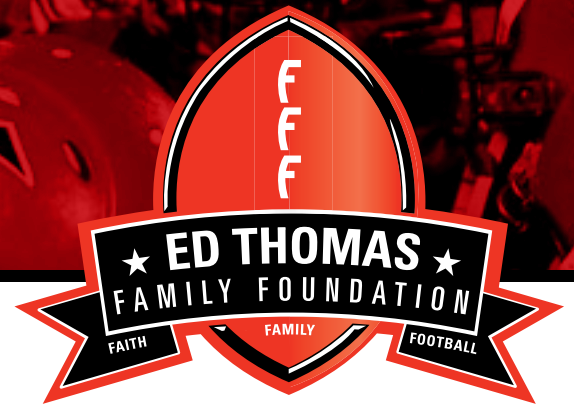
[ACTIVITY: WALK THE LINE]

12:00 AL KERNS

[ACTIVITY: ETHICS DISCUSSION]

1:00 AARON THOMAS

[ACTIVITY: APPRECIATION LETTER]



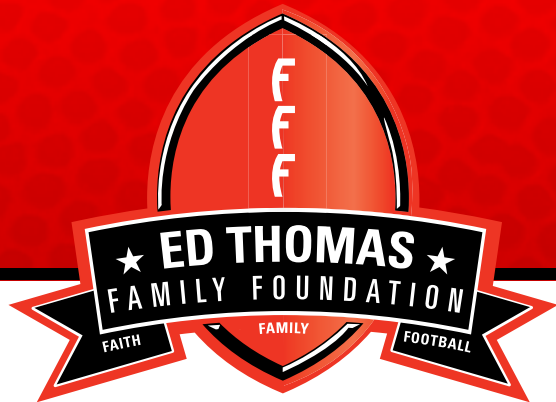
LYNDSEY FENNELLY

Lyndsey (Medders) Fennelly is a former Iowa State All-American and WNBA Draftee. She has since trained over 40,000 athletes as a basketball skills trainer, created CampusCycle, a beat driven spin studio, and is a community leader in Ames. Lyndsey is a passionate advocate for mental health and a proud Mom to Will (6) and Callie (2), as well as wife to Iowa State women's basketball assistant coach, Billy.

NOTES

**“Words are cheap but great LEADERS are
KNOWN by their DEEDS.”**

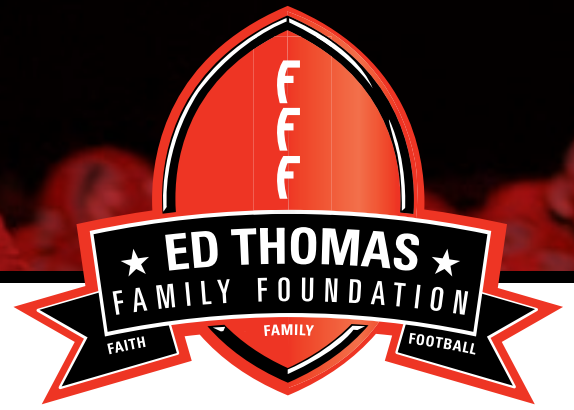
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ATTITUDE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes.

Charles Swindoll



CHOOSE YOUR OWN ATTITUDE

"There's a choice you make in everything you do. So keep in mind that in the end, the choice you make, makes you." John Wooden

PERSONAL ATTITUDE

Do you consider yourself to have a positive attitude?

Do you think others around you would say you are a positive person?

What are your thoughts on the Attitude poem?

Do you believe you have influence on the people around you? Why or why not?

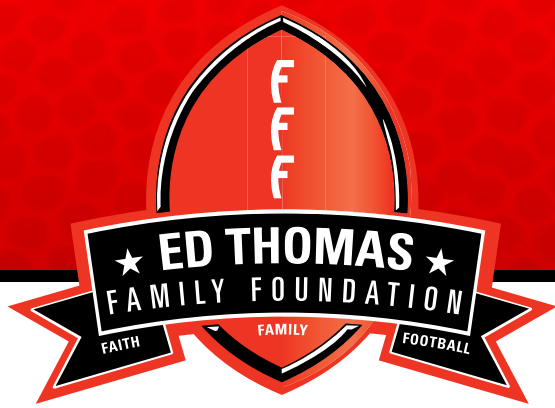
ATTITUDE TOWARDS SCHOOL

How do you feel about coming to school every morning?

Do the days you DO want to come to school outnumber the days you DON'T want to come to school?

How do your teachers/coachers inspire you?

Do you feel proud to tell people what school you are from? Why or why not?

