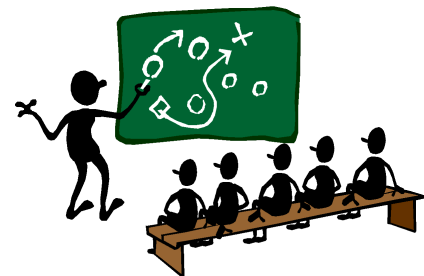
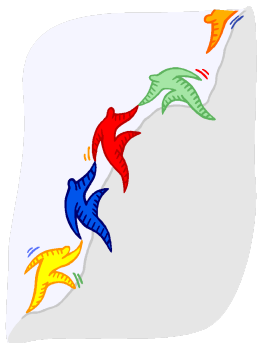




West Central Football Player's Manual

Name _____



Philosophy

The game of football can play a great importance in the development of young men. Football requires young people to develop skills that will help them in life. Some of these skills are not always taught in the classroom. Young men playing at West Central will be exposed to an ideology that places a great emphasis on **Team** not the individual. They will be instructed in skill development, responsibilities, discipline, leadership and the importance of being appreciative. Members of the West Central football family will share the work, penalties and the acclamations.

Mission

The mission of the West Central Football Team is to be the best we can be. This mission is not solely on the gridiron but in the classroom, hallways, community and society as a whole.

TEAM

Together Everyone Accomplishes More (TEAM). A football team is better than the sum of its parts when a common goal is shared by all. "We will always be better than me!"

Coach

According to Theodore Roosevelt, "the best executive is one who has sense enough to pick good people to do what he wants done and self-restraint enough to keep from meddling with them while they do it". It's our belief that coaching is more than teaching football skills, it's helping young men develop work habits, discipline and leadership skills that can last a lifetime.

Motto

Blue Pride in Stride, reflects lofty goals that require us to continually work at being better students (academic goal), better people (service and sportsmanship goal) and better players (athletic goal).

2024 Goals

Academic- No one is in violation of the IHSAA Scholarship Rule; Academic Team Award

Character- Show **service** by helping the Booster Club; Show **sportsmanship** with a player rating under 1.10

Athletic Goals- Winning homecoming and having a winning season .

Rule

I have only one rule: **Do what is right!** Enough said, think before you act.

Good Conduct Policy

Any student who represents West Central High School in any of its extra-curricular or co-curricular activities is expected to lead the way in abiding by the school's conduct code.

That code is as follows:

- A.** Students will not use, possess or be involved with alcoholic beverages.
- B.** Students will not use, possess or be involved with a controlled substance, as defined by the Code of Iowa, without a legal prescription.
- C.** Students will not use, possess or be involved with tobacco in any form.
- D.** Students will not break the laws of the community, state or federal government (except for local curfew or minor traffic violations).
- E.** Students will not seriously or continually violate school rules. Students removed from class due to behavior will not be allowed to participate in any extra-curricular or co-curricular activities that day.
- F.** Students will dress appropriately as determined by school policy and/or coaches, directors or sponsors.

Should a student break any of the above and fall under one of the following criterion, **they will be considered in violation of the Code of Conduct.**

- A.** If a student is observed by a school official or staff member in any of these activities.
- B.** If a student admits to law enforcement agents or school officials to being involved in any of them.
- C.** If a student has been referred to juvenile court.
- D.** If the Fayette County Sheriff Department or any county/community/state Police Forces or any other law enforcement agency assigns community service projects in lieu of referral to juvenile court.

The school's due process procedure will be afforded to any student making such a request to the principal or his/her designee within five (5) school days of being informed of a violation of this code.

If a student is found to have committed an offense that is not consistent with the standards of conduct expected of students representing West Central School District as stated in the above policy, he or she shall be subject to the following consequences:

III. Disciplinary Ineligibility (All athletics, music/choral, cheerleaders, grades 7-12).

A. First offense: The length of ineligibility shall be one-third of the athletic contests that occur during the sports season.

Total Number of Athletic Number of Athletic Contests

Contests per Sports Season: to be missed:

8 through 10	3
11 through 13	4
14 through 16	5
17 through 19	6
20 through 22	7
23 through 25	8
26 through 28 or more	9

If less than one-third of the athletic contests remain at the time of the violation, the ineligibility shall carry over into the next sports season in which the student athlete participates.

