



**2023 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...**

- Hardworking coaches
- Supportive parents
- Dedicated athletes



# **HJ Hawks Football Coaching Staff**

- **Zach Bass – AD/Head Football Coach/Running Backs**
- **Dickie Robinson – Defensive Coor./Inside LBs**
- **Brandon Granger - Asst. Head Coach/Wide Receivers**
- **Matt Calvert - Offensive Coor./Quarterbacks**
- **Kaleb Ramsey – Special Teams Coor./Tight Ends**
- **Mike Fogo – Defensive Line**
- **Justice Langston – Recruiting Coor./Offensive Line**
- **Mark Humplik - Outside LBs**
- **Xavier Broussard – Corners**
- **Kelby Weyler - Safeties**
- **Billy Chavis – HJJH Boys Coor./Asst. Coach**
- **Cory Mettlen - Asst. Coach**
- **Kaiden Taylor - Asst. Coach**
- **Mason Garza - Asst. Coach**
- **Josh Rutherford - Football Operations**



# 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**
  - Have your real name and the above mentioned information.
- **Instagram**
  - Same as Twitter



# 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





# 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

- **Discipline**
  - The bridge between goals & accomplishment
  - Creating great habits to do the right thing over & over
  - We become what we do on a daily basis
  - The secrets of success are hidden in the routines of our daily lives.
- **Relentless Effort**
  - On the field & in the classroom
  - 1-0 mentality in ALL we do
- **Integrity**
  - Doing what's right...when no one is looking
  - Adherence to moral and ethical principles; soundness of moral character
- **Attitude**
  - Positive & Consistent – Is yours worth catching or avoiding?
  - The more energy you give, the more energy you have...it's a cycle
  - The attitude you take is a decision you make....YOUR choice EVERY day!
- **Toughness**
  - Mental & Physical – Never Give Up – EVERY DAY is 4<sup>TH</sup> & 1!
  - Be Comfortable with being Uncomfortable
  - The ability to overcome adversity with strength and poise





# Varsity In-Season Practice Schedule



## Monday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 Special Teams/Individual  
3:30 - 3:45 Team Meeting  
3:45 - 4:45 Meet & Lift  
5:00 - 6:30 Practice

## Tuesday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 Special Teams/Individual  
3:30 - 3:45 Team Meeting  
3:45 - 4:45 Meet & Lift  
5:00 - 6:30 Practice

## Wednesday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 Special Teams/Individual  
3:30 - 5:00 Practice

## Thursday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 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  
11:25 - 12:35 Special Teams/Individual  
3:30 - 3:45 Team Meeting  
3:45 - 4:45 Meet & Lift  
5:00 - 6:30 Practice

## Tuesday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 Special Teams/Individual  
3:30 - 3:45 Team Meeting  
3:45 - 4:45 Meet & Lift  
5:00 - 6:30 Practice

## Wednesday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 Special Teams/Individual  
3:30 - 5:00 Practice

## Thursday:

7:20 - 7:50 Tutoring  
11:25 - 12:35 Meetings & 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 - 4:30 Practice

## Tuesday:

7:20 - 7:50 Tutoring

2:30 - 4:30 Practice

## Wednesday:

7:20 - 7:50 Tutoring

2:30 - 3:30 Team Offense/Defense

## 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





**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

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

# Upcoming Events

- **Friday, August 11 – Scrimmage vs Tarkington High School**
  - Freshman/JV @ 6:00pm
  - Varsity @ 7:00pm
- **Wednesday, August 16 – First Day of School**
- **Thursday, August 17 – Scrimmage vs Livingston High School**
  - Freshman/JV @ 5:00pm
  - Varsity @ 6:30pm
- **Week 1 vs Little Cypress-Mauriceville**
  - Thursday August 24
    - 9/JV @ LCM
    - Vars - Helmets with Heroes @ Location TBD
  - Friday August 25
    - Varsity vs LCM @ HJISD Stadium - 7pm



# Important Dates

- Labor Day Practice
  - September 4, 2023 – JV & Varsity WILL practice – PM 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](mailto: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**

**[zachbass@hjisd.net](mailto:zachbass@hjisd.net)**