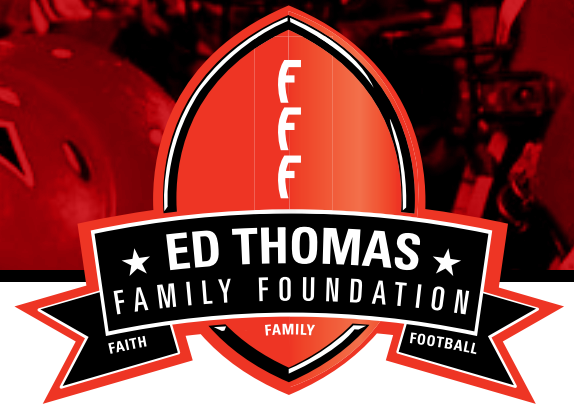


LITTLE EYES UPON YOU

There are little eyes upon you
And they're watching you night and day ,
There are little ears that quickly take
In every word you say.
There are little hands all eager
To do anything you do,
And a little person who's dreaming of the day
They'll be like you.

You're that little person's idol
You're the wisest of the wise,
In their little mind about you
No suspicions ever rise.
They believe in you devoutly
And hold all that you say and do,
They will say and do it your way
When they grow up just like you.

There's a wide-eyed little person
Who believes you're always right,
And their eyes are always opened
And they're watching day and night.
You are setting the example
Every day in all you do,
For the little person who is waiting
To grow up to be like you!



LARRY BLUNT

Larry Blunt is in his first season on the Drake staff and joined the Bulldogs after spending two seasons as an assistant at Canisius in Buffalo, N.Y., where he helped guide the Golden Griffins to a share of the Metro-Atlantic Athletic Conference (MAAC) regular season title. In June 2016, two of his former players, former Kentucky guard Jamal Murray and center Thon Maker were taken seventh and ninth, respectively, in the 2016 NBA Draft. Blunt was also the head coach for the Oshawa Power of the National Basketball League of Canada.

NOTES



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LEADERSHIP DEVELOPMENT

In his book *Developing the Leader Within You*, John Maxwell, an authority on leadership, defines it by coming to this conclusion: "Leadership is influence." His favorite leadership proverb is: "He who thinketh he leadeth and hath no one following him is only taking a walk." Consider the following activities to help you determine the origin of your leadership skills and how you will continue to have a positive influence on others.

1. List four people who have influenced your leadership style in a positive manner and identify the dominant personal characteristics of each.