B. Second offense: The length of ineligibility shall be $\frac{1}{2}$ of the athletic contests that occur during the sports season.

C. Third offense: One calendar year.

D. To resume eligibility after a 2nd offense, it is mandatory that the student must be referred to a substance abuse prevention specialist (school's option) at the family's cost (if applicable).

E. The number of athletic contests lost **may be reduced** by half if the student accurately discloses their participation in the alleged offense to the proper school authorities within 48 hours of the offense. The student does not have the ability to self-report their violation if it occurred on school grounds, during school activities, or while using district transportation. Proper authority is defined as the Superintendent of Schools, Pk-12 Principal, Dean of Student, Head Coach for the Sport they are participating in at the time of the infraction.

F. Students will be required to attend all practices, events, and team activities during the period of ineligibility and must end the season in good standing with their coach or advisor or the period of ineligibility carries over to the next activity the student participates in.

G. Students found in violation of the Code of Conduct may not register for a new activity after the state/district mandated start date to avoid penalty at a later time from another activity.

H. Students in multiple activities will serve their suspension concurrently. No student will participate in one activity and be suspended in another.

I. The Code of Conduct is in force 12 months from July 1st to June 30th as the time frame of a school year for this policy.

J. The Good Conduct for students will be executed by the PK-12 Principal or their designee.

IV. Disciplinary Ineligibility (Non-athletic extra-curricular and co-curricular activities).

A. First offense: The student may not participate in any non-athletic extra-curricular or co-curricular activity for a total of six (6) calendar weeks after the student admits involvement or the due process procedure has been completed.

Participation in co-curricular, non-competitive events outside the school day that are required by regular classes are permitted. If ratings, awards, etc. are given the event IS a competition and participation is not allowed. In this case, an alternate assignment where the student may earn full credit will be assigned in place of the event.

B. Second offense: The student may not participate in any non-athletic extracurricular or co-curricular activity for a total of (10) calendar weeks after the student admits involvement or the due process procedure has been completed.

Participation in co-curricular, non-competitive events outside the school day that are required by regular classes are permitted. If ratings, awards, etc. are given the event IS a competition and participation is not allowed. In this case, an alternate assignment where the student may earn full credit will be assigned in place of the event.

C. Third offense: One calendar year.

D. To resume eligibility after a 2nd offense, it is mandatory that the student must be referred to a substance abuse prevention specialist (school's option) at the family's cost.

E. If the student admits to his or her involvement in the improper activity to school officials within 48 hours of the offense the penalty **may be reduced** to four (4) calendar weeks or one major event (1st Offense) or eight (8) calendar weeks or two major events (2nd Offense) whichever occurs first.

F. Students must attend practices during the period of ineligibility and must end the season in good standing with the coach or advisor.

G. If the student complies with D and E (above) and if the student is not out for a sport or activity for an extended period of time, the period of ineligibility will be 8 calendar weeks. (i.e. a student violates the code in November but does not participate in an activity until spring).

Students Removed From Activities While Participating or Observing:

Students that are removed from an activity while participating, in any capacity, will serve a one-game suspension beyond those imposed by the state governing bodies, ie IGSAU, etc.

If a student is removed from an activity due to behavior or actions determined to be detrimental to the district, while observing the activity will be removed and not able to attend/participate in any activity, unless graded, for one activity.

Student Due Process

In the event that a student receives a “Good Conduct Violation” consequence, the student is afforded due process. After the student has been provided a letter describing the infraction, the consequence, and duration of the consequence they may appeal during the following time-frame.

From the receipt of the letter at the violation meeting with parent/student they can appeal to the Superintendent of Schools within five (5) calendar days. The appeal must be in writing, and signed, being submitted to the Office by the end of business on the fifth (5) calendar day of the finding by the principal. Emails or phone calls will not suffice, as a means to request an appeal. The superintendent will have 10 school days to review the findings of the investigation and render a letter to the student and parent(s).

The student will have five (5) calendar days from the receipt of the Superintendent’s findings to submit a written letter of appeal to the School Board Secretary or designee. The Board President will be notified and schedule a board meeting to hear the appeal, or the Board President can wait until the next regularly scheduled board meeting.

During the appeal process, the consequence for the infraction will remain in place until such time, the consequence is overturned on appeal. If the consequence is expired and have been executed, no appeal will be heard.

