

BJHS FOOTBALL AGENDA 2013

Introductions:

Scott Kasper, Dan Lopez, David Strouse
Andrew Muck, Jason Phillips, Josh Thoma

We are an extension of the Varsity Program (from the way we stretch to team rules).
It is our goal to play every player in “meaningful downs” as often as possible.
The coaching staff will divide the talent for 2 teams at each grade level, as evenly as possible.
All coaching staff decisions are final.

Expectations: Coaches

Safety, Safety, Safety – See Concussion Sheet

The coaching staff will emphasize the proper techniques of tackling and blocking.
The coaching staff will have frequent water breaks.
The BJHS athletes do not have access to the varsity trainer, if an emergency happens EMS will be called and Parents will be contacted immediately.

Fundamentals

The BJHS program will run the same offense as the varsity (We are the Base Foundation).
The BJHS program will run the 4-2-5 on defense utilizing varsity terminology and techniques.

Communication

The coaching staff will do its best to communicate effectively; we will do our utmost to answer all your questions. We ask for discretion about the timing (i.e., not immediately after a game).
Please utilize the established chain of command: player to BJHS head coach; BJHS head coach to position coach; BJHS coach to varsity coach and or BJHS principal; athletic director.
The best contact method for us to use is email, addresses are listed below.

Expectations: Parents

Please drop off and pick up promptly (15 minutes before and after practice & Games).

Car pools and plan B are highly encouraged.
Players will ride busses to games Players may ride home with their parents but **MUST** inform coaches first.
Games Begin at 4:15pm 7th grade plays 1st, Then 15 min later, 8th grade plays.
Quarters are 8 Min, meaning games are about 1 hour 10min give or take
8th grade games usually begin at 5:45pm
You are welcome to watch practice from the parking lot; **no parents on the sidelines**, home or away.
Be supportive of the Player, Managers, the TEAM, and the Coaching Staff.

Encourage Cleanliness - Keep MERSA Away

1. Showering
2. Wash clothes every two days
3. Spray Disinfect helmets/shoulder pads/cleats once a week (Fri)

Student - Athletes General Health Tips/Time Management

1. **Lots of water**/ Cut POP out of Diet/ No Energy Drinks – Gator/PowerAde OK in small amounts
2. **Rest** – Be rested & ready to go for practice/Games – **Do Not Sleep in Class!!**
3. **Class work** – Penalty Halls/ Detentions will affect your Practice Time & Playing Time
4. Injuries **RICE** (Rest, Ice, Compression, Elevation)

Optional Equipment

1. Cleats--**Black please** (we have some used cleats available)
2. **A 5 – Pad Integrated Girdle Pads** – (\$20 – 40\$:Dick’s /Kudo Sports.com ect.)
3. Long sleeves, wrist bands--**Red please**
4. Gloves
5. Mouth Piece (Must be Solid Color) – Helps Prevent Concussions and saves Teeth/Braces

Locks for lockers; players need to give combos/locker # to Coach Muck ASAP

Paperwork/fees

- FEES (checks made payable to)
- \$100 pay to play (Bedford Athletic Department)
- \$45 spirit pack; tee, practice jersey, socks, mouth guard, shorts (Bedford Football)
- \$25 (3) post-game away meals; (Bedford Jr. High)

Expectations: Student-Athletes

“Never do anything to embarrass you, Your Family or the “TEAM”

In the Classroom, Community, or on the Field.

Every day you miss practice you lose **one quarter of game time** (If you needed Homework/Classroom Help – this may be the only excuse)

Have a great attitude; try new positions; be first; “It doesn’t take talent to hustle”.

Have a great work ethic: **Work hard in the classroom, at home and on the field.**

Be on time, be prepared, be organized, and be responsible for your equipment.

“Hard work will beat talent when talent doesn’t work hard” - Paul Jonson - Georgia Tech

Have great respect for yourself, parents, coaches, teammates, managers, opponents, and officials.

Be a great teammate “Big TEAM, little me” “Give me an example of you being a great teammate”

Schedule: (7th Grade games begin at 4:15pm, 8th grade games begin around 5:00)

Schedule is posted on:

<http://muckenglish7.weebly.com/bedford-jr-high-football.html>

Please Check this site for Weekly for Updates

Coach Lopez (white): daniel.lopez@lourdes.edu

Coach Muck (red): andrew.muck@bedford.k12.mi.us C: 419-215-6938