

# BENBROOK



## BOBCATS FOOTBALL

***2019-2020  
Player & Parent Expectations  
Handbook***

## Welcome to the Benbrook Bobcat Football Family!

Enclosed in this handbook is the information that will help you prepare for your involvement with the Bobcat football program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program.

Please refer to our school website (<http://www.fwisd.org/Benbrook>), Bobcat Booster club website (<http://benbrookboosters.olinesports.com>) or Bobcat Booster Club Facebook page ([www.facebook.com/bewareofthebobcat](http://www.facebook.com/bewareofthebobcat)) regularly as some of the data in this packet is yet to be finalized.

This handbook is divided into two sections, the first being coach directed information for both players and parents and the second is Bobcat Booster Club events that are tied directly to the football program. If you have any questions please feel free to contact Coach Slater ([cody.slater@fwisd.org](mailto:cody.slater@fwisd.org)).

# UNITY

DEFINES OUR WILLINGNESS TO WORK AS A

# TEAM

TO PUT FORTH THE ATTITUDE AND EFFORT TO WIN THE

# BATTLE



## ★ BOBCAT MIND-SET ★

FAMILY ALL IN  
NO SELFISH ACTIONS  
NO EXCUSES JUST RESULTS  
TOUGH PEOPLE WIN

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<b>(University Interscholastic League –Parent Information Manual, Ten Commandments of Athletes Parents, Football Schedule, Transportation Release Form, Master Football Calendar (August 2018 - December 2018) Parent / Player Verification Form)</b>	



# BMHS FOOTBALL STAFF

## HIGH SCHOOL:

HEAD COACH -

CODY SLATER

OFFENSIVE COORDINATOR -

DUSTIN ALTMILLER

DEFENSIVE COORDINATOR-

WADE CRIBBS

SPECIAL TEAMS COORDINATOR-

BRADY DONART

VAR. POSITION COACH / JV HEAD COACH

JASON HIGGINS

VAR. POSITION COACH / JV OC -

CHANCE RODRIGUEZ

VAR. POSITION COACH / JV DC -

RUSTY BALLARD

VAR. POSITION COACH / FRESH. HEAD COACH

JOSEPH HICKS

VAR. POSITION COACH / FRESH. OC -

PATRICK BOSTICE

VAR. POSTION COACH / FRESH DC -

MICHAEL GAIN

VAR. POSITION COACH / JV/FRESH ASST.

JUSTIN CHAVEZ

## MIDDLE SCHOOL:

ALEX CARRILLO, SCOTT ELLIOTT, ALEX HESSELBROCK, SAMMY LIGHT, ELDON WEBB

## **Dear Parents/Guardian,**

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the Benbrook Bobcats Football Program have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills. 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.

This handbook is a look into what the Bobcat football coaching staff deems to be the important facets of our football program. High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build **UNITY** through hard work and commitment to a common goal of a successful football season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making and giving great effort to get better every day for the good of the **TEAM**. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of

**"TEAM -OVER -Me"**. Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interests before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.

The Bobcat Football Program demands a lot of time from our student athletes and we do not tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices, games and other events such as teambuilding and fundraising.

Thank you for allowing your son to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

**BOBCATS-FAMILY ALL IN!!**

**Coach Slater**

## **Program Philosophy**

As Vince Lombardi said, “Winning isn’t everything, but striving to win is”. This is the foundation of Benbrook High School’s football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.

Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, “The harder you work, the harder it is to surrender”. At the beginning of each season, players should make a commitment to strive for victory.

“How can I make the team better?” should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. These traits are how we define a successful season and football program.

Being a committed member of the Benbrook High School football team translates directly to behaving as a responsible member of Benbrook Athletic Program and the Benbrook community. We must always remember whom we represent.

***\*\*Each player and player’s parents/guardians must sign the Player/Parent Verification Form, located at the back of this handbook.***

## **Benbrook Bobcat Pride**

It is a privilege to be a member of this football squad and to be a Benbrook Bobcat. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Benbrook High School Football has committed to PRIDE and EXCELLENCE. Remember you are laying the foundation. Remember this every time you walk into the locker room, weight room, step on the field, or wear a Benbrook Bobcat Football uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Benbrook Bobcat all the time and forever.

## Expectations of Our Coaching Staff

**Be a positive role model:** Carry yourself in a professional manner at all times, on the field and in the community. Players and community members are always watching, as a representative of the program your actions will reflect on everyone, not just yourself. Make sure your interactions on the field reflect how you would want your own child to be treated.

**Coach every player:** They won't care how much you know until they know how much you care. We will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help him improve his skills.

**Communicate:** A football program consists of many parts, it is important that everyone works hard to stay on the same page. All coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk.

**Commitment:** We ask our players to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.

## Program Alignment

### Junior Varsity and Freshman Football

**Purpose:** Teach players the intermediate rules of high school football and the strategies of BHS football.

**Emphasis:** Prepare the players, both mentally and physically, for varsity football. Winning sub-varsity games is not an emphasis.

The largest difference between a sub-varsity player and a Varsity player is their aggressiveness. Sub-varsity players tend to more timid for one of two reasons:

- (1) they do not understand the game and they play confused or,
- (2) they do not have the size, strength, and agility to play aggressively.

The focus of sub-varsity football is to overcome these shortcomings and develop players that are ready for Varsity.

**Weight room:** Develop strength, agility, quickness, and endurance through a structured lifting, agility, and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school football. Increasing the strength, speed, and agility of the sub-varsity players will improve their ability to prepare for varsity.

## **Varsity Football**

- Purpose:** Teach players the advanced rules of high school football and the strategies of BHS football.
- Emphasis:** Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college athletes for the collegiate level.
- Weight room:** Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.

## **Leadership Council**

A leadership council will be implemented for the first time this season, and much like its collegiate and professional counterparts, this council will help Benbrook High's football program grow from within by putting the student-athletes at the forefront of many team decisions. It gives the players a chance to lead by example and help shape the overall culture of the program. Their feedback is truly valued by the coaching staff. Students will be taught how to deal with issues concerning their fellow teammates while also developing a strong working relationship with their coaches. This dual investment, made by the coaches and the players, creates greater trust and accountability on both ends, and fosters a better working environment overall. Through the leadership council, the head coach will give the most committed players on the team, the right to determine how issues pertaining to player interaction, from uniform selection to disciplinary procedures, are handled. The leadership council will consist of players from all grades regardless of position or location on the depth chart. (2 freshman, 2 sophomores, 2 juniors 2 seniors)

## **Cut Policy**

It will be Benbrook High Football procedure not to cut players that might help the program. While the coaching staff would like to keep all athletes interested, players sometimes lack the basic skills or proper attitude to help build a strong program. It is very difficult for coaches and players alike, when a player is cut. Whenever possible, we will not cut players. Team selection for the Benbrook High School Football team will take place in August.