Other cases of misconduct will be dealt with by the principal or superintendent as deemed necessary.

State of Iowa Scholarship Rule

If you fail a class at the semester, you must sit out of the next activity for 20 days. **The Governor has ruled that all will be eligible academically fall of 2024** . The entire rule can be found on the school Web page. (Those failing classes in 2023-24 school year will be held to a weekly passing standard- first week warning- week 2 can’t play until improvement occurs- this is a football rule)

Team Policies

1. **Academic**- The football team can establish a study table for all players. In the past, it is held on Monday immediately after school. All students in violation of the Scholarship rule must attend these sessions until gaining their eligibility. All players who are on the 5 week or 9 week D and F list can be assigned to the study table.
2. **Attendance**- Everyone is expected to attend all practices, meetings and games unless excused by one of the coaches. Missing of practice can result in less playing time. Religious and Family Events are excused. But, if you miss needed practice you might play less than normal. Remember our practices are preparing us for our next game.

“Absence and death are the same - only that in death there is no suffering.” **Theodore Roosevelt**

3. **Behavior-** A football player is responsible for his behavior at all times. Any incident that discredits the school, the team, or the individual will be handled by the coaching staff. If the behavior is in violation of the good conduct code, it will be reported to the Principal and Athletic Director. If the behavior is against the law, we will report it to law enforcement. We will not tolerate Hazing or Bullying. They can lead to dismissal from the team.
4. **Care of Athletic Injuries-** Just because you can't play doesn't mean you can't come to practice. Learning continues whether in the drill or watching the drill. Attending practice gives us a chance to help ice etc. If you are required to do physical therapy, see the head coach or counselor about the best time. Be mindful of missed class time. Please confirm with the head coach the need to be taped or treated prior to practice and games. All heat related illnesses where a player passes out will be reported through 911. A coach will be assigned to cool the athlete down and remain with him until help arrives.
5. **Concussions-** Our coaching staff has completed a course on concussions. It is important if you are having uncommon headaches, dizziness, memory loss and coordination problems that you report this to your coach. Most times we are aware of when potential concussions might have occurred but sometimes they are not obvious. All player's will have a baseline ImPact Test. **(Contact Bonnie West if you think you may have had a concussion)**
6. **Cramps-** Athletes should avoid drinks with high levels of fructose, they can lead to cramps. Drinks like Mountain Dew should be avoided. Even Gator Aid should be diluted prior to competition. If a player feels cramps coming on Mustard or Dill Pickle juice will help prevent them (vinegar). Eat a balanced diet.
7. **Detentions-** Players are expected to meet classroom goals and rules. If a player receives a detention they must meet with the head coach and explain their situation. All players must make-up lost time from practice and normally it will involve physical activity.
8. **Electronic Devices-** Cell phones/smart phones etc. are not to be used in the locker room or during team meetings. They are allowed on the player bus but should be used with discretion at all times. If you **snap chat** please do so with discretion. Do not **tweet**, post on **facebook** or send **email** about our team or make comments about other teams or their players. We will again be putting games on **Hudl**.
9. **Employment-** Many players hold a part-time job as a high school student-athlete. It is important to emphasize that you are a student first. If you have concerns balancing school, work and athletics speak to the head coach.
10. **Equipment Care-** Every player is legally equipped. It is very important that you let the coach know if you have equipment in need of repair. All washables are to go home at least weekly to be laundered. Washing practice garments is good way for you to practice your laundry skills.
11. **Guests-** If you have a family member or friend wishing to watch practice you need permission of the head coach. **No visitors** are allowed in the gym prior to a game as this is our time to prepare. Following the game it is allowed for your guest to wait for you.
12. **Lettering-** A player is expected to have played in half the varsity quarters to have earned a letter. In a 9 game season that would be 18 quarters. The head coach has the authority to letter seniors who have been in the program 3 or more years and underclassmen held from competition to help the junior varsity squad (A player plays 2 quarters in the JV and 2 in the varsity game).

