

**BENBROOK
MIDDLE - HIGH SCHOOL
FOOTBALL**



**PRE-SEASON
PARENT – MEETING**

BOBCAT FOOTBALL COACHES

HIGH SCHOOL STAFF :

HEAD COACH / BOYS ATHLETIC COORDINATOR

OFFENSIVE COORDINATOR

DEFENSIVE COORDINATOR

SPECIAL TEAMS COORDINATOR / ILB's / OLINE

WIDE RECEIVERS

WIDE RECEIVERS

RUNNING BACKS

OFFENSIVE LINE

OUTSIDE- LINEBACKERS

DEFENSIVE – LINE

DEFENSIVE - BACKS

CODY SLATER

DUSTIN ALTMILLER

WADE CRIBBS

BRADY DONART

JUSTIN CHAVEZ

PATRICK BOSTICE

CHANCE RODRIGUEZ

JASON HIGGINS

ARMANDO GARZA

JOSEPH HICKS

VINCENT WYATT

MIDDLE SCHOOL STAFF:

BLAKE MENDEZ

DAVID SPIGELMYER

ALEX CARILLO

COREY BROWN

ELDON WEBB

*PHONE NUMBER – (817) 815-7143

BOBCAT ATHLETIC BOOSTER CLUB

ATHLETIC BOOSTER CLUB BOARD OF DIRECTORS:

President: Chris Benton

Vice-President: Marshall Moorman

Treasurer: Sharla Ishmael

Secretary: Hillary Rigdon

Fundraising: Tanya Torlincasi

Membership Chair: Harold Guimarin

Public Relations: Sarah Harris

**•FOR MORE INFORMATION EMAIL THE BOOSTER CLUB @
bbathleticboosterclub@gmail.com**

BENBROOK
MIDDLE - HIGH SCHOOL
FOOTBALL PROGRAM



BOBCAT FOOTBALL MISSION

At Benbrook we believe that success is not an accident but a combination of concrete factors that allow our young men to have the best opportunities, challenges, support systems, and techniques to experience the great game of football at its highest levels. We believe that our “plan” is tried, tested and proven to be true. That plan is based on the understanding that “winning” is defined by more than the final score in a game, and it can be most rewarding through developing the whole individual. We will always strive to “WIN” while pursuing the more-important goal of teaching life lessons through football.

The Bobcat Athletic Family strives to model and instill respect and integrity through our work ethic by empowering our student-athletes and preparing them for a purpose-driven life.

We believe that our program’s foundation is built upon “Family” and that the pillars from this foundation are “ATTITUDE AND EFFORT.” Our interests will be centered around the principles of doing what is best for our family, focusing on the task at hand, and finishing the job that we have invested so much time and energy in. Above all, we respect the fact that we are privileged to be a part of a community and school at BENBROOK that supports our efforts and believes in the mission of our program. At Benbrook we strive to be second to none in terms of providing the best opportunities for our young men to grow as people and be successful on the field and in the classroom. We will ensure that our players are given time to develop through middle school and sub-varsity competition and are given opportunities in practice and competition to earn playing time. We hope to provide an open line of communication and guidance for our parents and players alike. We seek to provide a high level of information about physical and mental training, nutrition, and the recruitment process as we go. We believe that commitment to our core values provides us with the best opportunity to not only win football games, but the hearts and minds of the young men we coach as well. We believe that Bobcat Football is not just about participation in our program, but also about believing in the idea that together we can achieve far greater results than our individual parts could ever produce .

BOBCATS – FAMILY ALL IN!!

GOALS OF THE BOBCAT FOOTBALL PROGRAM

- Develop a comprehensive 7-12 Program
- Develop the student-athlete *100% Success in the Classroom
- Develop the athlete
- Develop the educator-coach
- Increase participation in our program
- Improve school spirit and atmosphere
- Increase family, community, and alumni involvement
- Recognize and encourage athletic excellence
- Improve athletic facilities and equipment
- Booster Club – Assist through aggressive fundraising

BOBCATS

PRACTICE TIMES / GAME DAYS

7th Grade Football:

Practice Time - 7:00 A.M. – 8:20 A.M. (Mon – Fri)

Game Days – Tuesday / Saturday

8th Grade Football:

Practice Time 4:00 P.M. – 5:30 P.M. (Mon – Fri)

Game Days – Tuesday / Saturday

H.S. (9th, 10th, 11th) Football:

Practice Time – 3:45 P.M. – 6:15 P.M. (Mon – Fri) (Sat – 8-10)

*Practice Time can change early in year for Heat Index. (105)

Game Days – Wednesday, Thursday, & Friday.

What are the required forms and fees that my child must complete to participate in athletics?