## **QUITTING AND DISMISSAL**

If at any time an athlete quits or is dismissed, he gives up all rights. No player has quit or been kicked off until I have talked to his parents. Quitting is not going to be an option in this program. If you quit one sport, you can't go out for another sport until the original sport is over with. If a player quits a sport they will not be eligible for the Athletic honors. No one but Coach Slater can dismiss a player!

## **INCLEMENT WEATHER**

When a practice is scheduled we will do something as a team regardless of the weather (obviously, extreme occurrences such as a tornado/ice or snow storm provide exceptions) so practice will always be on.

When a situation arises where we have inclement weather (i.e. lightning) we will do one of the following:

1. Move practice to the gymnasium
2. Watch film and wait out the weather for an opportunity to go back outside
3. Go to weight room and wait out the weather

In a situation where we go inside to wait out the weather practice time may change. I will send out a remind 101 updates to all parents.

## **FWISD Student-Athletic Packet**

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/PrePhysFormRvsd1-19.pdf>

## **Player Expectations**

We will operate the Benbrook Football Program in accordance with the rules, regulations, and policies as outlined by the University Interscholastic League, and the administrative policies of FWISD. Within that framework we will provide a football program of the highest quality that meets the needs of our students, alumni, school and community.

As the Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the field. Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.

All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.

Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from Bobcat Pride Reminders (BPR) to dismissal from the team. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

## **Attendance**

All players are expected to be present and on time to practice.

1. Any player who is late to practice or has an excused absence will be held after practice or after the next practice to make up for the time they missed – BPR (Pride Reminders).
2. Any player who misses practice without notifying Coach Slater in person or by email ahead of time will be dealt with accordingly.
  - a. 1<sup>st</sup> Unexcused absence = 10X Half Gassers and 1 Air-Raid
  - b. 2<sup>nd</sup> Unexcused absence = miss game time at Coach's discretion (i.e. miss 1<sup>st</sup> quarter of the game)
  - c. 3<sup>rd</sup> Unexcused absence = 1 game suspension
  - d. 4<sup>th</sup> Unexcused absence = possible removal from team
3. In the case of an unforeseen emergency, parent must contact Coach Slater.
4. All illness and sickness absences need to have a prior approval or doctor's excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence.
5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by the trainer or medical professional, but are in attendance for practice)
6. The FWISD Athletic Dept. policy states that an athlete must be at school for the entirety of 4 class periods to be eligible for practice or games on that day.
7. Any circumstances (Dr. visit, Dentist, etc.) that would be excused may ONLY be excused through the BMHS administration.

## Academics and School Routine

All athletes are expected to be in regular attendance. We, as a coaching staff have will be very concerned with the number of absences our athletes will accumulate. It is a state law that is a student misses 10% of a class; they will not receive credit for that course even if he is passing. What this means, is that if a student has 9 absences, excused or not excused, he will be denied credit for that class. It is very important for our student athletes to be in school and at practice.

Your conduct in class should be ABOVE THAT OF OTHER STUDENTS. If you need extra help in a subject, ask your teacher if you can come early before school, during the lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. WE NEED THEIR SUPPORT.

NO PASS, NO PLAY has been a part of athletics for such a long time. There should be no excuses for not knowing the consequences of failing a class. A student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition at **Benbrook**? It is both sad and embarrassing for parents of an individual who has failed and cannot participate, to go to a contest and offer excuses for their athlete, when all he had to do was pass.

The coaches realize that only very few high school athletes will make a living playing or being involved in football after they graduate from **Benbrook High School**. We are all concerned and dedicated to the academic achievement of each **Bobcat** football player.

## Locker Room

The expectation is that all players wear “*issued*” Bobcat football practice attire every day.

Game pants and jersey will be issued on game days. Coaches will provide daily laundry cleaning for practice attire to ensure proper hygiene. A picture of a “perfect locker” will be posted for players to model their belongings after. **No cell phones are allowed to be on in the locker room.**

Every player is solely responsible for all equipment lost or stolen. **Locks for lockers are provided and are expected to be used at all times.**

As soon as a piece of your equipment is noticed to be missing you should notify the coach and make arrangements to replace the items.

You will not be allowed to wear your shorts/t-shirt home so make sure you have clothes to change in to. Do not wear football shoes in our dressing rooms. Latrines and toilets are to be flushed; showers and faucets are to be turned off after use. Put all trash in the trashcans. Take pride in what we have and at least keep it clean. **Remember - Don't leave anything out!**

## **TRAVEL**

Athletes are encouraged to ride the bus to and from out-of-town games. If there is an emergency during the event, and an athlete has to ride home with parents, the parents have to complete the transportation release form prior to leaving the event with their son or daughter. The head coach of each sport has the authority to allow or deny players the right to travel separately. An Athletic Travel Release form for away events must be completed and in the possession of the head coach 24 hours prior to the scheduled bus departure. This request can be denied by the head coach. To request the form you will need to get it from head coach. I have attached a copy of this form and it is also available on the BMHS website under Athletics.

## **Equipment Care**

All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating in the Bobcat football team. The average cost of outfitting you with essential and proper fitting safety gear is around \$700.00 per student/athlete. The costs continue to rise each and every year, so it is necessary for you, as the borrower, to take full responsibility for your equipment care. We only require players to purchase their own cleats. Everything else will be loaned to the athletes so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:

- **Helmet: Cost \$300.00 and up**  
This is not a device made to use as a weapon. The use of the helmet other than a safety device is strictly prohibited:
  - ✓✓ Inspect & tighten facemask screws weekly.
  - ✓✓ Inspect & tighten chinstrap screws weekly.
  - ✓✓ Inspect chinstrap buckles weekly.
  - ✓✓ Wipe down your helmet weekly (inside & out) with a damp cloth.
- **Shoulder Pads: Cost \$200.00 and up**
  - ✓✓ Inspect all straps, strings, & clips weekly.
  - ✓✓ Tape all your straps after proper clip adjustment has been received.
  - ✓✓ Wash the molded plastic with a damp cloth.
  - ✓✓ Clean Shoulder Pads on a regular basis with boiled water and a disinfectant
- **Pants, Girdle, Belt, T-shirt, Shorts, & Practice Jersey**
  - ✓✓ Wash them regularly to keep them from stinking, staining and housing bacteria.
- **Hip Pads, Thigh Pads, Knee Pads & Tail Pads**
  - ✓✓ Wipe these down with a damp cloth.
- **LOCKS on Lockers**
  - ✓✓ All players are required to have a lock on their locker in the locker room in order to maintain the safety of their equipment
  - ✓✓ If a player loses any piece of equipment then they are responsible for the cost of replacing it new!!

