



**2023 HJH
BOYS ATHLETICS
PARENT MEETING**

Agenda

- Top Programs
- Meet the Coaches
- Incoming 7TH Graders
- Expectations of Athletes – Grades & Eligibility
- Expectations of Parents – Communication/Chain of Command
- Expectations of Coaches
- Core Values
- In Season Practice Schedules: 7th & 8th Graders
- 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



HJJH Boys Coaching Staff

- **Zach Bass – AD/Head Football Coach**
- **Billy Chavis – HJJH Boys Coordinator**
- **Mark Humplik - HS FB/JH BBall/JH Track**
- **Cory Mettlen - JH FB/JH BBall/JH Track**
- **Kaiden Taylor - JH FB/HS Baseball**
- **Mason Garza - JH FB/HS Girls Soccer**



HJJH Boys Sports

- **Cross Country (Before School)**
- **Football**
- **Basketball**
- **Track**



Incoming 7th Graders

- 7th Graders will attend the 1st Period Athletics.
- New challenges & new opportunities...coaches are here to help.
- We highly encourage multiple sport participation from all athletes...especially Middle Schoolers.





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 Athletics 24/7!



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 4TH & 1!
 - Be Comfortable with being Uncomfortable
 - The ability to overcome adversity with strength and poise





7th Grade In-Season Practice Schedule



Monday:

6:30 - 7:00 Report to HJJH
7:15 - 8:30 Football Practice
8:30 - 8:49 Transition & Dress
3:25 Dismissed

Tuesday:

6:30 - 7:00 Report to HJJH
7:15 - 8:30 Football Practice
8:30 - 8:49 Transition & Dress
3:25 Dismissed

Wednesday:

7:20 - 7:50 Tutoring
7:50 - 8:30 Team O/Team D
8:30 - 8:49 Transition & Dress
3:25 Dismissed

Thursday:

7:20 - 7:50 Tutoring
7:50 - 8:30 Special Teams
8:30 - 8:49 Transition & Dress
After School: Depart & Play Game

Friday:

7:20 - 7:50 Tutoring
7:50 - 8:40 Stretch, Stride & Lift
8:40 - 8:49 Transition & Dress
3:25 Dismissed



8th Grade In-Season Practice Schedule



Monday:

7:20 - 7:50 Tutoring
2:30 - 2:45 Dress & Transition
2:45 - 4:15 Practice

Tuesday:

7:20 - 7:50 Tutoring
2:30 - 2:45 Dress & Transition
2:45 - 4:15 Practice

Wednesday:

7:20 - 7:50 Tutoring
2:30 - 2:40 Dress & Transition
2:40 - 3:20 Team O/Team D
3:25 Dismissed

Thursday:

7:20 - 7:50 Tutoring
2:30 - 2:40 Dress & Transition
2:40 - 3:20 Special Teams
After School: Depart & Play Game

Friday:

7:20 - 7:50 Tutoring
2:40 - 3:20 Stretch, Stride & Lift
3:25 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 (We feed our kids when we travel)
 - 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!!

Important Dates

- **Wednesday, August 16 – First Day of School**
- **Thursday, September 7 – Scrimmage @ East Chambers**
 - 7th Grade @ 5:00pm
 - 8th Grade @ 6:00pm
- **Thursday, September 14 – HJJH Football vs Anahuac**
 - Playing order is 7B, 8B, 7A & 8A starting at 4:00pm
- **Thursday, November 16 – HJJH Basketball vs Huffman**
 - Playing order is 7B, 8B, 7A & 8A starting at 4:00pm
- **Thursday, February 22 – HJJH Track @ Hamshire-Fannett**



Offseason / Basketball & Track

- Students not playing football, but plan on participating in Basketball and/or Track are permitted to be in 7th Grade Athletics.
- Incoming 8th Graders that do not play Football, were cut from 7th Grade Basketball AND did not participate in a track meet have to try-out for basketball and make the team before being readmitted into the Athletics.
- 7th & 8th Graders NOT playing football will have an “outside” workout until football season ends.
- Once Basketball cuts are made, there will be structured lifting and conditioning training sessions in the Athletic Period for those athletes that did not make the basketball team.
- All Athletes are strongly encouraged to participate in Track!



Remind Accounts

7th Grade - Text “@hjfb7” to 81010

8th Grade - Text “@hjfb8” to 81010

This is how our coaches will communicate with parents regarding changes and arrival times from away games.



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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