REQUIRED FORMS

1. 2018-2019 FWISD Student-Athlete Medical Emergency Card
2. Health Services Department Form
3. FWISD Student-Athlete Insurance Information Policies and Procedures
4. Sudden Cardiac Arrest Awareness Form
5. Concussion Acknowledgement Form
6. Parent and Student Agreement/Acknowledgement -Anabolic Steroid Use and Random Steroid Testing Form
7. Acknowledgement of Rules Form
8. Physical – Medical History Form
9. Physical - Physical Examination Form

**All paperwork except the Physical must be completed online at fortworthisd.rankonesport.com

All of the above signed forms MUST be on file in the Athletic Coordinators office BEFORE the athlete is allowed to practice.

BOBCAT ATHLETIC FEE

- **Cash or Check made payable to Benbrook Boys Athletics.**
- **The Athletic Fee for 2018-2019 year is \$5**
- **The Athletic Fee will cover the student athlete for the 2018-2019 school year.**
- **Athletic Fees will be used to purchase locks and laundry supplies.**

ATHLETES CODE OF CONDUCT AND EXPECTATIONS



BENBROOK MIDDLE-HIGH SCHOOL

ATHLETIC CODE OF CONDUCT

ATHLETIC PARTICIPATION IS A PRIVILEGE, NOT A RIGHT.

ATHLETIC PARTICIPATION MAY BE DENIED FOR VIOLATING THE CODE OF CONDUCT.

ATHLETIC CODE OF CONDUCT.

1. All U.I.L. & BMHS and team rules apply as stated in the **Student Handbook, UIL Bylaws, and team rules for your sport.**
2. All U.I.L & BMHS., and team rules are in effect 24 hours a day, 7 days a week during athletic season.
3. Good citizenship and sportsmanship expected at all times.
4. Do not engage in criminal activity in or outside of school.
5. Drug/Alcohol/Tobacco possession or use will result in an immediate suspension. Punishment will follow the FWISD student Conduct and BMHS athletic handbook.
6. Anti-Hazing Policy
7. Student-Athlete and Parents are financially responsible to return all district owned equipment. If damaged, lost, or stolen, a replacement fee will be issued.

Please review U.I.L. and BMHS Student Handbook for specific guidelines

IMPORTANT RULES/EXPECATIONS

- **Athletes are expected to attend all practices, meetings, and games.**
- **At the first of the season all athletes are required to go through 5 days of acclimation before full pads are allowed.**
- **The coach should be notified of the absence by a parent prior to the absence. The coach has the authority to determine whether or not the reason for absence is considered excused.**
- **To be eligible to participate in practice or games, an athlete must be in school at least 4 full class periods.**
- **If suspended, the student is ineligible to participate that day.**
- **Athletes are required to travel on the team bus unless prior permission is granted by the Coach or Athletic Coordinator. If a parent needs to take an athlete home, a transportation release form needs to be completed.**

BOBCATS
STUDENT ATHLETE
ACADEMICS



ACADEMIC ELIGIBILITY AND THE STUDENT-ATHLETE

Requirements

- **Must pass all classes with a minimum of 70% each 6 weeks.**

Grades and Discipline

(Failures, Incompletes, Missing work, referrals, negative emails, and cell phone infractions).

All players will uphold satisfactory academic standing throughout the 2014-2015 school year. All players will be expected to complete all academic work and resolve any academic blemishes such as incompletes and missing work in a timely manner (**applied by their academic teacher**). All players will be responsible for adhering to the guidelines applied in the Student Code of Conduct at Benbrook Middle-High School and Football Program

- **Athletes are encourage to attend morning/afternoon tutorials when needed. Afternoon tutorials will require a written letter, or email from a parent/teacher. Coaches need to know where your child is at all times after school!**

The Four Questions of the Extracurricular Participant:

1. Did I fail any classes for the six weeks?

Answer: No. Then student can continue to participate.

Yes. Then go to question #2.

2. When do I become ineligible?

Answer: The failing student becomes ineligible at 3:45 pm seven calendar days from the day the six weeks ended.

3. What do I have to do to become eligible?

Answer: The ineligible student must be passing all classes on the day ending the three week period (snapshot date).

4. When would I be eligible?

Answer: If student is passing all classes on the specified mid six weeks date, then that student becomes eligible seven calendar days from that date.

* UIL defines “three school weeks” as 15 class days. Exception: One, but only one of the three school weeks may consist of only three or four class days, provided school has been dismissed for a scheduled holiday period.

** All students are eligible from the 3:45 bell on Dec. 21st to Jan. 6th.

All students are eligible during a school holiday of a full calendar week or more (i.e. Thanksgiving and spring break).

What can you do to make your child's high school athletic experience successful?



PARENTS ARE THE SINGLE MOST INFLUENTIAL PEOPLE IN A CHILD'S LIFE.

- **Encourage your child to set realistic goals for themselves and help them work towards achieving those goals. (Academic, Social, and Athletic)**
- **Reinforce the concept of the “Student-Athlete.”**
- **Assure that your child abides by the Athletic Code of Conduct and team rules.**
- **Assure that your child attends all scheduled practices and games.**

- Take an active, supportive role- work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
- Support child and team by attending games.
- Be a positive role model to our children.
- Promote sportsmanship.
- Acknowledge and support the ultimate authority of the coach to determine strategy and player selection.
- Keep criticisms and negative opinions to self.