**Players need to report any faulty equipment to a coach.**

### **High School Football Lettering Policy**

Players that conclude the football season on the varsity football team in "good standing" are eligible, at the head coach's discretion, to letter. Players must make 90percent of all football practices and suit up for 90 percent of varsity football games, be in "Good Standing" may be defined, but not limited to, the following factors/issues: 1. Participation 2. Academic Eligibility 3. Attendance 4. In-school citizenship 5. Conduct 6. Character 7. Cleared from equipment lists.

### **Weight Room Requirement**

All Football players will be required to participate in a weight-training program during the season and in the summer. The purpose of this strength training is to prevent injury, maintain strength level, and to improve strength. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. All players who plan to play football next year are expected to be working out with their next athletic team or in off-season. The coaches will be giving awards for weight room attendance and achievement.

### **Injuries and Health Concerns**

**If you have an injury or health concern, please see the Bobcat Athletic Trainer, before going to a doctor.** If a player is taken to the hospital then Coach Slater, the Athletic Trainers- Symone Johnson, Andrew Dallinger or a Bobcat coach will notify a parent.

Players should report any updates in medical conditions or medications being taken to both the trainers- Andrew Dallinger, Symone Johnson and Coach Slater. Players should also report health conditions such as skin rashes or mononucleosis to the trainer so appropriate action can be taken to prevent spreading to teammates.

Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer) performing physical activity and part of practice getting 'mental reps' by analyzing practice.

## **Team Meals**

Pre-game meals are a privilege and we hope to make it a tradition at Benbrook High School. It is an honor to attend, and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. Take PRIDE in that and be thankful.

You may speak in a low voice while at the team meal. But no horseplay will be tolerated. If your actions take away from our team's focus, you will be asked to leave. The parents and supporters who give us the team meals are not your butlers and maids. Show your appreciation by acting polite and always disposing of your trash property. Thank our supporters as you leave.

## **Nutrition**

Try to stay away from soda, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred. Drink lots of water. On game days do not consume soda and candy. Think healthy. The better you eat the more energy you will have and you will feel and play better. It is also very important to get at least eight hours sleep per night.

## **Community Service**

We continually ask ourselves, "What is the mission of our high school athletic programs?" For some members of our community or for some parents, the answer would center on how well the team does in terms of wins and losses. This viewpoint would evaluate the season based upon winning the district title or how far a team advances in the playoffs.

We associate educational athletics as being the intentional efforts of our coaches to teach skills, behaviors, actions and attitudes that extend far beyond the X's and O's of our sports. Some of these positive character traits are: hard work, discipline, teamwork, perseverance, sportsmanship, respect and learning how to win and lose with dignity.

In addition to these we will add community service as another character trait that can be used in our pursuit of educational athletics. We define community service as giving back to the school and surrounding community through volunteerism. Service is doing something for somebody else without any expectation of getting anything in return. It is a selfless way for our team to give back to their community.

Throughout the year, the team will participate in several community service activities. These activities will have the secondary benefit of being team building events as well as allowing the players to claim hours for National Honor Society's and towards Scholarships. ***Community Service is a Team Function!***

## **Team Building**

Team building has many key elements; the most important elements are earning trust, communication, and teamwork. These elements can be built in many different ways. Through team camps, recreational events, community service, fundraising events and standard team preparation. Throughout the year (on and off season) the team will participate in several team-building events. The boys need to try and attend one football camp or combine during the summer. All the team building events will be posted on the website's calendar of events. ***Team Building Events are a Must!***

We hope this handbook answers your questions and motivates you to become a superior student-athlete. This handbook is not intended to substitute for coach-player communication. Problems most often arise from misunderstandings, and/or lack of communication. We must be willing to search for answers and solutions properly if we are to progress as coaches, students, individuals, and as a team.

As the 2018 season progresses, you may at one time or another have questions in regards to a variety of different issues. Please feel free to contact Coach Slater and every effort will be made to provide you with the information you need.

## **Winter Workouts**

It is cliché, but championships are won during the off-season. Your football team is built December through July, not August through November. We will have off-season workouts during the school year after our regular season. These workout schedules will be posted on the website. They will include weight training, flexibility training and speed work. Participation is very strongly encouraged. Attendance will be taken for the team's records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the Bobcat football team to compete at the High School level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.

## **Spring Practice**

At this time we cannot have full padded spring practice. In the spring we will have 7on7, Line-Man Challenge Activities and continue with offseason workouts. We will also work on football skills, fundamentals, and continue lifting weights.

## **Summer Workouts**

The summer is a time to get a jumpstart on our season. The amount of work you put in during the summer will largely determine the amount of success you have in the fall. Summer workouts are mandatory; they are a necessity for a successful season. 7 on 7's and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 90% of summer workouts. Our objective this summer is to get better each day and enjoy ourselves. When you are going out of town or on vacation, let coach know BEFORE you leave. Be responsible and communicate with him. BE COMMITTED to your team and its goals.

**You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole team.**

## **Hazing**

"Hazing" means any intentional, knowing, or reckless act directed against a student, by one person alone, or acting with others that endangers the mental or physical health or the safety of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. The term includes but is not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, and confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
3. Any activity involving consumption of a food, liquid alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
4. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

No student or school employee shall engage in any form of hazing, nor encourage or assist any other person in hazing. Acts of hazing and failure to report known hazing can result in criminal penalties

## **Drugs and Alcohol Use**

The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and/or football activities will result in punishment that is outlined in the BMHS Student Code of Conduct Handbook and the Bobcat Athletic Handbook.



## **School Suspensions**

Suspension dictates that the student shall not be allowed to attend his/her regular classes or school-sponsored activities for a prescribed number of days and shall be declared ineligible (contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.

A third suspension within a competitive season will result in ineligibility for the remainder of the season in the case of athletics.

Any player suspended from school will receive the following consequences.

