



**2024 HJ HAWKS
FOOTBALL**

PARENT MEETING

Agenda

- Top Programs
- Meet the Coaches
- Incoming Freshman
- Expectations of Athletes – Grades & Eligibility
- Expectations of Parents – Communication/Chain of Command
- Expectations of Coaches
- Core Values
- In Season Practice Schedules: Varsity, JV & Freshman
- Trainers Information
- Upcoming Events & Important Dates
- Hardin-Jefferson Athletic Booster Club
- Athletic Office Information
- Helpful Information
- Questions



Top Programs Have 3 Things...

- Hard-Working Coaches
- Supportive Parents
- Dedicated Athletes



HJ Hawks Football Coaching Staff

- **Zach Bass – AD/Head Football Coach/Offensive Line**
- **Dickie Robinson – Defensive Coor./Inside LBs**
- **Branden Thomas - Asst. Head Coach/Corners**
- **Matt Calvert - Offensive Coor./Quarterbacks**
- **Derek Peveto – Special Teams Coor./Safeties**
- **Mike Fogo – Defensive Line**
- **Josh Rutherford – Tight Ends**
- **Mark Humplik - Outside LBs**
- **Xavier Broussard – Wide Receivers**
- **Billy Chavis – HJJH Boys Coor./HS Running Backs**
- **Tristan Abshire - Asst. WRs/TEs**
- **Cory Mettlen - Asst. Coach**
- **Kelby Weyler - Asst. Coach**
- **Mason Garza - Asst. Coach**



Incoming 9th Graders

- Freshman will attend the 7th Period Athletics.
- New challenges & new opportunities...coaches are here to help.
- We highly encourage multiple sport participation from all athletes...especially Freshmen.





Expectations of HJ Hawk Athletes

- To be the best student and athlete possible.
- Athletics is a privilege, not a right. We expect our student athletes to be held to a higher standard than the average student.
- Put in the extra work (before and after school) that is needed to be successful.
- Communicate with their Position Coach regarding practice, grades, injuries, etc.
- We expect our student athletes to exhibit class, integrity, character, and responsibility both on and off the field.
- ***BE ON TIME - HAWK TIME!***
- They represent the HJ Hawk Football Team 24/7!



Expectations of HJ Hawk Athletes

- **Activate and Maintain your HUDL Account**
 - Name, Class, Height, Weight, Position, SAT/ACT Scores, GPA and Class Rank.
- **Twitter/X**
 - Have your real name and the above mentioned information.
- **Instagram**
 - Same as Twitter/X



Grades & UIL Eligibility

- All players must maintain an average of 70 in ALL classes to remain eligible for athletics.
- Athletes will be required to attend tutorials for grades below 75.
- There will be accountability for 0's and missing assignments.
- HJ Hawk Football Eligibility Policy – For ALL players
 - At the end of this school year, football players who have failed multiple 6-week grading periods will be suspended from football the next season. (Eligibility is 6 Weeks)
 - Students will be allowed to return to the program after the season ends if they have passed all their classes.



Expectations of Parents

- Keep the lines of communication open.
 - Chain of Command
- Appropriate & Inappropriate Concerns to Discuss
- Support your son...win or lose
- Promote a positive environment...on the field & at home.
- Avoid unsportsmanlike conduct – OFFICIALS, coaches, players, parents, HJISD staff, fans from other schools, etc.
- Demand a drug, alcohol, & tobacco free environment
- Insist your son treats others with respect & dignity
- 24-hour rule - NOT before or after a game or practice
- Volunteer with team and/or Booster Club



Communication

- Appropriate to Discuss
 - Situations involving YOUR son
 - Ways to help your son improve
 - Your son's attitude, work ethic, & eligibility
 - Concerns about your son's behavior
- Inappropriate to Discuss
 - Playing time of other student-athletes
 - Team strategy, practice organization, or play calling
 - Other student-athletes in general

Chain of Command

- 1 – Player & Immediate Coach
- 2 – Player & Head Coach
- 3 – Parent & Head Coach
- 4 – Parent & Athletic Director
- 5 – Parent & AD/Campus Principal
- 6 - Parent & AD/Principal/Superintendent





Expectations of Coaches

- Involvement in every aspect of your son's life –
RELATIONSHIP of Trust & Support
- To create a positive, enthusiastic, and energetic atmosphere
- Communicate effectively to athletes and parents
- Develop the whole athlete – Skills & Character
 - Physically, Socially, Spiritually, Emotionally,
Academically
- Hold your son accountable for his actions on and off the field

