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(University Interscholastic League Parent Information Manual, Ten Commandments of Athletes Parents, Football Schedule, Transportation Release Form, Parent / Player Verification Form)



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.

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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 will 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

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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.

Team Meals

Pre-game meals are a privilege and we hope to make it

College Recruiting Plan

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 th*

Parents Attending Practice / SportsYou 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 gymnasium parents are welcomed to sit in and observe unless Coach Slater closes the practice session to outside guest.

Parents in an event of a time change to practice, games, events, etc... The coaches will send out updates on SportsYou. You can join our Bobcat Football SportsYou page by downloading the SportsYou App or accessing SportsYou online at <https://www.sportsyou.com> Once you are in SportsYou you can register for the Bobcat Football page with our team code. **The Bobcat Football SportsYou Code is - F93BBCP6**

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, Amanda Christman -H.S. Vice President, John Dilday M.S. Vice President
Christie Lindsey-Treasurer, Marquita Barrett-Guthrie- Secretary, Jeremy Glanzer Fundraising,
Ramiro Rabago Membership Chair, Jason Stockton 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.

<https://www.benbrookathleticbooster.com>

FAIRNESS

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

CARING

Encouragement – encourage your

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

Call the coach to set up an appointment.

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.

Think about what you expect to accomplish as a result of the meeting.

Stick to discussing the facts, as you understand them.

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

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.
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