

2025 Mesquite High School Football Program Standards and Expectations

Welcome to the Mesquite High School (MHS) Football program. Being a part of the MHS Football program requires commitment from the coaches, staff, teachers, administration, and most importantly the players and their families. This commitment provides everyone in the program with the best opportunity to be successful on the field, in the classroom, and in the community.

Coaches:

- Jesse Hart – Head Coach, Defensive Coordinator
- Steve Berg – Offensive Coordinator, Quarterbacks
- Frank Jalbert – Wide Receivers, Defensive Backs
- Robert Whittier – Offensive Line
- Lincoln Ford – JV Head Coach, Defensive Coordinator
- Mike Cochran – JV Offensive/Defensive Line
- Brandon Field – JV Offensive Coordinator/Varsity Running Backs
- Allen Smith – Fresh_Soph Head Coach, Offensive Coordinator
- Robert Tomas – Fresh_Soph Defensive Coordinator
- Taylor Gargiulo – Fresh_Soph Offensive/Defensive Line
- Cedric “CJ” Jones – Fresh_Soph Wide Receivers, Defensive Backs

Practice is Mandatory!

The only way for the MHS Football program to have success on the field is by everyone being present on time for every practice. Spring practices are Mondays thru Thursdays 4:00-6:30pm starting Monday, April 28th. Summer practices are Mondays thru Thursdays 5:00-8:00am starting Monday, June 2nd. During the season all levels practice 5:30-8:30pm Monday thru Friday (day before game walk-thru will be after school at 4pm). Once the weather cools down, practices will move to 4:00-7:00pm. All levels practice on Saturdays 8:00-10:30am. We have practices during school holidays at different times. Please see the calendar for all dates, times, and events for the upcoming season.

All athletes must watch at least 1 hour of film on their HUDL app each week (film study).

The MHS Football Attendance policy is as follows:

MHS Student Athletes are expected to attend every practice and competition the entire season. The MHS Football Program has implemented the following attendance policy:

- 1st Unexcused Absence – Athlete will sit 10% of athletic contests (1 game)
- 2nd Unexcused Absence – Athlete may be removed from the team.

Only documented excused absences will allow an athlete to miss practice or a competition. All excused absences must be accompanied by documentation of excuse. Out of School Suspensions (OSS) may result in dismissal from the team.

Documented Excused Absences are defined as:

- Bereavement – announcement of funeral
- Medical Emergency – Doctor’s or Urgent Care’s note
- Court Date – notification of court. Court dates need to be communicated right away to coaches.
- COVID – documentation of positive test or picture of positive home test. Not allowed to return to the team until seven (7) days after a positive test.

One (1) Excused Absence without Documentation (call in by parent only) that falls under the above-mentioned guidelines will be allowed during the season. All other excused absences must have documentation of excuse.

Grades are Top Priority!

Getting an education is a right, playing a sport is a privilege. Student Athletes are students first and athletes second. MHS Football players will have weekly grade checks for eligibility. A grade of 60% or higher must be in every class for participation in competitions. Two (2) ineligibility in a season may result in the removal from the MHS Football program. Missing practice to make up work is NOT considered an excused absence.

Hazing in any way, shape, or form is strictly prohibited and may result in removal from the MHS Football program.

Social Media Responsibility

Please be aware that what the MHS Football players post is public and a reflection of themselves, their families, the MHS Football program, and the school. All MHS Football players are expected to be responsible and avoid posting inappropriate content or the use of vulgar language and images on social media.

Zero tolerance from the MHS Football players, family members, or coaches/staff of negative social media posts about the MHS Football program, coaches/staff, teammates, school, other teams, or other players. All program issues should be communicated directly to Coach Hart.

2025-2026 AIA Physicals

2025-2026 AIA Physical must be completed and uploaded to Register My Athlete by Thursday, May 15th. If you did not play a sport this season, you will need to have yours completed prior to Spring Football on Monday, April 28th to participate. Go to the Mesquite High School webpage then in the Athletic page under “More” you can find the 2025-2026 AIA Physical packet and link to Register My Athlete.