***HELP THE ATHLETIC DEPARTMENT
AND PROVIDE OUR ATHLETES WITH
THE BEST OPPORTUNITIES AND
EXPERIENCES AVAILABLE BY JOINING
THE BMHS BOOSTER CLUB**

What should we expect from the coach?



- **Expect the coach to have a fundamental knowledge of the sport**
- **Expect the coach to model good sportsmanship**
- **Expect the coach to consider the individual needs of each student-athlete but to make final decisions based on the overall good of the team**
- **Expect the coach to provide opportunities for the student-athlete to achieve success in their chosen sport in-season and off season**
- **Expect the coach to provide you with at least one form of contact information (phone or email)**

EXPECT YOUR CHILD'S COACH TO INFORM YOU:

- 1. When and where practices and games are held.**
- 2. His/her coaching philosophy, I.E. playing time, cuts.**
- 3. The expectations and requirements that he/she has for members of the team. (team rules and consequences for violating them)**
- 4. If your child is injured in a game or practice.**
- 5. Concerns or issues involving your child.**

How do we contact the coach?



BENBROOK MIDDLE - HIGH SCHOOL

CONTACT INFORMATION

- **The Athletic Department Office is located next to the Weight Room.**
- **Athletic Office Phone # (817) 815 – 7141 and (817) 815-7143**
- **E-mail: cody.slater@fwisd.org**
- **Scheduling Info: Benbrook Middle –High School Website**

- **Contact coaches via email on our school website at:
<http://benbrookmiddle.fwisd.org/pages/BenbrookMiddle>**

Check Out BENBROOK MIDDLE-HIGH SCHOOL ON FACEBOOK

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, WHAT PROCEDURE SHOULD YOU FOLLOW?

FOLLOW CHAIN OF COMMAND.

1. **STUDENT-ATHLETE SHOULD TALK WITH COACH FIRST**
2. **IF THE ISSUE/CONCERN IS NOT RESOLVED, THEN THE PARENT SHOULD CONTACT THE COACH**
3. **IF ISSUE/CONCERN IS NOT RESOLVED, THEN THE PARENT SHOULD CONTACT THE ATHLETIC COORDINATOR**
4. **ALWAYS MAKE AN APPOINTMENT WITH THE COACH.**

DO NOT APPROACH A COACH BEFORE, DURING, OR AFTER A PRACTICE OR GAME TO DISCUSS ISSUE/CONCERN.

INAPPROPRIATE TOPICS TO DISCUSS WITH A COACH:

- 1. Playing Time**
- 2. Team strategy or play calling**
- 3. Other student-athletes**

Athletic Trainer Tips

BMHS Athletic Trainers

Symone Johnson & Andrew Dallinger

817-815-7144



- **If an athlete is injured during a practice or game, they should report it to their coach immediately.**
- **The coach will determine whether the athlete should be evaluated by our Athletic Trainer.**
- **The trainer will evaluate the injury and will recommend treatment or further evaluation by a doctor. The trainer will send home written notification if He feels that a doctor should examine your child. He will also call home for serious injuries.**
- **If the trainer feels that a doctor should examine your child, a signed, written release by a doctor is required to allow the athlete to resume activity.**

•If an athlete sees a doctor for any injury...they must be medically released by a doctor. A signed release by a doctor must be given to the trainer before returning to play.

•Parents cannot override the doctor or trainers decisions.

Health Concerns

•Maintain a healthy, balanced diet and make sure to stay hydrated to avoid heat exhaustion and heat stroke.

•Examine your body regularly. Report any rashes or skin changes to coaches/ trainer immediately. (MSRA, impetigo, ringworm etc.)

• **Head injuries are to be treated with extreme caution. Concussions are not just “dings.”**

Some common signs and symptoms of a concussion may include:

- Headache or a feeling of pressure in the head
- Temporary loss of consciousness, loss of memory
- Confusion or feeling as if in a fog
- Dizziness or "seeing stars"
- Sensitivity to light and noise
- Ringing in the ears
- Nausea or vomiting
- Slurred speech

• **REPORT ANY HEAD INJURY IMMEDIATELY TO OUR COACHES / TRAINER.**

OTHER INFORMATION



OTHER F.A.Q.'s

- **Fall Practice Times:**
 - 8/6 – 8/11 – All Practices will be from 8am – 12pm
 - On 8/10 we will bring the kids back at 4pm for Pictures (Farrington Field)
 - 8/13-8/16 – All Practices will be from 7pm – 10:30pm
 - **LABOR DAY PRACTICE (September 3rd)**
 - 8:00A.M.– 9:30A.M. 8th and H.S. PRACTICE
- 7th Grade No Practice on Labor Day

REMIND 101 CODES

Parents and players stay up to date with rain delay, change of venue and time sensitive announcements by registering for text message alerts.

Varsity, JV, & Freshman:

Text @ bmhsfbhs to 81010

**THANK YOU FOR YOUR
SUPPORT AND GO BOBCCATS**



FAMILY ALL IN!!!