13. **Locker Room-** Most football players will be assigned two with locks. It is important that we take care of them. No sticky signs, tape etc. are to be placed on them. All lockers have numbers on them. Please lock your locker open or closed. If you leave your lock on the floor it could end up on another player's locker and keep them from getting their stuff. We also have had the floors redone, **no football shoes are to be worn in the school building.** At halftime this year, we will be meeting in the IT garage. Please keep the locker room clean, it reflects on us as a team and our self-discipline. Again, no electronic devices should be used in the locker room.
14. **Profanity-** It seems profanity has become more accepted in our society and in the music we listen to. Players are reminded that this is not acceptable at school and school activities and will not be tolerated. This includes the music you play in the gym and locker room. Players should wear headphones on the bus and weight room when listening to their music.
15. **Team Meals-** In the past our parents, booster club and other schools have offered to provide meals for our team. Remember, it is no easy task to feed between 35 and 50 people and our cooperation is expected. Please be courteous and appreciative to our hosts.
16. **Transportation-** Bus times should be posted on the school website as well in the daily announcements. Players are expected to be at school at least **ten minutes prior** to departure time to ensure the bus will leave as scheduled. Often there will be different departure times for Varsity and the J.V. squads. All players are expected to ride to the game with the team. If a circumstance arises that requires alternative transportation, it must be cleared prior to the departure. **Players who miss the bus can not drive themselves to the game and play.** Following the game, players are expected to ride home on the bus. Parents are allowed to pick their students up following the game but are asked to sign the release sheet. **Players can not ride home with anyone but parents unless prior arrangements have been made with the administration and the coach.** Players are responsible to have all travel requests completed as early as possible.
17. **Weather-** The safety of student-athletes is a top priority of the West Central School District. We will follow all recommendations of the IAHSAA related to heat advisories and storm warnings. The football coach is responsible for checking temperature and humidity on the practice field. We have been provided the proper gauge and chart to determine practice options. On all days where the temperature on the practice field exceeds 85 degrees the coach will notify the athletic director and principal of the practice adjustment. If a severe storm is approaching, a lightning gauge is to be used to ensure proper safety of the players. If lightning is seen, players will be removed from the field and may not return until there has been no lightning activity for over thirty minutes. Rain in itself does not mean the end of practice or a game. The coaching staff will determine when practice should end based on field conditions and safety. Game officials determine when a contest can be stopped.
18. **JMC Alerts:** we will be sending messages via email and text through JMC. We need your phone number in JMC to get text messages.

Contact Information:

Email: smilder@w-central.k12.ia.us

School phone: (563) 637-2283

COVID-19 GENERAL GUIDANCE

Academic Eligibility

All students are considered academically eligible to begin fall sports in the 2020-21 school year. Regardless of the Return to Learn plan implemented, all students must be enrolled in at least four courses to be eligible. All other scholarship, open enrollment, general transfer rules apply.

Pre-Participation Physicals

As per the amendment issued by Governor Reynolds on June 25, all physicals signed on or after July 1, 2019 are good through December of 2020.

Schools should use the previous PPP form for the 2020-2021 school year. The revised PPE form has not been approved for distribution.

Return to Learn and Concussion Protocol

The Department of Education, Iowa Department of Health and Iowa Athletic Trainers Society will clarify how Return to Play (RTP) protocols relate to each of the three Return to Learn options schools may implement. The general guideline is that a day of school is a day of school, regardless of how instruction is delivered.

Transportation

Guidelines will reflect school transportation guidelines which will come from the Department of Education.

Possible or Positive COVID-19 Cases

- The Iowa Department of Public Health is developing guidance for county health departments and schools regarding protocols when a student and/or student-athlete reports COVID-19 symptoms, a positive COVID-19 test result or contact with a person with a positive COVID-19 test result.
- Each school should identify a point of contact for athletes, coaches, and other personnel to report to when he/she experiences COVID-19 symptoms, a positive COVID-19 test result or contact with a person with a positive COVID-19 test result. This identified person will be responsible to report such situations to local public health.
- Each school should develop a communication plan to notify relevant persons (players, coaches, spectators) when contact-tracing indicates the need to

Health Screening

- Schools should implement health screening for practices and games similar to methods used during baseball and softball seasons. Self-screening and reporting to the school representative (AD/Coach/Trainer, etc.) is permissible.
- Any individual reporting symptoms and/or a temperature of 100.4F or higher should be isolated until they can safely transport home.

Social Distancing

The overarching safety principal in all areas of athletic activities (meetings, practices, travel, instruction, drills, benches, spectators, locker rooms, training rooms, concessions, restrooms, etc.) is that individuals should maintain 6 feet of social distancing.

