

EMBRACE THE STORM



**BENBROOK
MIDDLE - HIGH SCHOOL
FOOTBALL**



**PRE-SEASON
PARENT – MEETING**

BOBCAT FOOTBALL COACHES

HIGH SCHOOL STAFF :

HEAD COACH / BOYS ATHLETIC COORDINATOR

CODY SLATER

OFFENSIVE COORDINATOR

DUSTIN ALTMILLER

DEFENSIVE COORDINATOR

WADE CRIBBS

SPECIAL TEAMS COORDINATOR / ILB's / OLINE

BRADY DONART

RUNNNING BACKS

JUSTIN CHAVEZ

WIDE RECEIVERS

PATRICK BOSTICE

OFFENSIVE LINE

JASON HIGGINS

OFFENSIVE LINE

CULLEN BLACK

OUTSIDE- LINEBACKERS

ALEX CARRILLO

DEFENSIVE — LINE

JOSEPH HICKS

DEFENSIVE - BACKS

RUSTY BALLARD

MIDDLE SCHOOL STAFF:

SAMMY LIGHT

ROBERT JERKINS

SHARAE CAMPBELL

ETHAN MCGILRAY

CHRIS GRIFFITT

*OFFICE PHONE NUMBERS— (817) 815-7143 or (817) 815-7141

BOBCAT ATHLETIC BOOSTER CLUB

ATHLETIC BOOSTER CLUB BOARD OF DIRECTORS:

President: Josh Hayes

H.S. Vice-President: Amanda Christman

M.S. Vice-President: John Dilday

Treasurer: Christie Lindsey

Secretary: Marquita Barrett-Gutherie

Fundraising: Jeremy Glanzer

Membership Chair: Ramiro Rabago

Public & Community Relations: Jason Stockton

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



BENBROOK



BOBCATS

2022 FOOTBALL SCHEDULE



 HOME
 AWAY

									
GM 1 - 8/26	GM 2 - 9/2	GM 3 - 9/9	GM 4 - 9/15	GM 5 - 9/23	GM 6 - 10/7	GM 7 - 10/13	GM 8 - 10/21	GM 9 - 10/28	GM10 - 11/4
SANGER	IOWA PARK	MINERALWELLS	BRIDGEPORT	BRECKENRIDGE	HILLSBORO	VENUS	FERRIS	GLEN ROSE	GODLEY
@ Farrington Field Game Time - 7pm	@ Iowa Park H.S. Game Time - 7pm	@ Mineral Wells H.S. Game Time - 7:30pm	@ AT&T Stadium Game Time - 7:30pm	@ Breckenridge H.S. Game Time - 7pm	@ Farrington Field Game Time - 7pm	@ Farrington Field Game Time - 7pm	@ Ferris H.S. Game Time - 7pm	@ Clark Stadium Game Time - 7pm	@ Godley H.S. Game Time - 7pm