1. 1<sup>st</sup> Suspension = Coach's discretion based on the infraction (i.e. 1 game suspension)
2. 2<sup>nd</sup> Suspension = Coach's discretion based on the infraction (i.e. 4 game suspension)
3. 3<sup>rd</sup> Suspension = (different incidents of being suspended from school) = Removal from the team

## **Player/Parent Concerns**

From time to time, you may have a concern about a specific aspect of your participation in our program. If you or your parent feels that a conference is needed to clear up your concern, one will be set up as soon as possible. To help solve your concern efficiently, you should follow these steps:

1. Player needs to visit with the position coach that his concern involves. Request a conference if necessary.
2. Player needs to visit with Coach Slater. Request a conference if necessary. The vast majority of concerns will be worked out at this level.
3. Player needs to have their Parent Email Coach Slater with their concern. Request a conference if necessary.

If you are not satisfied with what transpires at the above levels, the next step would be to speak with the Athletic Coordinator. If all else fails, the Principal should be contacted

**During the season Coaches WILL NOT discuss player/parent concerns (other than injuries) within the time period 24 hours before a game to 24 hours after a game. A parent may send an email but a response should not be expected within this time period.**

## College Recruiting Plan

Dealing with colleges and the recruiting process has today become an art between balancing the desires of student athletes and their families to play at the highest level with the reality of what colleges are looking for in a student athlete. We stress two important facts when addressing this issue.

-The first is that any opportunity provided will be a means to achieving an academic degree which should be held in the highest esteem in this process. Very few will get to play sports for money in the future, but athletics can provide many with opportunities to further themselves and to start on a path for a great career.

-The second is that you need to really want to play in order to be recruited. Everyone wants to play at the University of Texas, but not everyone will have the intangibles to they are looking for. To be successful in this process the student athlete and their family need to realize that if they want to play they need to go to the schools that want them. The most important role for me to take is to keep students and families informed of their options and requirements in the process. The following is an outline of what we cover with both student athletes and their families.

### Recruiting

#### A. Process

1. Recommendations
2. Letters
3. Coaches Visit
4. 1<sup>st</sup> Cuts on Highlights
5. 2<sup>nd</sup> Cut on Game film
6. Visits
7. Offers
8. Signing Day
9. Commitment vs. Signing

#### B. What to check for in a college offer

1. How much of the total cost of college does it cover?
2. What other money can be attained to cover the shortfall?
3. What are the requirements to attain the other amounts of money?
4. Is there an opportunity for more money if I am able to secure a starting position?

#### C. What can the student athlete do to assist the recruiting process?

1. Maintain a good GPA Goal: 3.0
2. Take SAT and ACT before the end of their junior year
3. Register for the NCAA Clearinghouse
4. Work hard- in season and off season
5. Be coachable, keep all social media accounts clean and in good standing
6. Maintain communication with interested colleges
7. Want to play at the next level

**Remember, scholarships are something that is in the hands of college recruiters – Benbrook High School does not hand them out. I have seen some great athletes fizzle out because the pressure on them to get a scholarship was so great. Insist on unselfishness. Usually good things happen to unselfish and hard-working people.**

## Parent Expectations

**Be positive with your athlete.** Let them know you are proud they are part of the team. *Focus on the benefits of teamwork and personal discipline.*

**Encourage your athlete to follow all training rules.** Help the coaches build a commitment to the team. *Set a good example in your personal lifestyle.*

**Allow your athlete to perform and progress at a level consistent with his ability.** *Athletes mature at different ages; some are more gifted than others.*

**Always support the coaching staff when controversial decisions are made.** *The coaches need your backing to keep good morale on the team.*

**Insist on positive behavior in school and a high level of performance in the classroom.** *Numerous studies indicate extracurricular involvement helps enhance academic performance.*

**Stay calm in injury situations.** *Parents can help minimize the trauma by being in control and offering comfort. Allow the medical staff to perform their assessment of your son's injury. No parent is allowed on the field unless the training staff requests it.*

**Cheer for our team and players. Opponents and referees deserve respect.** *Realize that high school players will make mistakes. Your support is needed during tough times.*

**Promote having fun and being a team player. Very few high school athletes receive scholarships.** *Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.*

**An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged.** *Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.*

**Winning is fun, but building positive team values is most important.** *The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.*

**Find the time to be an avid booster of school activities.** *Help build a solid support system for coaches and athletes.*

**Help students keep jobs and cars in proper perspective.** *Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.*

**Athletes must attend all practices, games and team events.** *Stress the necessity to make a commitment to the team.*

**Emphasize the importance of well-balanced meals and regular sleep patterns.** *An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.*

**Persistence and being able to accept a role is extremely important for the team to be successful.** *Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.*

## **Parents Attending Practice / Remind 101 UPDATES**

All practices are open to parents unless otherwise notified. However, it is prudent for parents to stay off the field and not communicate with any players or coaches. The time allocated for practice is short and all attention needs to be on practice.

Due to the intense focus and nature of teaching required in the film room, only players and coaches will be allowed to attend film sessions and team meetings. Also, due to limited space parents will not be able to go into the weight room when the team is lifting. However, when the team is doing drills in the gym parents are welcomed to sit in and observe.

Parents in an event of a time change to practice, games, events, etc... The coaches will send out a Remind Update. You can join our Bobcat H.S. Football Remind update list by texting @bmhsfbhs to 81010 or by clicking on the following link <https://www.remind.com/join/bmhsfbhs>

## **Bobcat Athletic Booster Club**

### **Who We Are**

The Benbrook Bobcat Athletic Booster Club hosts and/or organizes all of the off field activities associated with Benbrook Football including; community service projects, team camps, weekly team meals, game day programs (advertising, players ads, etc.), merchandise sales (game night and team spirit gear), special game night activities (senior night), fundraisers, end of the season banquet and much more.

The Board of Directors for the Booster Club is essentially the administrative staff for the Coaches. Our purpose is simply to provide the program with the necessary equipment, training, and activities essential to develop players and coaches both in the off-season and throughout the regular season, as well as to give back to the school and community.

### **BOARD MEMBERS**

**Josh Hayes - President, Chris Benton -Vice President, Sharla Ishmael -Treasurer,  
Hillary Rigdon- Secretary, Tanya Torlincasi – Fundraising Chair,  
Harold Guimarin – Membership Chair, Sarah Harris– Public Relations**

### **Mission Statement**

Benbrook High School's Bobcat Athletic Booster Club is an all-volunteer organization that is committed to supporting coaches, athletes, and school programs in a positive way both on and off the field. The purpose of the Booster Club is to promote, develop, encourage and support BMHS. Our goal is to enhance a more integrated relationship among the parents, administration, faculty, coaching staff, football players, and the local community. The Bobcat Athletic Booster Club wants to foster and promote a spirit of unity and goodwill among the members.