Core Values – WHAT we Believe

- **Selfless**
 - *The Team's Needs come before The Individual's Wants*
 - But an individual may need to sacrifice their wants for what the team needs
 - Ex) Position Change / Side of the Ball / Frequency of Play / Scout Team
- **Disciplined**
 - *Doing the Little Things Right - All the Time!*
 - How we do anything is how we do everything
 - We become what we do on a daily basis
 - The secrets of success are hidden in the routines of our daily lives.
- **Tough**
 - *Overcoming Strain with an Amazing Attitude!*
 - Mental & Physical – Never Give Up – EVERY DAY is 4TH & 1!
 - Be Comfortable with being Uncomfortable
 - The ability to overcome adversity with strength and poise



The background features a large, faint watermark of the Hardin-Jefferson logo, which consists of the letters 'HJ' in a stylized, blocky font. The logo is rendered in a dark blue color that matches the background.

HARDIN-JEFFERSON FOOTBALL

TYPICAL IN-SEASON PRACTICE SCHEDULE

#WeFlyTogether



Varsity In-Season Practice Schedule



Monday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Meet & Lift
3:30 - 3:45 Team Meeting
3:45 - 4:00 Dynamic Warm-Up
4:00 - 5:30 Practice

Tuesday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Special Teams
3:45 - 4:00 Dynamic Warm-Up
4:00 - 5:30 Practice
6:30 Support Volleyball!

Wednesday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Meet & Lift
3:30 - 5:00 Practice
After Practice Church House!

Thursday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Kick the Field
After School: Support Sub-Varsity!

Friday:

7:20 - 7:50 Tutoring
10:35 - 11:45 Walkthrough/Equipment
2:50 - 3:20 Pep Rally
3:30 - 4:00 Team Meal
4:00 - 4:15 Team Meeting
4:15 - 4:30 Special Teams Meeting
4:30 - 5:00 Position Meetings
5:00 - 5:30 Quiet Time/Lock In
5:30 - 6:30 Dress & Tape
6:30 - 7:20 Pre-Game
7:30 Kick Off!

JV In-Season Practice Schedule

Monday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Meet & Lift
3:30 - 3:45 Team Meeting
3:45 - 4:00 Dynamic Warm-Up
4:00 - 5:30 Practice

Tuesday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Special Teams
3:45 - 4:00 Dynamic Warm-Up
4:00 - 5:30 Practice
6:30 Support Volleyball!

Wednesday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Meet & Lift
3:30 - 5:00 Practice
After Practice Church House!

Thursday:

7:20 - 7:50 Tutoring
11:45 - 12:45 Walk Through & Equipment
3:00 - 4:00 Departure Times
6:30 Game

Friday:

7:20 - 7:50 Tutoring
10:35 - 11:45 Meetings & Lift
2:50 - 3:20 Pep Rally
3:20 Dismissed



9th In-Season Practice Schedule

Monday:

7:20 - 7:50 Tutoring
2:30 - 3:20 Lift & Walk Through
3:45 - 4:00 Dynamic Warm-Up
4:00 - 5:30 Practice

Tuesday:

7:20 - 7:50 Tutoring
2:30 - 3:20 Special Teams
3:45 - 4:00 Dynamic Warm-Up
4:00 - 5:30 Practice
6:30 Support Volleyball!

Wednesday:

7:20 - 7:50 Tutoring
2:30 - 3:20 Lift & Walk Through
3:30 - 5:00 Practice
After Practice Church House!

Thursday:

7:20 - 7:50 Tutoring
2:30 - 3:20 Meetings & Equipment
3:00 - 4:00 Departure Times
5:00 Game

Friday:

7:20 - 7:50 Tutoring
2:00 - 2:45 Meetings & Lift
2:50 - 3:20 Pep Rally
3:20 Dismissed