FAMILY

RELENTLESS

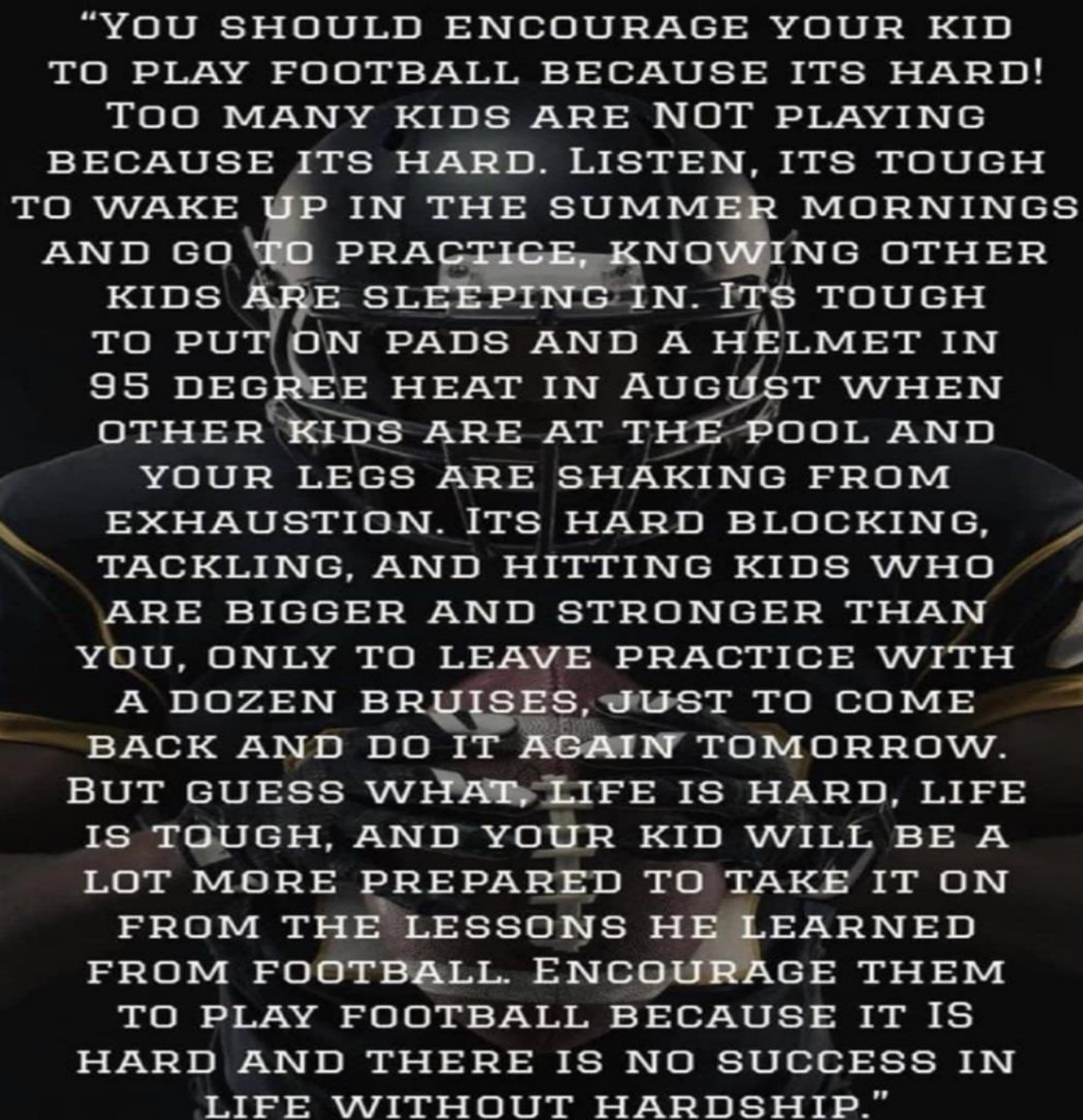
SELFLESS

DISCIPLINE

TOUGHNESS

BENBROOK
MIDDLE - HIGH SCHOOL
FOOTBALL PROGRAM



A young football player in a dark jersey and helmet, looking down with a determined expression. The background is a solid green color.

"YOU SHOULD ENCOURAGE YOUR KID TO PLAY FOOTBALL BECAUSE ITS HARD! TOO MANY KIDS ARE NOT PLAYING BECAUSE ITS HARD. LISTEN, ITS TOUGH TO WAKE UP IN THE SUMMER MORNINGS AND GO TO PRACTICE, KNOWING OTHER KIDS ARE SLEEPING IN. ITS TOUGH TO PUT ON PADS AND A HELMET IN 95 DEGREE HEAT IN AUGUST WHEN OTHER KIDS ARE AT THE POOL AND YOUR LEGS ARE SHAKING FROM EXHAUSTION. ITS HARD BLOCKING, TACKLING, AND HITTING KIDS WHO ARE BIGGER AND STRONGER THAN YOU, ONLY TO LEAVE PRACTICE WITH A DOZEN BRUISES, JUST TO COME BACK AND DO IT AGAIN TOMORROW. BUT GUESS WHAT, LIFE IS HARD, LIFE IS TOUGH, AND YOUR KID WILL BE A LOT MORE PREPARED TO TAKE IT ON FROM THE LESSONS HE LEARNED FROM FOOTBALL. ENCOURAGE THEM TO PLAY FOOTBALL BECAUSE IT IS HARD AND THERE IS NO SUCCESS IN LIFE WITHOUT HARDSHIP."

BOBCAT FOOTBALL MISSION

To grow and excel socially, academically, and athletically through the understanding and execution of the four core values.