Hand Sanitizing

Student-athletes should be encouraged to frequently sanitize their hands before, during and after practice and competition. Non-touch hand sanitizers may be used. Student-athletes should have their own personal hand sanitizer.

Individuals should especially sanitize before touching “common” equipment or other items.

Equipment Sanitizing

Any equipment that is shared by student-athletes should be sanitized before and after practice as well as before and after competition.

Towels

Individuals should never share towels. Each individual should bring or be issued his/her own clean towel at the beginning of practice or competition. Towels should be laundered after each practice and game.

Locker Rooms

- Locker rooms may be used and should be sanitized every day and after use by each and every group. Schools should coordinate with their maintenance departments regarding sanitizing.
- **All school-issued and personal clothing, equipment and other items should be taken home following practices and/or contests. Locker rooms should not be used as a storage area for clothing and/or equipment.**
- Players, coaches and others using locker rooms should maintain 6 feet of social distancing. This may require a rotating schedule for use of locker rooms to avoid congestion. A record of individuals in each rotation should be kept to facilitate contact-tracing if necessary.
- Players, coaches and others using locker rooms are strongly encouraged to wear masks while in the locker room.
- Visitor locker room should be identified and should be sanitized prior to arrival of team and after departure of team.

Water

- **Each individual student-athlete should have their own water container.**
- If a hydration station (e.g. cooler) is provided, individuals must sanitize their hands prior to using the hydration station. An alternative practice is to assign one person to fill water bottles and that person should wear a mask and protective gloves.
- Host schools may provide a water source for visitors but visitors should bring their own hydration station (cooler).

Spectators

- Schools should implement spectator protocols by following CDC and local department of health guidelines regarding size of gatherings and social distancing.
- Spectators should use six feet social distancing. Families may sit or stand together but should social distance from others. Frequent reminders should be made via public address.
- Just as businesses may require customers to wear masks, schools may require spectators to wear masks.

Press Box or Scorer's Bench

These areas should be limited to, in order of priority:

- Essential personnel: Scorekeeper, scoreboard operator, announcer
- Home and visitor coaching staffs (football)
- Media (as per guidelines below)

Individuals in the press box and/or at scorer's table should practice six feet social distancing.

Media

- Schools should communicate with media regarding protocols for practices and games. It is recommended that:
 - Space be provided for media game coverage that takes into consideration:
 - Six feet of social distancing
 - Priority given to: 1) home team coverage; 2) visiting team coverage; 3) other coverage.
 - Procedure be established regarding interview requests prior to/after practices and games, including
 - Identifying an area where interviews will be conducted.
 - Establishing a required advanced notice time-frame.

Concession Stands

- The Iowa Department of Inspections and Appeals provides guidance on school concession stands, with the latest update on July 24.
- If concession stands are open, patrons should practice 6 feet of social distancing.

Training Rooms

- All individuals utilizing the training room should wear a face mask at all times.
- Host site athletic training room should not be available for visiting team pregame and postgame treatments.
- If a team travels without an athletic trainer, all pregame taping, bracing, etc., should be completed before departure to the game. Host site athletic trainer should be contacted prior to the trip to plan for any requested accommodations.
- All taping/exam tables should be disinfected before and after each use.
- All taping/exam tables should be distanced at least 6 feet apart.
- Cold and hot tubs should only be used by one individual at a time.

- Cold and hot tubs should be drained, cleaned and disinfected between individual use and at the beginning and end of every day.

Participation Levels

- This guidance is intended for high school varsity, subvarsity, and junior high school activities as overseen by the IHSAA.
- Subvarsity and junior high sports are approved to resume IHSAA activities in the 2020-21 school year.

FALL 2020: RETURN TO COMPETITION

Updated: July 29, 2020

This document should be considered as providing recommendations from the IHSAA for member schools and may be updated before and during the fall 2020 season.

