



A FEW GOOD MEN 2016 Award Winners

A Few Good Men (AFGM) seeks to transform our region's high school football student athletes into A Few Good Men, by teaching and modeling the core values of character, team work, community service and academic excellence. A Good Man is not only a football player; he is a leader; he is a student and an ambassador representing the character, values and way of life that when emulated by others makes his school, community and the world a better place.

The Program Consists of the Following Elements

#1 Preseason Kick-off Event in August that gathers area teams together to help create a community and movement that promotes character-based leadership among this generation. The event breaks down barriers between rival schools/communities and establishes the common ground of being good men.

#2 Monthly Team Sessions during the months of September through November utilizing the NFL character lessons curriculum as the foundation, AFGM team members provide students with pizza, PowerAde and a 45-minute lesson with each team on the following topics:

- Time Management
- Nutrition & Wellness
- Decision Making
- Stress Management
- Sportsmanship
- Social Media
- Emotional Intelligence
- Managing Relationship
- Financial Literacy
- Driving Responsibility
- Academic Success
- Leadership

#3 Community service projects with The Food Bank of South Jersey provide AFGM participants opportunities to serve together to combat hunger by volunteering at area food pantries.

#4 Recognition of Team AFGM Award Winners

- Full page advertisement in Courier Post newspaper
- Regional recognition ceremony acknowledging each participant, their families & coaches
- Presentation of AFGM trophy to each school's winner during their team's banquet or local school assembly

2016 AFGM Participating High Schools

- Camden
- Burlington Township
- Deptford Township
- Eastern Regional
- Highland Regional
- Pitman
- Rancocas Valley Regional
- Timber Creek Regional
- Willingboro
- Winslow Township High School
- Woodrow Wilson

AFGM would like to thank all of our sponsors who helped make this program possible:

- Loving Our Cities
- The Perfecting Church
- PowerAde
- Papa John's Pizza

William Segers, Winslow Township High School Grade: 12 | Position: TE



- **What is a good teammate?**
A good teammate is a player who practices the coach's morals and teachings on and off the field, and makes sure that the others around him are in line.
- **What is your favorite volunteer experience?**
My favorite volunteer experience is going to my Father's job's volunteer service and help clean up local schools and restore community parks for the local youth.
- **What is your favorite scripture/verse or quote?**
My favorite quote is "No Pressure, No Diamonds."

Anthony Ramos, Woodrow Wilson High School Grade: 12 | Position: LB/RB



- **What is a good teammate?**
A good teammate is someone who is not selfish and is willing to get everybody together. Also, someone who is humble and is able to communicate.
- **What is your favorite volunteer experience?**
Helping little kids do their homework and becoming a mentor to them
- **What is your favorite scripture/verse or quote?**
"When you want to succeed as bad as you want to breathe then you will be successful."

Filippo Iannella, Pitman High School Grade: 12 | Position: LB



- **What is a good teammate?**
Someone who will rise and fall with his/her team instinctually, and never doubts if it was all worth it afterwards is a good teammate regardless of their skill set or role.
- **What is your favorite volunteer experience?**
Reading to my local elementary school students on Dr. Seuss day to promote the importance of reading.
- **What is your favorite scripture/verse or quote?**
"The secret to life, is to fall seven times and get up eight times" - Paulo Coelho, The Alchemist

Jamar Sims, Willingboro High School Grade: 12 | Position: SS/RB



- **What is a good teammate?**
A good teammate is someone who has respect for their teammate, yet pushes them to go harder. A good teammate has your back through the hard times and celebrates success through the easy ones. A good teammate encourages what you do right while explaining what can be improved. A good teammate will never leave your side and is your brother through it all.
- **What is your favorite volunteer experience?**
Volunteering at the Ronald McDonald House in Camden was a great experience. The patients and their families are in need of love and care and to be able to give them some compassion really brought some joy into my heart. I had the chance to clean the facility while exploring its theme specific rooms. I also got to meet a lot of wonderful people and play with some of the kids. Volunteering at the Ronald McDonald House was exciting and if you ever get the chance to do it, take that chance.
- **What is your favorite scripture/verse or quote?**
My favorite scripture is Philippians 4:13: I can do all things through Christ who strengthens me. This scripture motivates me to work hard and dedicate myself to everything I do. It is my life motto and represents the amount of faith I have in my Lord and what he continuously does for me. Despite the trials and tribulations, Jesus Christ has my back.