Core Values

Service to Others

Honor the Team

Belief in the Process

Expect Excellence

Educational vs Entertainment Athletics

Educational Athletics

- Character Curriculum
- Focus on Habits for Success
- Positive Reinforcement
- Learning from Losses
- Positive School Culture
- Promote Academic Awards
- Academic Program
- Productive Citizenship
- Sportsmanship
- Responsibility
- Unified Coaching Staff
- Appreciative
- Overcoming Adversity

Entertainment Athletics

- Teach Skills Only
- Win at all Cost
- Negative Reinforcement
- Punishment for Losing
- Disengaged Athletes
- Promote only Wins
- Student Athlete Failures
- Disenfranchised
- Poor Sportsmanship
- Irresponsible Actions
- Dissention in Staff
- Entitled
- Quitting/Giving Up

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

H.S. (9th, 10th, 11th) Football: (4th & 8th Period)

Practice Time – 4:00 P.M. – 6:15 P.M. (Mon – Fri) (Sat – 9-11am)

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

Sub Varsity Game Days – Wednesday & Thursday

Varsity Game Days – Thursday & Friday

7th Grade Football & 8th Grade Football :

Practice Times will fluctuate each week.

Coach Light will have a weekly schedule that will be posted on SportsYou.

MS Game Days - Tuesday

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



REQUIRED FORMS

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

1. 2022-2023 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. Return To Activity Form
9. UIL Physical – Medical History Form / Physical Examination Form
10. FWISD – Covid 19 Pre-Screening Form (Daily – Day of)

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

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., FWISD 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 2019-2020 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
- Important Information located on school website and social media accounts at:
Bobcat Athletics - <https://www.fwisd.org/domain/235#calendar572/20190801/month>
Bobcat Football page- <https://www.fwisd.org/domain/1513>
Bobcat Football Twitter Page- @BHS_FB_Recruits
Bobcat Athletics SportsYou Code – LWFGGRL7
Bobcat Football SportsYou Code - F93BBCP6
- 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





BENBROOK BOBCATS

H.S. FOOTBALL 2022

IMPORTANT DATES & INFORMATION



FWISD STUDENT - ATHLETE PAPERWORK:

All players must have an updated FWISD Student Athletic Packet and a current physical of file with the Benbrook Athletic Department before they are allowed to practice and or play.

- The Athletic packet can be found and completed online at <https://fortworthisd.rankonesport.com>
- A physical form that needs to be completed by a licensed physician can be found on the UIL website at https://www.uil texas.org/files/athletics/forms/PrePhysFormRvsd1_10_20.pdf

SPORTSYOU:

SportsYou is a unified app and website for messages, scheduling, photos, videos, and document sharing to help coaches, players and families get better together.

<https://www.sportsyou.com>

- Benbrook Bobcats Football Page Code - F93B-BCP6
- Benbrook Bobcats Athletics Page Code - LWFG-GRL7

IMPORTANT UPCOMING DATES:

- | | | |
|---------------|--|----------------------|
| ● July 25-26 | Youth Football Camp | 9:30a.m. - 11:30a.m. |
| ● July 27-28 | H.S. Player Equipment Pickup | 1:00p.m. - 3:00p.m. |
| ● July 28 | H.S. Pre-season Parent Meeting
H.S. Auditorium | 6:00p.m. - 7:00p.m. |
| ● August 1st | 1st Day of HS Football
Concussion Baseline Testing (Incoming 9th & 11th) | 6:00pm - 7:00p.m. |
| ● August 1-5 | H.S. Football Practice
All Levels (9th-12th) | 7:00p.m. - 10:30p.m. |
| ● August 6 | Team Pictures & Intrasquad | 8:00a.m. - 11:30a.m. |
| ● August 8-11 | H.S. Practice | 7:00p.m. - 10:30p.m. |
| ● August 12 | Scrimmage #1 @ Bowie, Tx | 6:00p.m. - 8:00p.m. |
| ● August 13 | HS Practice -Weights/Film | 9:00a.m. - 11:00a.m. |
| ● August 15 | 1st Day of School 2022-2023 | 8:15a.m. Start Time |
| ● August 18 | Scrimmage #2 @ BMHS
vs. Lake Worth
Meet the Bobcats | 6:00p.m. - 8:00p.m. |
| ● | Once School Starts, practice times will be dependent on the Heat Index.
If we are back to a cooler climate, we will practice from 4pm-6pm
after school each day. | |

BOBCAT FOOTBALL HANDBOOK GOOGLE SIGN-OFF FORM

2022 Bobcat Football Handbook

Please click on the link below to view the 2022 Bobcat Football Handbook.

<https://bit.ly/3S8tydX>

Football Google Form

*Please click on the google form below to verify you have viewed the 2022 Bobcat Football Handbook and the Preseason PowerPoint Presentation.

<https://forms.gle/znWaW8XkToW65qzB6>

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



FAMILY ALL IN!!!