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HARDIN-JEFFERSON FOOTBALL

UIL HEAT ADJUSTED PRACTICE SCHEDULE

#WeFlyTogether



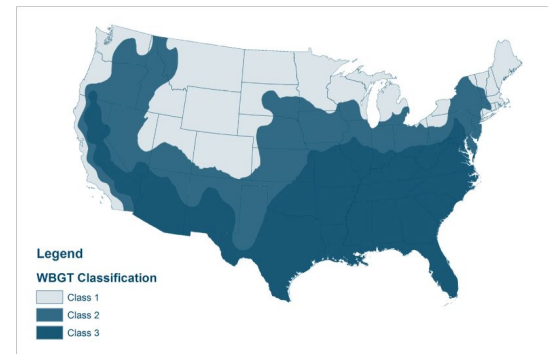
UIL Recommended Heat Plan

WBGT Activity Guidelines		
Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.0 - 90.0	84.7 - 87.6	Maximum practice time is 2 hours; For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 92.0	87.7 - 89.7	Maximum practice time is 1 hour; For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

NEW RECOMMENDATIONS BY THE UIL MEDICAL ADVISORY COMMITTEE

Cooling Zone mandate WBGT of 80 or above

Required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) & are encouraged to include a combination of: ice sponges, towels, water misters, and shade.





UIL Recommended Heat Plan

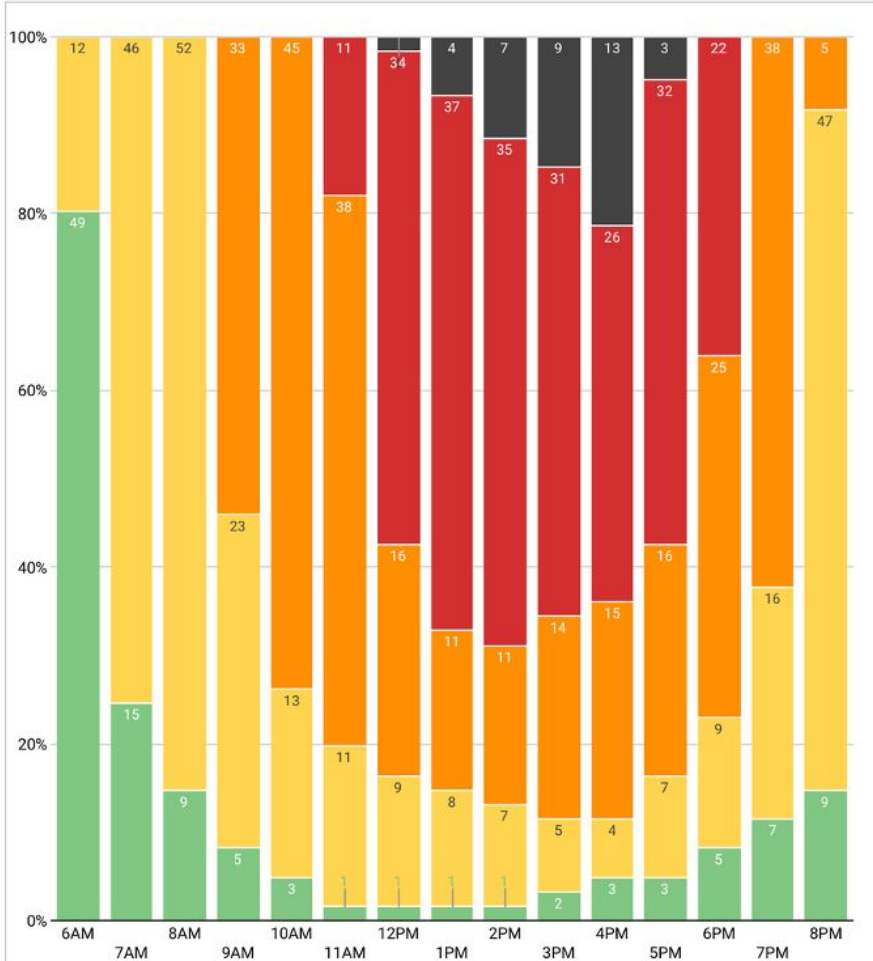
THSADA Region: V (Houston)