Injuries

If an athlete feels they are injured, they need to let their position coach know and then our Athletic trainer know right away. Only the athletic trainer or a Doctor’s note will excuse an athlete from participating in weight lifting and/or practice.

Vaping, Alcohol, and Drugs

Athletes that are caught on campus using or selling drugs/tobacco, vaping or drinking may be dismissed from the team.

Equipment, Shoes, Towels, Gloves

We are a team and will look like a team. White socks only for game days. When purchasing football cleats, towels, and gloves, please be sure they are school colors only. School colors are blue, white, grey, and/or black. All athletes are responsible for purchasing their own 5-pad girdle for the season. All equipment handed out by the school is the property of the school. Don’t cut any equipment. Any equipment lost or cut is the financial responsibility of the athlete to reimburse the school. Spring, summer, and weight room uniforms are blue shorts, solid white t-shirts, running shoes in the weight room, and cleats on the field.

Summer Football Camp

Our best opportunity to maximize practice times and create team bonds is summer camp at Mogollon High School in Heber, AZ. Camp is Monday June 23rd thru Thursday June 26th. The cost of camp is \$400 which includes transportation to/from, housing, 3 meals a day, and 4-5 practices a day. We will also participate in team building activities along with competing against other schools.

Transportation to Games

To ensure players’ safety and prevent loss of equipment, all MHS Football players will take the team bus to and from the game.

Fundraising and Booster Club

All MHS Football players are expected to participate and complete the minimum Spring and Fall fundraisings requirements of twenty (20) online donations equaling \$500 or more (Spring) and twenty (20) discount cards sold (Fall). See the calendar for dates of each fundraiser. Incoming Freshmen are excused from the Spring online donations fundraiser for the 2025 season.

To provide the MHS Football players with a first-class football experience, booster club members are needed throughout the year. Booster club members can assist in fundraising, concession stand help, community events, game day experience, team meals, and end of the year banquet along with many more activities throughout the year. Parents, please see Coach Hart or one of our booster club officers if you would like to be involved.

Communication is Key

24 Hour “Cool Down” Rule – we do ask for a 24 hours “cool down” period after games for questions or comments.

Mesquite High School Football contacts and social media:

- Jesse Hart – Head Coach (Varsity) = Jesse.Hart@GilbertSchools.net (480) 632-4750
- Lincoln Ford – Head Coach (JV) = Ford99508@yahoo.com (424) 212-9446
- Allen Smith – Head Coach (Fresh_Soph) = Allen.Smith@GilbertSchools.net (213) 454-6019
- Kim Hansen, ATC – Athletic Trainer = Kim.Hansen@GilbertSchools.net (480) 980-8740
- Ryan Salazar – Athletic Director = Ryan.Salazar@GilbertSchools.net (480) 632-4750
- www.MesquiteFootball.com – team store, calendar of practices, forms, games, meetings, and fundraisers
- X (Twitter) = @CoachJesseHart – communication from Coach Hart and team activities
- Instagram = @mesquitefb - communication from Coach Hart and team activities
- Instagram = @mesquitewildcatsfootball – communication from MHS Football Booster Club and team activities
- X (Twitter) = @mesqwildcatFB – communication from MHS Football Booster Club and team activities

2025 Mesquite High School Football Program Standards and Expectations

My parents/guardians and I have read and understand the 2025 Mesquite High School Football Program Standards and Expectations. This is due back and signed by Monday, March 31, 2025.

Student Name (Please Print)

Student ID Number

Student Signature

Student Cellphone Number

Parent(s) Name(s) (Please Print)

Parent(s) Signature

Parent Contact Email Address

Parent(s) Contact Phone Number

I approve my child's picture to be shared on any and all Mesquite High School Football social media accounts.

(Please Circle One) YES or NO