Social Distancing

- Coaches are responsible for ensuring social distancing is maintained between players as much as possible. Recommendations include:
 - Spacing between players while stretching and performing drills so that players remain 6 feet apart.
 - Avoid close congregating of players while receiving coaching instruction.
 - The NFHS Sports Medicine Advisory Committee recommends that workouts should be conducted in “pods” of students, with the same 5-10 students always working out together. Coaches should keep a record of who is in each pod to facilitate contact-tracing if necessary.
 - Schools should take steps to separate the different levels of their football programs into different areas so that potential contamination can be limited in case of a positive case. This includes use of locker rooms.
 - The IHSAA will be expanding the team box for the 2020 season to each respective 10-yard lines, providing 30 additional yard for players and personnel to spread out. This adoption is for players only. Coaches are still mandated to be inside the 25-yard lines. Coaches may enter the expanded team box area for supervision purposes only.
 - Only essential personnel are permitted on the field of play.
 - The field of play is defined as the area within the boundary lines and the goal lines.
 - Essential personnel are defined as players, coaches, athletic trainers, and officials.
 - All others, i.e., ball attendants, managers, video people, media photographers, etc. are considered non-essential personnel and are to be on the sideline, maintaining social distance of 6 feet apart.
 - Coaches and officials should follow 6 feet social distancing when interacting with each other.
 - Depending on team size, schools should consider whether roster limits (including travel rosters) should be implemented to improve social distancing.
 - For the mock coin toss, the referee, umpire and one designated representative from each team. Coin toss should take place in the center of the field with

designated individuals maintaining social distancing of 6 feet. No handshakes prior to and following the coin toss. For the overtime procedure, same procedure as used at the start of the contest for the coin toss.

- Teams shall NOT exchange handshakes following the contest – teams can acknowledge opponent with other appropriate non-contact measures.

Practice/Game Protocols

- Sanitizing: Hand sanitizing should be used as much as possible. The NFHS Sports Medicine Advisory Committee recommends using hand sanitizer when going to and from the field. Players are encouraged to provide their own hand sanitizer and/or sanitizing wipes.
- Mandatory Timeouts: An officials' timeout will be taken every 4 minutes of game clock time in order for teams to properly sanitize and hydrate during the contest. This timeout is to be two minutes in length. In addition, the intermission between the 1st and 2nd quarter and the 3rd and 4th quarter should also be two minutes in length in order to allow for proper sanitizing and hydration.
- Masks: Masks are encouraged but not required to be worn by players, game officials, chain gangs, ball retrievers, statisticians, managers, athletic trainers and coaches. It is recommended that if worn, players and coaches wear a mask that is a solid color. There is no prohibition on the color of the mask.
- Shields: Plastic shields covering the entire face (unless clear and integrated into the face mask and attached to the helmet) shall not be allowed during the contest.
- Mouth Protector: It is recommended that players keep their tooth and mouth protector in their mouths at all times. Each time they touch their tooth and mouth protector, they should sanitize their hands.
- Gloves: Unless made of unaltered plain cloth, gloves must have a permanent, exact replica of the NOCSAE glove seal or the SFIA glove seal. This seal must be visible and appear legibly on the exterior wrist opening of the glove. Non-athletic gloves, worn solely for the purpose of warmth, and made of unaltered plain cloth and which do not enhance the contact with the ball do not require a stamp indicating compliance.
- Skin Coverage: Players are encouraged to cover up as much of their bare skin as possible. Using long sleeved dry weave shirts and tights can cover bare skin.
- Spitting: Spitting is to be prohibited.
- Use of Water: Water is to be consumed only. Players should not rinse their mouth, rinsing their mouth piece, or pour water on their faces or necks.
- Game Balls: The ball should be cleaned and sanitized throughout the contest using sanitizing solutions recommended by the ball manufacturer. During games, it is recommended that each time there is a fourth down, a new football be brought into play. It is recommended that each team provide at least two reliable, knowledgeable ball attendants for each contest and that they maintain the appropriate social distancing guidelines throughout the contest.
- Facility Sanitizing: At the conclusion of each game, it is necessary to sanitize both the home and visiting team benches and any other areas that may have been used by either team. Spectator areas, locker rooms, training rooms, restrooms, concession stands and press box should also be cleaned and sanitized.

Game Officials

- Football game officials that have registered to work this fall but elect not to work as a result of COVID-19 need to contact Laura Brooker at officials@iahsaa.org prior to August 27 regarding refunds.
- Game officials are responsible for bringing their own beverages and own food items to the site.
- Officials are responsible for bringing their own hand sanitizer and sanitizing wipes.
- If available, dressing facilities for game officials should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
- Maintain social distancing of 6 feet while performing duties.
- Officials Conferences: The authorized conference for the game officials' timeout should take place between the 9-yard marks and not at the sideline for social-distancing purposes.



“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

— Theodore Roosevelt