If you are interested in joining the Booster Club or volunteering please contact us or visit the booster club website for more information.

<http://benbrookboosters.olinesports.com>

## **Fundraising**

With the high cost of outfitting a player in quality football equipment (~\$700), it is essential that we perform various fundraisers to supplement what is provided by the school's football fund allotment. In addition to the basic expenses, some other major expenses are field equipment, team building events and travel. We are also currently trying to raise funds for some long-term major improvements to the program. We have several fundraisers planned and the dates will post on the website's calendar of events.

### ***Fundraising is a Team Function!***

One misconception is that our game ticket sales go directly to the football program; they **do not**! The money from our ticket gate goes to the school's general athletic fund and is a tremendous source for all school athletic programs.

If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know. We are always interested in hearing different ideas for how we can keep the fees low for our players.

# **APPENDIX:**

## **University Interscholastic League – Parent Information Manual**

### **Dear Parent or Guardian:**

Welcome to the University Interscholastic League. The UIL is the governing body for 1,460 public high schools and nearly 2,100 middle and junior high schools in Texas. The UIL, which began in 1910, is the largest interschool organization of its kind in the world, offering 23 athletic activities to more than one million student-athletes.

The purpose of the UIL is to organize and properly supervise contests that assist in preparing students to become better citizens. Our aim is to provide healthy, character building, educational activities carried out under rules providing for good sportsmanship and fair play for all participants.

Contests could not exist without rules. Therefore, UIL rules are adopted and modified by public school administrators whose responsibility is the overall educational program of the local school district rather than individual contests. The superintendent ensures that contests remain strictly amateur and educational in nature.

The UIL athletic program is based on the premise that athletes are student's first and that athletic participation is a privilege rather than a right. Students learn teamwork and group responsibility. They also learn to deal with success and to overcome adversity. Research shows those who participate in extra-curricular activities tend to make better grades and have fewer discipline problems than those who do not participate.

Throughout this publication you'll notice references to your "student athlete", rather than your "athlete" because we believe that your children are students first, and athletic participation is a privilege.

Here are some statistics to keep in mind:

- There are over one million high school football players and almost one million basketball players in grades 9-12 nationally. Of those numbers, about 250 make it to the NFL, and about 50 make an NBA team.
- The odds of a high school football player being selected to play for an NFL team are about 6,000 to 1.
- The odds of a high school athlete competing in the NBA are even greater.
- The NCAA is made up of 977 schools classified in three divisions, and less than 25,000 student athletes compete for NCAA titles annually, most of whom are not on athletic scholarships.

With this in mind, it is important to focus on your student's academic career in addition to their success on the playing field or court.

This manual is provided to assist in guiding you and your child through the UIL process. Please take time to read each section and feel free to visit our extensive web site at [www.uiltexas.org](http://www.uiltexas.org). Of course you may also call any of our staff members for clarification of any questions you may have.

## MISSION OF EXTRACURRICULAR SCHOOL ACTIVITIES

One of the missions of extracurricular school activities is to serve as an extension of the classroom. There are strong lessons to be learned in athletics. One of those lessons is to set and maintain high standards of sportsmanship, ethics and integrity in our schools and our society. It is up to us to provide the direction and constant vigilance under which good sportsmanship can prosper and have a positive impact on our children, the leaders of tomorrow, and ourselves.

We feel the need to stress the type of exemplary behavior that should be exhibited by all players and spectators at our events.

The value of the lessons learned by exhibiting good sportsmanship will last a lifetime. If we ever lose sight of that, then athletics, or any co-curricular activity, is not worth sponsoring. The positive actions of a coach, athlete or spectator at an event can influence how any school is perceived in each of our communities and the communities of those schools that meet on the field of play.

We are asking for your support in this effort by emphasizing to your son or daughter what is expected of them at an athletic event as a competitor or spectator. After all, such events are an extension of the school day, and we should expect the same type of respectful behavior exhibited in the athletic arena as we do in the classroom. We urge you to ask your children to demonstrate self-control and self-discipline and at the same time, enjoy the games.

Finally, we ask you to set a good example when in the stands at an event. It is only through these effort's that we can clearly communicate what is acceptable behavior. We hope that your positive example will help set the tone for those around you so we may all enjoy the games our athletic teams are involved in.

Some sample guidelines of what we expect from our spectators are available later in this manual. When you purchase a ticket to an athletic event, you are given the privilege to view the action and to voice your support of our teams. We want that support to be in a positive tone, so that the educational value of these events is completely developed and clearly communicated to our students.

### ~ THE DEFINITION OF SPORTSMANSHIP ~

Sportsmanship is character displayed through athletic competition. People of character live by the "Six Pillars of Character," universal values that can be used to define a good person: *trustworthiness, respect, responsibility, fairness, caring and citizenship*. This code applies to the parents of all student-athletes involved in interscholastic sports.

#### **TRUSTWORTHINESS**

Always pursue victory with honor

– Demonstrate and demand scrupulous integrity— Observe and enforce the spirit and letter of rules – Don't compromise education and character-development goals – Don't engage in or tolerate dishonesty, cheating or dishonorable conduct.

#### **RESPECT**

Treat the traditions of the sport and other participants with respect – Don't engage in or tolerate disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent "trash talking," taunting and unseemly celebrations – Win with grace and lose with dignity.

#### **RESPONSIBILITY**

Be a positive role model and require the same of your student athletes – Further the mental, social and moral development of athletes and teach life skills that enhance personal success and social responsibility.

#### **FAIRNESS**

Adhere to high standards of fair play – Never take unfair advantage— Be open-minded.

#### **CARING**

Assure that the academic, emotional, physical and moral well-being of athletes is always placed above desires and pressures to win.

## **CITIZENSHIP**

Promote sportsmanship by honoring the rules and goals of the sport – Establish codes of conduct for coaches, athletes, parents and spectators – Safeguard the health of athletes and the integrity of the sport prohibiting the use of alcohol and Tobacco – Demand compliance with all laws and regulations, including those relating to gambling and the use of drugs.