NAME	CHARACTERISTICS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

2. Explain at least one nugget of wisdom you acquired from each of these individuals.

3. List three of your major accomplishments.

1. _____
2. _____
3. _____

4. State three things you do well.

1. _____
2. _____
3. _____

5. List three areas in which you would like to experience improvement.

1. _____
2. _____
3. _____

6. State three things your school does well.

1. _____
2. _____
3. _____

7. List three areas in which you would like to experience improvement in your school.

1. _____
2. _____
3. _____

8. What can you do to help improve these areas?



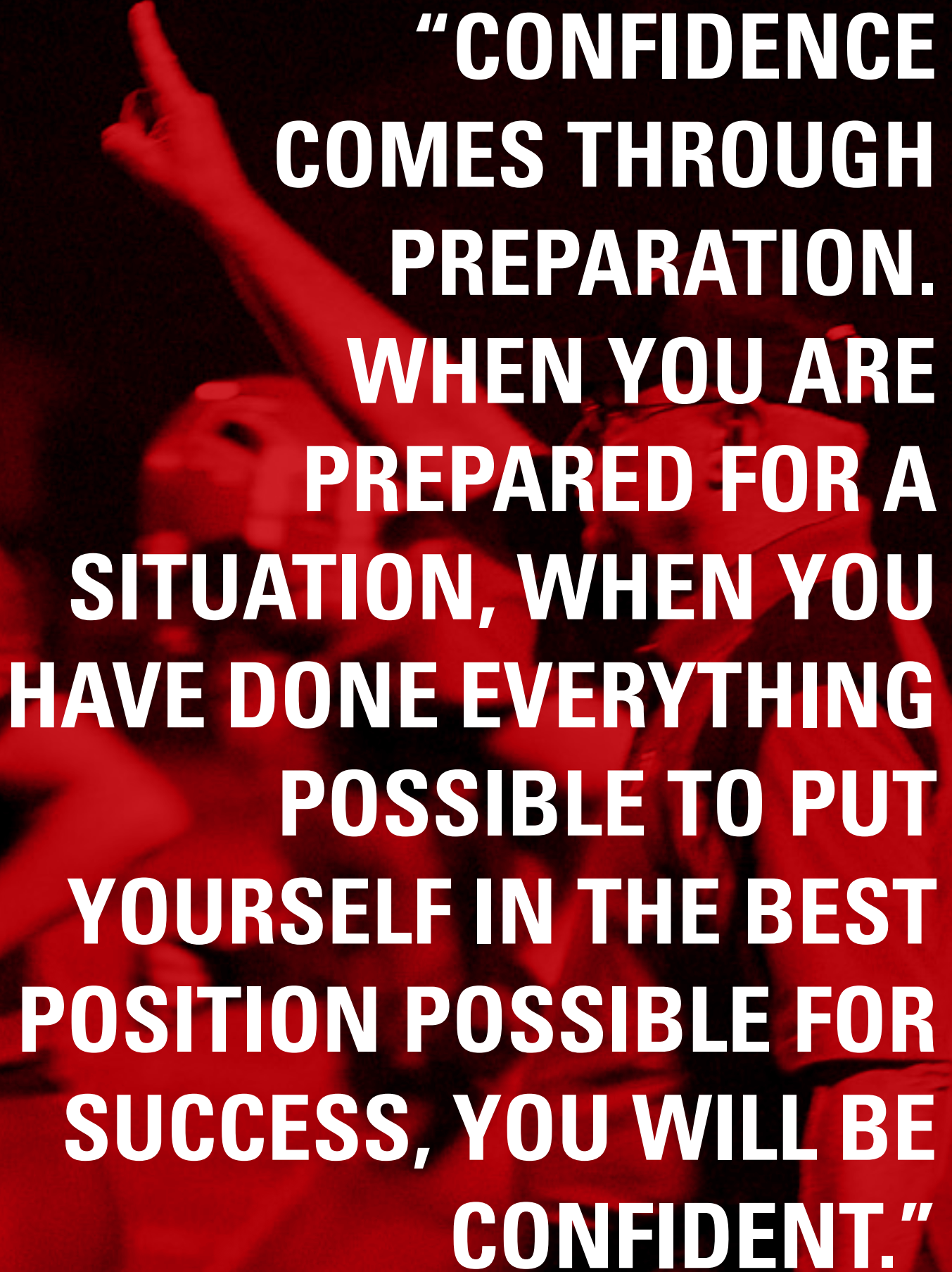
Coach Aplington-Parkersburg

NOTES

This image shows a blank sheet of white paper with horizontal grey ruling lines. A large, light-grey watermark of a stylized letter 'F' is visible in the background, oriented vertically. The paper appears to be a template for writing or drawing.

“People want to KNOW how much you CARE before they CARE how much you KNOW.”

[illegible]This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. A large, light grey watermark of the letter 'E' is visible in the background, oriented vertically. The paper appears to be a standard notebook page.

A background image of a crowd of people, possibly at a sporting event or rally, with a strong red color overlay. One person in the upper left is pointing their finger upwards.

**“CONFIDENCE
COMES THROUGH
PREPARATION.
WHEN YOU ARE
PREPARED FOR A
SITUATION, WHEN YOU
HAVE DONE EVERYTHING
POSSIBLE TO PUT
YOURSELF IN THE BEST
POSITION POSSIBLE FOR
SUCCESS, YOU WILL BE
CONFIDENT.”**

"LEADERSHIP is never over – it is a CONSTANT JOURNEY."

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AARON THOMAS

High School Principal Aplington-Parkersburg

Aaron Thomas is the oldest son of the Late Ed Thomas. At a young age Aaron knew he wanted to go into education and coaching because he saw the impact his father was able to have on young people. Every day he witnessed the passion Ed Thomas displayed while working with young people.