Date Range: June, 1, 2023 - July 31, 2023

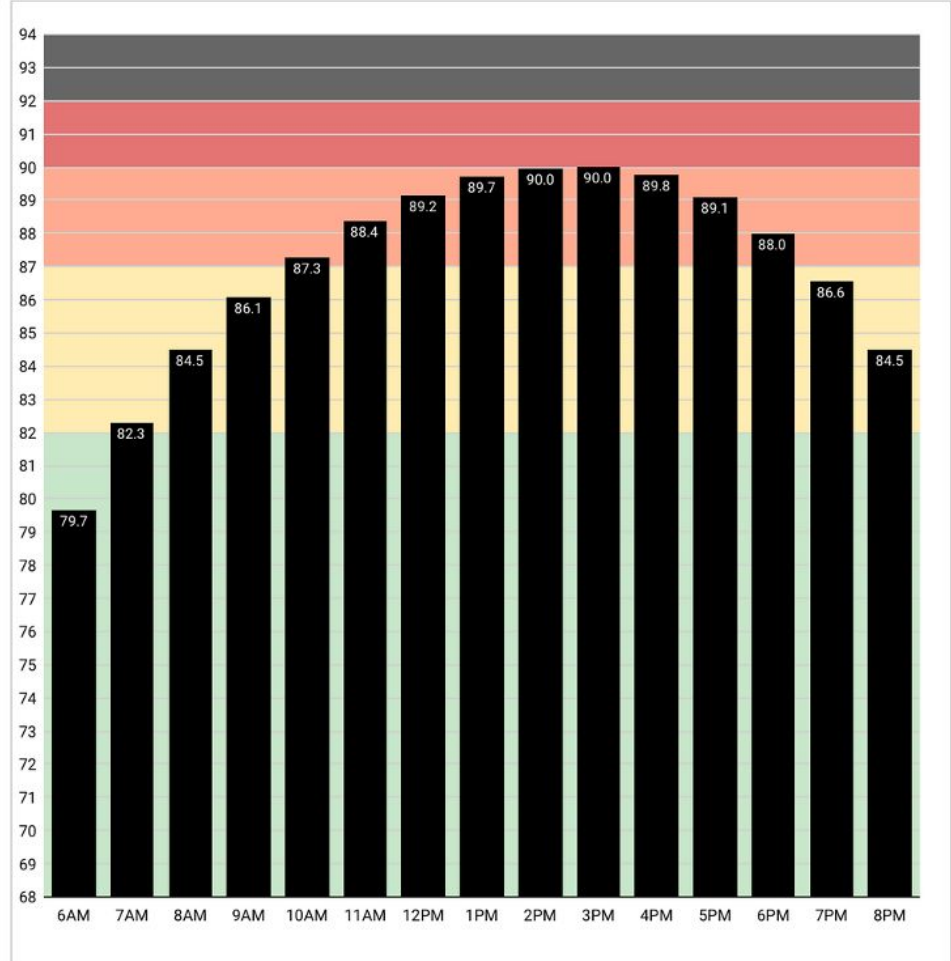
UIL WBGT Zones

- Normal Activities
- Use Discretion
- 1 Hr. Practice Max
- 2 Hrs. Practice Max
- No Outdoor Workouts

Number of Days in WBGT Zone



Average Max WBGT (Class 3)





UIL Heat Stress/WBGT Plan



Monday:

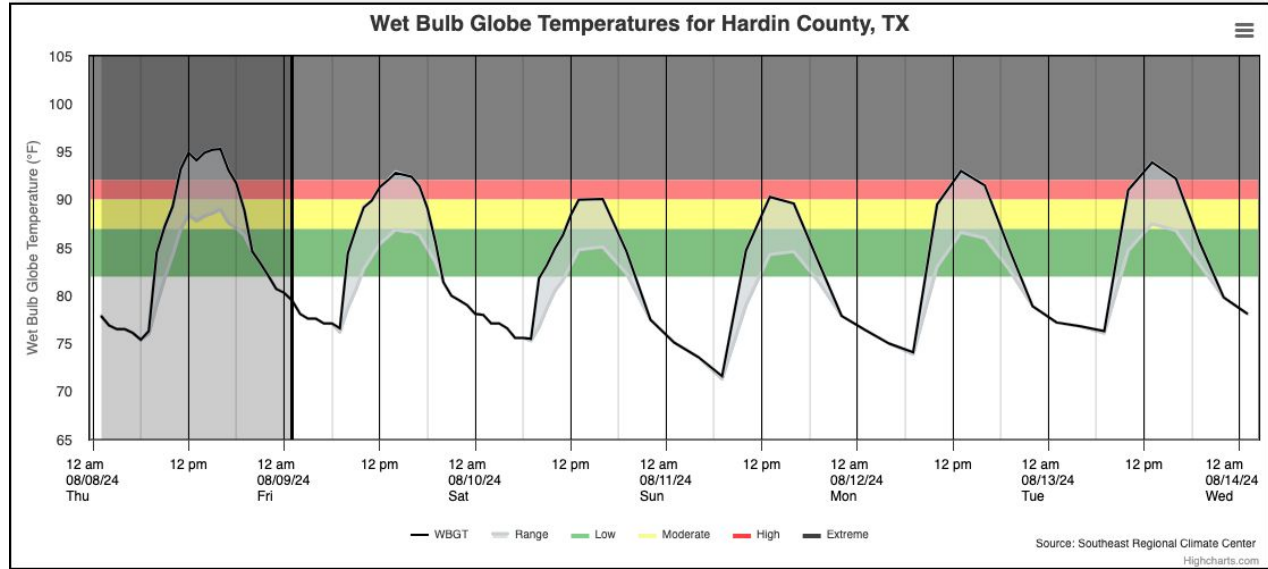
5:30 am Check In
 5:45 - 7:15 Practice
 7:20 - 7:50 Tutoring
 Class Period Meet & Lift
 3:20 pm Dismissed