## **~ CODE OF CONDUCT FOR THE PARENTS OF INTERSCHOLASTIC STUDENT-ATHLETES ~**

*We believe that interscholastic athletic competition should demonstrate high standards of ethics, sportsmanship, and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor.*

## **TRUSTWORTHINESS**

*Trustworthiness* – be worthy of trust in all you do.

*Integrity* – live up to high ideals of ethics and sportsmanship; do what’s right even when it’s unpopular or personally costly.

*Honesty* – live and act honorable; don’t allow your children to lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

*Reliability* – fulfill commitments; do what you say you will do; be on time; when you tell your children, you will attend an event, be sure to do so.

## **RESPECT**

*Respect* – treat people with respect all the time and require the same of your children.

*Class* – live and cheer with class; be gracious in victory and accept defeat with dignity; compliment extraordinary performance; and show respect for all competitors.

*Disrespectful Conduct* – don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

*Respect Officials* – treat contest officials with respect; don’t complain about or argue with officials calls or decisions during or after an athletic event.

*Respect Coaches* – treat coaches with respect at all times; recognize that they have team goals beyond those of your child. Don’t shout instructions to players from the stands; let the coaches’ coach.

## **RESPONSIBILITY**

*Importance of Education* – stress that student-athletes are students’ first. Be honest with your children about the likelihood of getting an athletic scholarship or playing on a professional level. Place the academic, emotional, physical and moral well-being of your children above desires and pressures to win.

*Role-modeling* – Consistently exhibit good character and conduct yourself as a role model for your children.

*Self-Control* – exercise self-control; don’t right or show excessive displays of anger or frustration; have the strength to overcome the temptation to demean others.

### *Integrity of the game*

– Protect the integrity of the game; don’t gamble on your children’s games.

*Privilege to Compete* – assure that you and your child understand that participation in interscholastic sports is a privilege, not a right, and that they are expected to represent their team, school and family with honor, on and off the field.



## **FAIRNESS**

*Be Fair* – treat all competitors fairly; be open-minded; always be willing to listen and learn.

## **CARING**

*Encouragement* – encourage your children regardless of their play; offer positive reinforcement. Demonstrate sincere interest in your child's play.

*Concern for Others* – demonstrate concern for others; never encourage the injury of any player, officials or follow spectator.

*Empathy* – consider the needs and desires of your child's teammates in addition to your own; help promote the team concept by encouraging all team members, understanding that the coach is responsible for determining playing time.

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## **~ PARENT / COACH RELATIONSHIPS ~**

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

### ***Communication parents should expect from their child's coach:***

- 1) Coach's philosophy.
- 2) Expectations the coach has for your son or daughter, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, of-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.

### ***Communication coaches expect from parents:***

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

### ***Appropriate concerns to discuss with a coach:***

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches' make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

### ***Issues NOT appropriate for discussion with your child's coach:***

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary the following procedure is suggested to help promote resolution to the issue.

*If a parent has a concern to discuss with the coach, the following procedure should be followed:*

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

*What should a parent do if the meeting with the coach didn't provide satisfactory resolution?*

- 1) Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

Students' involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this manual helps make that experience more enjoyable for everyone involved.

*Information provided by the Iowa Athletic Council.*

### **~ BEHAVIOR EXPECTATIONS OF SPECTATORS ~**

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition- not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

**\*\*The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.**

~ PURSUING VICTORY WITH HONOR ~  
Basic Philosophy

**Winning Is Important**

Winning is important and trying to win is essential. Without the passionate pursuit of victory, much of the enjoyment, as well as the educational and spiritual value, of sports will be lost.

**Honor Is More Important**

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, “It’s only a game” can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

**Ethics Is Essential to True Winning**

The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory. Ethics is essential to winning in its true sense. It is one thing to be declared the winner; it is quite another to really win.

**There Is No True Victory Without Honor**

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

**Ethics and Sportsmanship Are Ground Rules**

Programs that adopt Pursuing Victory With Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

**Benefits of Sports Come From the Competition, Not the Outcome**

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

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~ WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION ~

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The UIL encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

## **TEN COMMANDMENTS OF ATHLETES' PARENTS**

1. Be positive with your athlete. Let them know they are accomplishing something simply by being a part of the team. Do not put them down.
2. Do not offer excuses for them if they are not playing. Encourage them to work and do their best.
3. Do not put coaches down. Remember, the coach represents the “Boss”, the “Authority”, the “Parent”, the “Teacher” and the “Law”. If you are bad mouthing your athlete’s coaches constantly, how can you expect your child to play for them? Please don’t teach your athlete to be a complainer, rather than a doer.
4. Encourage your athlete to follow the rules. Whether they are a first stringer or a seventh stringer, players must follow rules pertaining to curfew, drinking, smoking, promptness, and school. Athletics is demanding and a coach must concern themselves with a player’s off the field activities in order to get the maximum physical and mental performances out of their players.
5. Insist on good grades. If they do not have passing grades, they do not play. Check the number of hours your student-athlete spends on their homework. Coaches can only monitor grades so far. (No matter how good a player is, if they don’t have good grades they will not get into college.) Cars, phones, video games, etc., all cut into study time.
6. Do not try to live vicariously through your athlete. Do not show animosity or jealousy to any of your athlete’s teammates because he or she may more touches, at bats, etc.. This type of envy can rub off on your athlete and devastate the team. Also, don’t develop envy toward other players because you don’t like their parents. High School athletics is a great time for kids. Let them be kids and play the game.
7. Do not be a know it all. The coaches’ work with their players hours, weeks, and months on end, they know what each kid can do and what they cannot do. As a fan you are entitled to cheer your head off, but please do not become belligerent and arrogant towards players, coaches, or officials. Respect the game.
8. Insist on your athlete’s respect for team rules, school rules, game officials, and sportsmanship. Do not let them make fools out of their family, school, and team by some “uncalled-for” gesture or incident. Self-respect begins with self-control.
9. Encourage your athlete to improve their self-image by believing in themselves. Every person has been created with worth and value. Always remind your athlete of this fact. Do not compare or contrast your athlete with family members who played previously. Every youngster is different. Don’t put added pressure on them.
10. Encourage your athlete to play for the love of the game-not for a scholarship. This alleviates a lot of pressure.

