



UNICORNS ACADEMY

UNICORNS HISTORY



The Schwäbisch Hall Unicorns were founded in November 1983 as the American Football division of TSG Schwäbisch Hall. TSG is the oldest and, with 3.000 members in 20 divisions, also the largest sports club in Schwäbisch Hall.

ACADEMY HISTORY



Since its founding in 2017, the Unicorns Academy has formed a unique connection between school and sport. At ESZM, the student's academic careers and their athletic development are given equal importance!

UNICORNS ACADEMY HEAD COACHES



Gabriel Landa
Director of the Unicorns Academy
GFL Team Assistant Head Coach



Monteze Latimore
Strength and Conditioning
GFL Team Defensive Back

ACADEMY ASSISTANT COACHES



Rayjuon Pringle
GFL Wide Receiver



Kelley Joiner
GFL Running Back



Pascal Dürr
GFL Offensive Lineman



Jordan Toles
GFL Defensive Back



Simon Baumgartner
GFL Defensive Lineman / U20 Coach



Noah Lorieri
GFL Defensive Lineman

UNICORNS TEAM HEAD COACHES



Patrick Staudacher
Head Coach U20 Team



Siegfried Gehrke
Head Coach U16 Team



Felix Taschner
Head Coach Women's Team

UNICORNS VORSTAND REPRESENTATION



Ralph Gruber
Academy Manager



Jeanette Wormsbecher
Youth Director



Andreas Weis
Sports Director

PHASES OF DEVELOPMENT



FOOTBALL SKILLS - FIELD SESSIONS

- Divided by Position or Offense / Defense
- Position Specific Drills
- Competitive Drills
- Scrimmages & Gameplay
- Speed Sessions & Agility Work

STRENGTH & CONDITIONING - GYM SESSIONS

- Divided by Age:
 - Younger (White) / Older (Green)
- Learning how to lift weights
- Weight Room Safety
- Increase Strength and Mobility
- In-season lifting program for injury preparation

FOOTBALL IQ - CLASSROOM SESSIONS

- Divided by Experience:
 - Beginner (White) / Advanced (Green)
- Playbook Development / Football IQ
- Film Study
- Individual Development
- Football History
- Health & Nutrition

ENGAGEMENT PROJECTS

- Full Academy together
- NFL/CFP Postseason Challenges
- Research Projects
- Playbook Design & Creation
- Other projects that help students to engage more with the game of American Football

STANDARDS



- Show up urgently - Show up prepared
- When teacher is speaking, everyone is listening
- Stay focused - Don't waste anyone's time
- Be curious - Ask Questions - Engage in the lesson
- Everyone learns everything
- There are many ways to play the game

WEEKLY SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14					
15					
	15:15 - 16:30 ACADEMY	15:15 - 16:15 ACADEMY Strength & Conditioning Group 1		16:00 - 16:50 ACADEMY White Lift / Green Class	
16	Football Skills	16:15 - 17:15 Group 2		10 min Transition	
17			17:00 - 18:45 U16 Practice	17:00 - 17:50 Green Lift / White Class	17:00 - 18:45 U16 Practice
18			18:00 - 20:00 U20 Practice		18:00 - 20:00 U20 Practice
19					
20					

IMPORTANT TO KNOW



- Enrollment in the Unicorns Academy is always tied to the school semester and can therefore only be canceled as of January 31 or July 31 of each year.
- Most of the Academy's activities take place during school hours, so unexcused absences are not permitted.

ACADEMY FEES



- Monthly fee of €50
 - Ensures that we can continue to develop and maintain the Academy
 - Enables us to further develop the Academy's students at a high level

WHATSAPP GROUPS



- In addition to Spond, each team has an internal WhatsApp group
- For the youth teams, this group usually includes the parents so that they are also aware of important information
- Usually, volunteers are also asked to sign up for home game days through this system

FURTHER INFORMATION



Coach Gabriel Landa

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Website

https://www.eszm.de/schule/projekte_kooperationen/unicorns_academy/



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