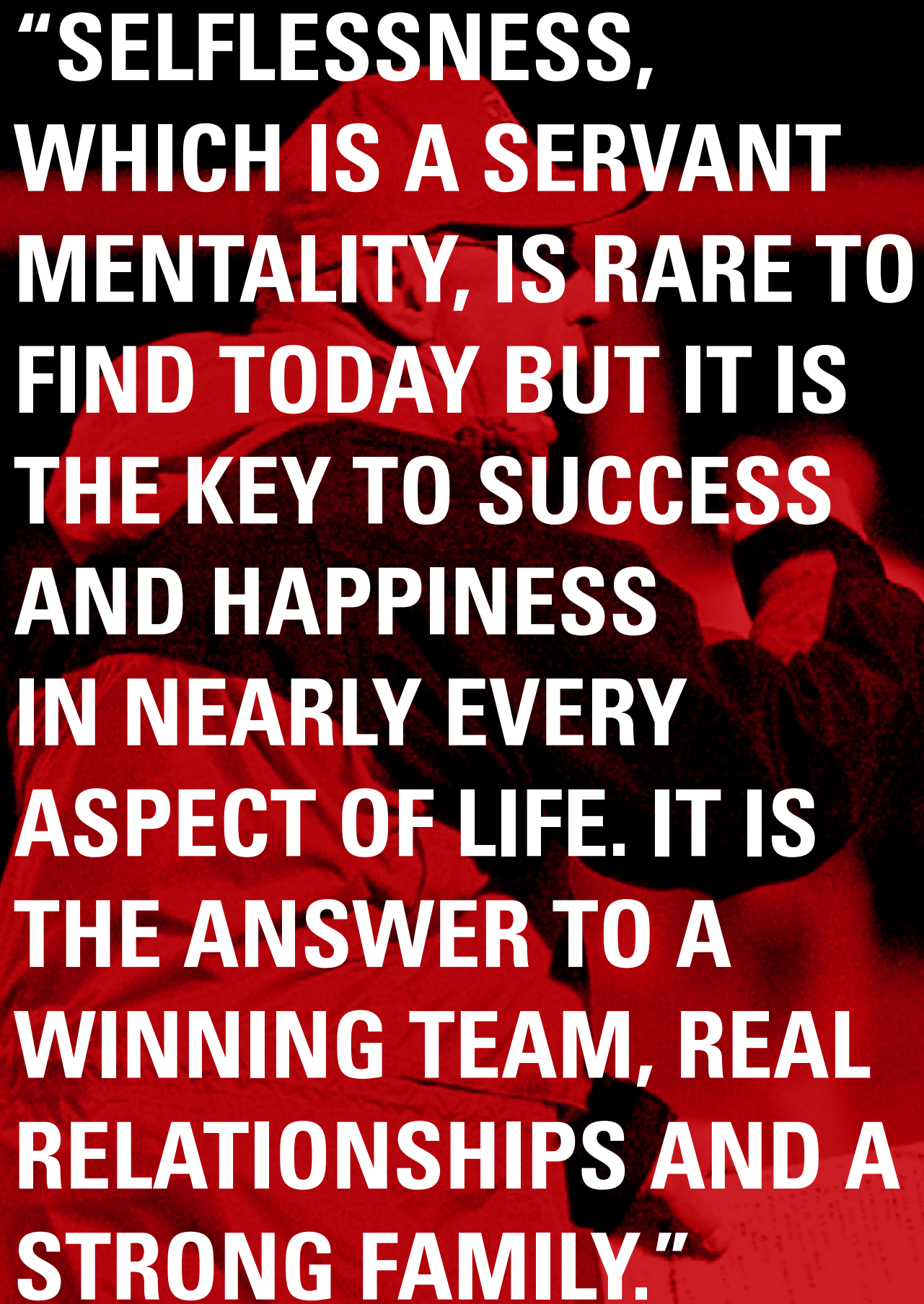
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“LEADERSHIP strengthens others. AIM to make everyone around you better.”

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**"SELFLESSNESS,
WHICH IS A SERVANT
MENTALITY, IS RARE TO
FIND TODAY BUT IT IS
THE KEY TO SUCCESS
AND HAPPINESS
IN NEARLY EVERY
ASPECT OF LIFE. IT IS
THE ANSWER TO A
WINNING TEAM, REAL
RELATIONSHIPS AND A
STRONG FAMILY."**

DETERMINE YOUR LEADERSHIP POTENTIAL

This activity is based on an analysis of the characteristics exhibited by the greatest leaders in history. While it is rare for any leader to possess all of the traits listed here, these are the most common.

Instructions: Respond to each item by placing an (X) in the space that best expresses how the statement describes you. If the statement is not like you at all, check space number one. If it fits perfectly, check space five. The spaces in between allow you to indicate various degrees of fit. If you are torn between feeling it does or does not apply, check space number three.