***BOBCATS - FAMILY ALL IN***



# 2019 BENBROOK BOBCATS

## 2019 BENBROOK BOBCATS VARSITY FOOTBALL SCHEDULE

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUG. 16	BROCK (SCRIMMAGE)	BROCK	6:00 PM
AUG. 22 (THUR)	MILLSAP (SCRIMMAGE)	BENBROOK	7:00 PM
AUG. 30	NEVADA COMMUNITY	NEVADA COMMUNITY	7:30 PM
SEPT. 5 (THUR)	*FERRIS	CLARK-FT. WORTH	7:00 PM
SEPT. 13	KRUM	KRUM	7:30 PM
SEPT. 20	ANNA	ANNA	7:00 PM
SEPT. 28 (SAT)	WESTERN HILLS	FARRINGTON-FT.WORTH	1:00 PM
OCT. 4	**LAKE WORTH	CLARK-FT. WORTH	7:00 PM
OCT. 12 (SAT)	DUNBAR	CLARK-FT. WORTH	3:00 PM
OCT. 18	***DIAMOND HILL JARVIS	HANDLEY-FT.WORTH	7:00 PM
OCT. 26	OPEN	OPEN	OPEN
NOV. 1	KENNEDALE	KENNEDALE	7:30 PM
NOV. 7 (THUR)	****CASTLEBERRY	FARRINGTON-FT.WORTH	7:00 PM

## 2019 BENBROOK BOBCATS FRESH / JV FOOTBALL SCHEDULE

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
AUG. 16	BROCK	BROCK	5:00 PM
AUG. 22	MILLSAP	BENBROOK	6:00 PM
AUG. 29	NEVADA COMMUNITY	BENBROOK	5:00 & 6:30
SEPT. 4 (WED)	FERRIS	FERRIS	5:00 & 6:30
SEPT. 12	KRUM	BENBROOK	5:00 & 6:30
SEPT. 19	ANNA	BENBROOK	5:00 & 6:30
SEPT. 26	WESTERN HILLS	BENBROOK	5:00 & 6:30
OCT. 3	LAKE WORTH	LAKE WORTH	5:00 & 6:30
OCT. 10	DUNBAR	BENBROOK	5:00 & 6:30
OCT. 17	DIAMOND HILL JARVIS	DIAMOND HILL JARVIS	5:00 & 6:30
OCT. 26	OPEN	OPEN	OPEN
OCT. 31	KENNEDALE	BENBROOK	5:00 & 6:30
NOV. 5 (TUE)	CASTLEBERRY	CASTLEBERRY	5:00 & 6:30

\*TEACHER APPRECIATION NIGHT / \*\*ELEMENTARY & MIDDLE SCHOOL FOOTBALL NIGHT

\*\*\* HOMECOMING / \*\*\*\*FIRST RESPONDERS & MILITARY APPRECIATION NIGHT..



**BENBROOK BOBCAT ATHLETICS  
PARENT / GUARDIAN TRANSPORTATION RELEASE FORM**

On behalf of the Bobcat Athletic Department, it is the expectation when transportation is provided for an athletic event, all student athletes will take advantage of transportation provided to and/or from an athletic event. In the event a parent/guardian is requesting to transport their child to and/or from an athletic event when transportation is being provided this form must be completed and returned to the coach two school days prior to the event for school approval.

(\*In case of an emergency we will have a few blank forms at the event)

School \_\_\_\_\_

Sport \_\_\_\_\_

Boys

Girls

Level:  7MS

8MS

Fresh.

JV.

Var.

Event: \_\_\_\_\_

Date(s): \_\_\_\_\_

Location(s): \_\_\_\_\_

Parent/Guardian Transporting Student Athlete

To

From

To and From

Student Athlete Name \_\_\_\_\_ Student Grade \_\_\_\_\_

As the parent/guardian of the above listed student athlete, I agree to transport the listed student athlete to and /or from the listed athletic event. I do understand that this release form only entitles me to transport my own son/daughter. I will not transport any student athlete other than my own child.

\_\_\_\_\_  
Print Parent/Guardian Name Transporting Student Athlete

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Signature of Parent/Guardian Transporting Student Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Signature of the Head Coach

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of the Athletic Coordinator

\_\_\_\_\_  
Date

\*Coordinator signature will be waived in emergency situation.

**2019 BENBROOK H.S. FOOTBALL MASTER CALENDAR**

## 2019 BOBCATS – FOOTBALL CALENDAR



August 2019						
Jul 2019						Sep 2019
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HSMS FOOTBALL COACHES WORKDAY 8-4PM ISSUE H.S PADS 1-2PM  H.S. FB Pre-Season Parent Meeting 6pm HS Auditorium	2 HSMS FOOTBALL COACHES WORKDAY 8-4PM ISSUE H.S PADS 1-2PM  Coaches Family Social (TBD)	3 ? WORKDAY IF NEEDED
4	5 H.S. FOOTBALL PLAYERS REPORT – FIRST DAY OF PRACTICE  (8AM – 12:30PM) DAY 1 / PRACTICE #1	6 (8AM – 12:30PM) DAY 2 / PRACTICE #2	7 (8AM – 12:30PM) DAY 2 / PRACTICE #3	8 (8AM – 12:30PM) DAY 2 / PRACTICE #4	9 (8AM – 12:30PM) DAY 2 / PRACTICE #5  CARD SALE BLITZ DAY 1	10 PICTURE DAY 8AM  (8AM – 12:30PM) DAY 6 / PRACTICE #6  CARD SALE BLITZ DAY 2
11	12 TEACHER INS. (8AM-4PM)  FB PRACTICE 7PM-9:30PM DAY 7 / PRACTICE #7	13 TEACHER INS. (8AM-4PM)  FB PRACTICE 7PM-9:30PM DAY 7 / PRACTICE #8	14 TEACHER INS. (8AM-4PM)  FB PRACTICE 7PM-9:30PM DAY 7 / PRACTICE #9	15 TEACHER INS. (8AM-4PM)  FB PRACTICE 7PM-9:30PM DAY 7 / PRACTICE #10	16 SCRIMMAGE#1 VS. BROCK H.S. @ BROCK, TX FRESH / JV – 5PM VARSITY – 6PM	17 10AM-12PM DAY 12 / PRACTICE #11
18	19 1 <sup>ST</sup> DAY OF SCHOOL  PRACTICE AFTER SCHOOL	20 PRACTICE AFTER SCHOOL	21 PRACTICE AFTER SCHOOL	22 SCRIMMAGE#2 VS. MILLSAP H.S. @ BMHS FRESH / JV 6:30PM VARSITY – 7:30PM	23 PRACTICE AFTER SCHOOL	24 PRACTICE 9AM-11AM
25	26 Nevada Community Week  PRACTICE AFTER SCHOOL	27 PRACTICE AFTER SCHOOL	28 PRACTICE AFTER SCHOOL	29 FRESH / JV GAMES - HOME VS. NEVADA COMMUNITY  VARSITY PRACTICE AFTER SCHOOL	30 1 <sup>ST</sup> VARSITY GAME – AWAY VS. NEVADA COMMUNITY 7:30PM @ COMMUNITY H.S.	31 VARSITY FILM / WEIGHTS 10AM



