




Freshmen Football 2021

Tradition • Relentless • Trust



Welcome

- The “Long Blue Line”
 - Tradition•Relentless•Trust
- The game and the program are bigger than the individual
- The Big Team



Freshmen Coaches

- Coach Parr - kparr@fisdk12.net
- Coach Byrd - mbyrd@fisdk12.net
- Coach Tucker - mtucker@fisdk12.net
- Coach Benson - tbenson@fisdk12.net

Varsity Coaches

Offense

- Coach Harris – Off. Coordinator/Off Line
- Coach Roher- QB's
- Coach Bielamowicz- Receivers
- Coach Truman- Running Backs
- Coach Blankenship- H-Back/TE's

Defense

- Coach Bolden- Def. Coordinator
- Coach Deel- Secondary
- Coach Griffith- Linebackers
- Coach Jackson- Def line

Booster Club

Reps

- Rondell Merritt - rondell@fhsmustangfootball.org
- Amy Russo - russoamy@me.com
 - Please get involved and volunteer

Atavus Tackle Certification

- All coaches have been certified in tackle safety by completing the Atavus Tackling Certification program
- Safety Continued
 - How we practice

Expectations

- Football is a very difficult game.
 - Modern high school football has become a 12 month endeavor
 - The game teaches failure and how to be resilient
- Football is not fair or “politically correct”

How does this High School Stuff Work?

- As your son enters high school, we expect them to be able to “stand on their own two feet”
- We communicate with players. It is their responsibility to have all information about practice times, meeting times and weightlifting sessions.

How does this High School stuff work?

- Athletic periods
 - Sport specific
 - During the season
 - Off season
 - Why is it so dang important?
- Multiple Sport athletes
 - How do we handle them
 - Try outs

MAC (Mustang Athletic Camp)

- MAC is our summer strength and conditioning program.
- Cost is \$130 for the entire summer
<https://fisd.revtrak.net/FHS-Athletics-Camps/>
- Will begin June 7th
- Monday-Thursday
- 7:30 am
- Please drop off at the fieldhouse with cleats & tennis shoes



“If you wake up in Friendswood
you work out in Friendswood”

Training room information

- Mr. Blake Lapier - blapier@fisdk12.net
- Physicals
 - May 8th
- Concussion protocols
- Trainers at away games

Locker Rooms

- We advise our athletes to lock their locker at all times. Unfortunately theft occurs.
 - If any athlete is proven to have committed theft, they will be removed from the program immediately.
- Inappropriate behavior in the locker room will be dealt with on an individual basis or a team basis according to the issue.

Attendance

- The baseline for staying in the program
- Email Coach Parr if you will miss practice

kparr@fisdk12.net

Fall Practice

- August 2nd - Fall practice begins
- August 6th - First day of full pads
- August 7th - Intra-squad scrimmage in the stadium
- August 20th - Dawson scrimmage at Dawson High School
- August 26th - First game verses Summer Creek at Henry Winston Stadium
- August 27th - First Varsity game

Academic Expectations

- FISD board policy states that if a student is failing class they are not allowed to miss that class for extra-curricular reasons.
- There are two eligibility dates for fall sports. One after the first 6 weeks and then one after the 9 weeks

Classroom and Behavior Expectations

- Classroom misbehavior is dealt with individually and appropriately
 - We have coaches in the majority of the subject areas.
- The Athletic Handbook covers many areas of student-athlete behavior. Please make sure you read through it before you sign & return.
- Vaping has become an epidemic on campus
 - Two-week suspension plus physical punishment if caught on campus.



Social Media Expectations

- Athletes need to be aware that their social media footprint never goes away.
 - Be respectful and mature

Daily Routine

- Monday-Wednesday on the field at 6:50
 - We will practice through the first period athletic period.
 - Players usually have the opportunity to grab a quick snack from the cafeteria before 2nd period.
 - Tutorials are encouraged to take place after school but may be allowed in the morning on an individual basis. Coaches must be notified before hand about morning tutorials.

Hair and Facial Hair

- FISD board policy states no facial hair is allowed.
- Hair length
 - Hair will be neat and represent our program accordingly.

Personnel Decisions

- How do we determine what team an athlete plays on?
 - We use the scrimmages and practices to make our judgments.
 - We evaluate our athletes' year round
 - It's what we do!
 - Players are now being judged and compared to all grade levels at the high school.

Parent Expectations

- Support your son and the program
 - You will not always agree with our decisions but know we always try to do what is best for the entire program.
- Be aware of your social media presence
- Involve your self with the booster club.

Parent Concerns

- **Please never request to meet with a coach immediately after a game.** Call the next day to make an appointment.
 - Your son should meet with their position coach
 - You as a parent should request meeting with the position coach and coordinator
 - Request a meeting with the Coach Koopmann

Provided Gear

- The majority of our helmets are Riddell. We have a few Schutt.
 - All have scored highly in the Virginia Tech helmet test
 - All helmets are reconditioned on a yearly basis
 - X-rayed, sanitized and parts replaced as needed
 - If you have purchased a helmet it must be an adult helmet
 - Color: Riddell color #007788 (Black with double blue flake)
- Shoulder Pads
 - We have made major upgrades in our shoulder pad stock
 - Split between Riddell and Douglas

Needed Gear

- Cleats/Flats
 - Cleats should be blue, black or white. We will not allow other color cleats in a game.
- Mouthpieces
 - We will provide a mouthpiece but many players choose to buy their own
- “Girdles”
 - Highly recommended. We are moving away from providing hip, tail and thigh pads. Most football pants today do not have slot for those pads

Gear Continued

- Knee pads
 - It is optional but many of our players buy the “volleyball” type knee pads. We do have knee pads but our players have the option of practicing in shorts on full pad days of they wear their girdles and external knee pads.
- “Diva” gear
 - We do not allow excess arm bands, leg bands, etc...
- Blue workout shirt and black shorts
 - We provide one set of workout clothes. You may purchase extra. Extra Shirts and shorts are \$10 apiece.

FAQ

Can my son play in both A and B games?

- No per UIL rules players are allowed only to play in one game. Playing just one snap constitutes a game played.

Do players have to dress up on game days? Do they wear their Jerseys?

- No, we do not require players to dress special for game days.
- No our sub-varsity players do not wear their jerseys to class on game days

When do Freshmen practice?

- As of now Monday- Wednesday Freshmen will be on the field at 6:50 am. They will practice in the stadium. All times are subject to change. It is your sons responsibility to know when practices start.
- Thursday and Friday are TBA.

Can I attend practice?

- Yes but please remain in the bleachers at all times.

May my son ride home with me after away games?

- No unless there are individual circumstances which will be dealt with on case by case basis.

FRIENDS WOOD