Unlike Me

Like Me

1 2 3 4 5

- | | | | | | |
|-----|-----|-----|-----|-----|--|
| ___ | ___ | ___ | ___ | ___ | 1. Goals - I am a goal setter. I have a strong sense of purpose and know where I am going with my life. I have written goals. |
| ___ | ___ | ___ | ___ | ___ | 2. Positive Mental Attitude - I possess a high degree of confidence and self-worth. I approach every new day with positive expectancy. |
| ___ | ___ | ___ | ___ | ___ | 3. Persistence - I have the ability to bounce back from failure. I view failure as a learning experience rather than a setback. |
| ___ | ___ | ___ | ___ | ___ | 4. Risk Taker - I am willing to attempt new tasks and welcome a positive challenge even if I am not certain of success. |
| ___ | ___ | ___ | ___ | ___ | 5. Decision Maker - I understand the decision-making process. Making decisions usually comes easy for me. |
| ___ | ___ | ___ | ___ | ___ | 6. Courage - I am able to take a firm stand even when my position is not real popular. I am in charge of my life. |
| ___ | ___ | ___ | ___ | ___ | 7. Seek New Learning - I find it rewarding to acquire new skills and information. I plan to be a life-long learner. |
| ___ | ___ | ___ | ___ | ___ | 8. Enthusiasm - I get excited about projects I believe in and possess a great deal of energy to complete them. |
| ___ | ___ | ___ | ___ | ___ | 9. Focus On Success - I can accept constructive criticism and value the opinions of people I respect. |
| ___ | ___ | ___ | ___ | ___ | 10. Seek To Serve Others - I am able to work with other people and find teamwork enjoyable. |
| ___ | ___ | ___ | ___ | ___ | 11. Sense of Humor - I realize the importance of humor and am able to laugh at myself. |
| ___ | ___ | ___ | ___ | ___ | 12. Integrity - I take pride in being truthful and in keeping my word. |
| ___ | ___ | ___ | ___ | ___ | 13. Communication - I am effective in expressing my thoughts to others in a clear, manner. I am an active listener and show interest in what is said. |
| ___ | ___ | ___ | ___ | ___ | 14. Initiative - I am a self-starter. |

TOTAL

Scoring: Add up your total points to determine how prepared you are to be a positive leader. The following scale will give you some idea of your leadership potential at this time.

MY SCORE

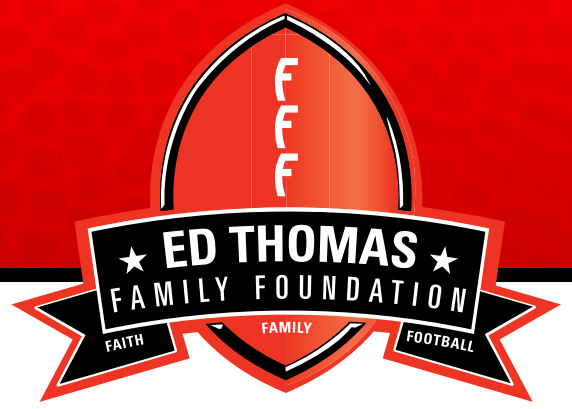
- 60 – 70** Outstanding leadership potential! You are ready to take on major tasks.
- 50 – 59** An impressive score! You possess the key characteristics of leadership.
- 40 – 49** Improve in several categories and you will become an excellent leader!
- 30 – 39** Much potential exists. Keep working on a self-improvement plan.
- 29 & Below** - It is up to you to alter your attitude and lifestyle to develop more leadership ability.

IMPORTANCE OF SETTING GOALS

Setting goals is an important part of leadership. Individuals, teams or groups that have the ability to set clear goals and then work their tail off to achieve them will be more successful, productive and happier than those that do not. Ultimately it is up to you to make the decision to set a goal and be committed to achieving it. No one else can achieve your goals for you. It must be a conscious decision that you make to better yourself. That is self-leadership! Studies have proven that those who set clear/specific goals and write them down (THIS IS A CRUCIAL STEP) have over an 80% higher success rate of achieving them. Below we have listed some tools to help you with setting goals.

GOAL	STEPS TO ACHIEVE	IMPORTANCE OF GOAL
		ACCOMPLISH DATE _____
		ACCOMPLISH DATE _____
		ACCOMPLISH DATE _____
		ACCOMPLISH DATE _____
		ACCOMPLISH DATE _____

Make sure your goals are **SMART**
SMART goals- **S**pecific, **M**easurable, **A**chievable, **R**esults-oriented and **T**ime-limited.



ETFF LEADERSHIP PLEDGE

I _____ PLEDGE TO BE A POSITIVE LEADER AND ROLE MODEL IN MY COMMUNITY, SCHOOL AND MY ACTIVITIES. I WILL PRIORITIZE MY VALUES SO THAT THEY MAY BE A PRIORITY IN MY LIFE. I REALIZE AND UNDERSTAND THE COMMITMENT, SELF-DISCIPLINE AND UNSELFISHNESS THAT THIS POSITION ENTAILS. I AM WILLING TO STEP UP AND MAKE A DIFFERENCE AS A LEADER SERVING AS A ROLE MODEL TO MY FELLOW CLASSMATES, TEAMMATE, TEACHERS AND COACHES. I WILL CHOOSE TO DO THE RIGHT THINGS EVEN WHEN NO ONE IS WATCHING.

SIGNATURE

DATE



FAITH ★ FAMILY ★ FOOTBALL