2019 BOBCATS – FOOTBALL CALENDAR



September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>FERRIS WEEK</b> Practice TBD?	3 PRACTICE AFTER SCHOOL	4 FRESH / JV GAMES - AWAY VS. FERRIS VARSITY PRACTICE AFTER SCHOOL	5 VARSITY GAME - HOME AT CLARK STADIUM VS. FERRIS HS 7:00PM	6 VARSITY FILM / WEIGHTS AFTER SCHOOL	7 NO PRACTICE
8	9 <b>KRUM WEEK</b> PRACTICE AFTER SCHOOL	10 PRACTICE AFTER SCHOOL	11 PRACTICE AFTER SCHOOL	12 FRESH / JV GAMES - HOME VS. KRUM VARSITY PRACTICE AFTER SCHOOL	13 VARSITY GAME - AWAY VS. KRUM @ KRUM H.S. 7:30PM	14 VARSITY FILM / WEIGHTS 10AM
15	16 <b>ANNA WEEK</b> PRACTICE AFTER SCHOOL	17 PRACTICE AFTER SCHOOL	18 PRACTICE AFTER SCHOOL	19 FRESH / JV GAMES - HOME VS. ANNA VARSITY PRACTICE AFTER SCHOOL	20 VARSITY GAME - AWAY VS. ANNA @ ANNA H.S. 7:00PM	21 VARSITY FILM / WEIGHTS 10AM
22	23 <b>DISTRICT 6-4A OPENER</b> <b>WESTERN HILLS WEEK</b> PRACTICE AFTER SCHOOL	24 PRACTICE AFTER SCHOOL	25 PRACTICE AFTER SCHOOL	26 FRESH / JV GAMES - HOME VS. WESTERN HILLS VARSITY PRACTICE AFTER SCHOOL	27 VARSITY PRACTICE AFTER SCHOOL 30MIN NO JV/FRESH PRACTICE	28 VARSITY GAME - AWAY VS. WESTERN HILLS HS @ FARRINGTON STADIUM 1:00PM
29	30 <b>LAKE WORTH WEEK</b> PRACTICE AFTER SCHOOL					

## 2019 BOBCATS – FOOTBALL CALENDAR



October 2019						
◀ Sep 2019						Nov 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PRACTICE AFTER SCHOOL	2 PRACTICE AFTER SCHOOL	3 FRESH / JV GAMES - AWAY VS. LAKE WORTH VARSITY PRACTICE AFTER SCHOOL	4 VARSITY GAME - HOME AT CLARK STADIUM VS. LAKE WORTH HS 7:00PM	5 VARSITY FILM / WEIGHTS 10AM
6	7 DUNBAR WEEK PRACTICE AFTER SCHOOL	8 PRACTICE AFTER SCHOOL	9 PRACTICE AFTER SCHOOL	10 FRESH / JV GAMES - HOME VS. DUNBAR HS VARSITY PRACTICE AFTER SCHOOL	11 VARSITY PRACTICE AFTER SCHOOL 30MIN NO JV/FRESH PRACTICE	12 VARSITY GAME - AWAY VS. DUNBAR HS @ CLARK STADIUM 3:00PM
13	14 DIAMOND HILL WEEK PRACTICE AFTER SCHOOL	15 PRACTICE AFTER SCHOOL	16 PRACTICE AFTER SCHOOL	17 FRESH / JV GAMES - AWAY VS. DIAMOND HILL JARVIS VARSITY PRACTICE AFTER SCHOOL	18 VARSITY GAME - HOME AT HANDLEY FIELD VS. DIAMOND HILL JARVIS 7:00PM HOMECOMING	19 NO WORKOUT - OFF
20	21 OPEN WEEK - NO GAMES PRACTICE DURING PERIOD TUTORIALS AFTER SCHOOL	22 PRACTICE DURING PERIOD TUTORIALS AFTER SCHOOL	23 PRACTICE DURING PERIOD TUTORIALS AFTER SCHOOL	24 PRACTICE AFTER SCHOOL	25 PRACTICE AFTER SCHOOL	26 NO WORKOUT - OFF
27	28 KENNEDALE WEEK PRACTICE AFTER SCHOOL	29 PRACTICE AFTER SCHOOL	30 PRACTICE AFTER SCHOOL	31 FRESH / JV GAMES - HOME VS. KENNEDALE HS VARSITY PRACTICE AFTER SCHOOL		

2019 BOBCATS – FOOTBALL CALENDAR



November 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 VARSITY GAME – AWAY VS. KENNEDALE @ KENNEDALE H.S. 7:30PM	2 VARSITY FILM / WEIGHTS 10AM
3	4 CASTLEBERRY WEEK PRACTICE AFTER SCHOOL	5 FRESH / JV GAMES - AWAY VS. CASTLEBERRY H.S. VARSITY PRACTICE AFTER SCHOOL	6 VARSITY PRACTICE AFTER SCHOOL	7 VARSITY GAME – HOME AT FARRINGTON STADIUM VS. CASTLEBERRY HS 7:00PM	8 VARSITY FILM / WEIGHTS 10AM	9 NO WORKOUT - OFF
10	11 BI-DISTRICT PLAYOFF WEEK	12	13	14	15	16
17	18 AREA PLAYOFF WEEK	19	20	21	22	23
24	25 REGIONAL PLAYOFF WEEK	26	27	28	29	30

## 2019 BOBCATS – FOOTBALL CALENDAR



December 2019						
◀ Nov 2019						Jan 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 QUARTERFINAL PLAYOFF WEEK	3	4	5	6	7
8	9 SEMI-FINAL PLAYOFF WEEK	10	11	12	13	14
15	16	17	18	19	20 STATE CHAMPIONSHIP GAME	21
22	23	24	25	26	27	28
29	30	31				



## **2020 BENBROOK BOBCATS PLAYER/PARENT HANDBOOK**

**To indicate you have read and understand this handbook,  
please have your parent/guardian and you legibly print  
your name, sign and date.**

Athletes Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athletes Printed Name: \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Printed Name: \_\_\_\_\_