Tuesday:

5:30 am Check In
 5:45 - 7:00 Practice
 7:20 - 7:50 Tutoring
 Class Period Meet & Lift
 3:20 pm Dismissed

Wednesday:

5:30 am Check In
 5:45 - 7:00 Practice
 7:20 - 7:50 Tutoring
 11:45 - 12:45 Meet & Lift
 3:20 pm Dismissed





Emily Liska

Head Athletic Trainer

- Every athlete should report any injury that occurs during practice or games to a trainer and his position coach within 24 hours.
- The training room is open at 7:15 a.m. Mon - Fri.
- Treatments are given in the order of arrival/sign-in
- No treatments will begin after 7:40 a.m.
- Any treatment given outside of the morning hours should be scheduled with a trainer.
- We ask that you please see one of our trainers **BEFORE** going to the Doctor/Chiropractor/etc.



Healthy Habits

- Hydration
 - Start Early – 48-72 hours before activity
 - Diet: Salt, potassium, electrolytes
 - Pickles, Bananas, Cucumbers, Watermelon, Strawberries, Cantaloupe, Spinach, Iceberg lettuce
 - Water is best: (Body Weight/2 = ## in ounces)
 - Track hydration – urine color...should be lemonade, NOT apple juice! See Hydration Chart
- Nutrition
 - Protein; Fruits & Vegetables; avoid sugar/fried foods
- Sleep
 - 8 to 10 Hours of Sleep a night
- Stretch
 - Before Bed and After Waking Up



Proper Hydration

Hardin-Jefferson Football		
Hydration Chart		
1		Championship Hydration Levels
2		
3		
4		
4		Selfish Teammate
5		
6		Blatant Disregard for your Teammates
7		
8		You are a BAD GUY!!

Upcoming Events

- **Friday, August 16 – Scrimmage vs Kountze High School**
 - Freshman/JV @ 6:00pm
 - Varsity @ 7:00pm
- **Wednesday, August 14 – First Day of School**
- **Thursday, August 22 – Scrimmage vs Anahuac High School**
 - Freshman/JV @ 5:00pm
 - Varsity @ 6:30pm
- **Week 1 @ Monsignor Kelly Catholic High School**
 - Thursday August 29
 - Red vs Orangefield - 5p @ Hawk Stadium
 - Blue vs Kelly - 6:30p @ Hawk Stadium
 - Varsity - Helmets with Heroes @ Fieldhouse
 - Friday August 30
 - Varsity @ Kelly - 7pm



Important Dates

- Labor Day Practice
 - September 2, 2024 – We WILL practice
 - Times TBD
- Absences from practice
 - Excused vs. Unexcused – Athletes will make up work missed from practice (conditioning).
 - Excused
 - Athlete communicates with coach of absence.
 - School Related or Family Emergency
 - Unexcused
 - NO communication with coach
 - Unexcused absence



Remind Accounts

Varsity/JV (5th) - Text “@hjfbvar” to 81010

FRESHMAN (7th) - Text “@hjfb9th” to 81010



HJ Athletic Booster Club

- Alicia Hughes - President
 - EMAIL: hjathleticbooster@gmail.com
- Please help however you can - it benefits our kids.
- Visit with Alicia after this meeting for further information and to find out how you can help out.



Questions?

Zach Bass

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