Joseph Plez, Timber Creek Regional High School Grade: 12 | Position: LB/RB



- **What is a good teammate?**
A good teammate is a person who is always willing to help the team in any way possible on and off the field. When things get rough a person doesn't get mad or yell at the team, but encourages them to do better.
- **What is your favorite volunteer experience?**
My favorite volunteer experience was working with the Camden Food Bank and helping make food for the people at the hospital.
- **What is your favorite scripture/verse or quote?**
Turn from evil and do good, seek peace and pursue it. Psalm 34:14

Drew Harris, Camden High School Grade: 12 | Position: QB



- **What is a good teammate?**
I believe that a good teammate? Is someone that brings the best out of others and makes them give their best effort. A good teammate also stands up for what is right and always does what is best for the team
- **What is your favorite volunteer experience?**
My favorite volunteer experience? Was helping serve at a nearby food shelter. It felt very good to give to others who were less fortunate and it was also very humbling for me.
- **What is the best advice you've received from a coach?**
The best advice I have received from a coach? Is to always stay prepared and focused for your opportunity because you never know how many you'll have.

Matthew Parker, Highland Regional High School Grade: 12 | Position: TE & DE



- **What is a good teammate?**
Is someone who is a leader on and off the field and picks up teammates when they are down.
- **What is your favorite volunteer experience?**
Feeding the Homeless at a Church in Camden with my father and my sister.
- **What is your favorite scripture/verse or quote?**
Deuteronomy 31:6: "Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

Zakee Johnson, Eastern Regional High School Grade: 11 | Position: DB



- **What is a good teammate?**
A good teammate is a person who leads by example, helps other around him get better, looks out for everyone, and a dependable person that will be there for his teammates.
- **What is your favorite volunteer experience?**
My favorite volunteer experience is when I was in 9th grade and I helped my church pass out free meals and clothes to homeless people.
- **What is your favorite scripture/verse or quote?**
Philippines 4:13: I can do all things through Christ who strengthens me.

Chancy Caranda, Burlington Township High School Grade: 12 | Position: WR



- **What is a good teammate?**
A good teammate is someone that helps out other teammates and demonstrates good character so that his teammates follow in his footsteps.
- **What is your favorite volunteer experience?**
My favorite volunteer experience is watching the kids at my church. It's fun learning things about the kids and seeing them try to be like me.
- **What is your favorite scripture/verse or quote?**
My favorite life quote is, "Better to die doing what you love than to live doing nothing at all." I want to live the most joyful life for me and I don't want to think about the "what ifs."

Stephen Frombac, Rancocas Valley Regional High School Grade: 12 | Position: OL/DL



- **What is a good teammate?**
A good teammate is one who takes responsibility and gets the job done. They never showboat, or complain, and if they do make a mistake, they do not blame others; they take ownership for their error and correct it. A good teammate is someone who, after doing their job, seeks no recognition for doing so. They do not seek fame for what they do; they just want to help their team as much as they can.
- **What is your favorite volunteer experience?**
My favorite volunteer experience was assisting at the Masonic Home of New Jersey to have a prom for the elderly. We put on music, gave them food, and danced with them. It was so enjoyable to see how excited and happy the senior citizens of the Masonic Home were just to see a group of teenagers willing to dance and have fun with them. All of their faces lit up when they saw us and what we had prepared for them, and they were just so happy dancing to the music.
- **What is your favorite scripture/verse or quote?**
Jeremiah 29:11 - "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Tavon Fox-Ballard, Deptford Township High School Grade: 12 | Position: DE/P



- **What is a good teammate?**
A good teammate is a person who can put his team before him and accept the coaching and become a leader to his peers portraying a good figure in order to set an example through his character. He continuously inspires and encourages his teammates to go above and beyond and be there for them both on and off the field.
- **What is your favorite volunteer experience?**
My favorite volunteer work has to be the coaching I do for my town. I like to inspire the kids the way I was growing up making them enjoy themselves and be passionate for their sports. I coach two recreational league basketball teams and a 14u baseball team.
- **What is your favorite scripture/verse or quote?**
Favorite quote: You miss 100% of the shots you don't take.

An initiative of Loving Our Cities, Inc., the community engagement arm of The Perfecting Church

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