

2026 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, Linebackers
- Steve Berg – Offensive Coordinator, Quarterbacks
- Frank Jalbert – Wide Receivers, Defensive Backs
- Taylor Gargiulo – Offensive Line
- Mike Cochran – Defensive Line, Tight Ends
- Lincoln Ford – JV Head Coach/Defensive Coordinator – Varsity Wide Receivers, Defensive Backs
- Brandon Field – JV Offensive Coordinator-Varsity Running Backs, Linebackers
- Allen Smith – Fresh_Soph Head Coach, Offensive Coordinator
- Robert Tomas – Fresh_Soph Defensive Coordinator
- Pete DeRose – Fresh_Soph Assistant Coach

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 Football** = Monday April 27th - May 14th M,T,W,Th 4-6:30pm. *Incoming Freshmen will be May 4th thru May 14th 6-8pm.*
- **Spring College Showcase (Varsity/JV only)** = Friday May 8th 4-6:30pm at Highland High School. *Transportation will be provided.*
- **Summer Football (All Levels)** = Monday June 1st - 18th M,T,W,Th 5-8am.
- **7-on-7 (All Levels)** = Thursday, June 4th and 18th 6pm – Campo Verde High School. *No transportation provided.*
- **7-on-7/Big Man Challenge at ASU (Varsity Only)** = Thursday June 11th 5pm – ASU. *No transportation provided.*
- **Football Camp (All Levels)** = Monday June 22nd – 25th at Mogollon High School in Heber, AZ. *Transportation will be provided.*
- **Football Season** = All levels practice 5:30-8:30pm Monday thru Friday (day before game run-thru will be after school at 4:30pm). Once the weather cools down, practices will move up as early as possible. All levels practice on Saturdays 8:00-11:00am for the first 2 weeks while Freshmen/Sophomores will practice every Saturday.

We have practices and games during all school holidays at different times. Please see the calendar for all dates, times, and events for the upcoming season. You can find the calendar at www.mesquitefootball.com.

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, fundraiser, community event, 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. **If you go to the Doctor, Dentist, or Urgent Care for anything you must get a note clearing you to come back to practice/game.**

Grades are Top Priority!

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.

2026-2027 AIA Physicals

2026-2027 AIA Physical must be completed and uploaded to Register My Athlete by Thursday, July 23rd. All incoming Freshmen or if you did not play a sport this season at MHS, you will need to have yours completed prior to Spring Football on Monday, April 27th to participate. Go to www.mesquitefootball.com then Register Athlete where you can find the 2026-2027 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 1st and then our Athletic trainer know right away. Only the athletic trainer or a Doctor’s note will excuse an athlete from participating in weightlifting and/or practice. You must go for treatment during lunchtime. Please see our Athletic trainer before going to see a Doctor.

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. Game Day socks are provided for Varsity. Frosh/JV are required to wear white socks only. 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 encouraged to purchase 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 solid black shorts, solid white t-shirts, running shoes in the weight room, and cleats on the field. No jewelry including earrings.

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 22nd - Thursday June 25th. The cost of camp is \$350 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. All players are expected to attend camp.

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 required 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) as well as all community fundraiser events (car washes, donation drives, etc.). See the calendar for dates of each fundraiser. Incoming Freshmen are excused from the Spring online donations fundraiser for the 2026 season.

To provide the MHS Football players with a first-class football experience, parents are needed throughout the year. All parents are required to assist with one activity during the season. Activities include working the concession stand for 1 game, helping with community events/fundraisers, helping with game day operations, picking up & serving a team meal before a game, and/or helping set up & run the 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 in the booster club.

We also ask that each family by August 15th donate either 1 case of Gatorade or 2 cases of water for game day meals.

Communication is Key

All football players must download the HUDL app, set up a HUDL account with Coach Hart and make sure your notifications are turned on. This is how Coaches and Players communicate.

All parents need to download the sportsYou app, create a new account, and use the Team Code BLBM-SV8F. This is how the booster club will communicate and parent information will be shared.

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 ext 3110
- Allen Smith – Head Coach (Fresh_Soph) = Allen.Smith@GilbertSchools.net (213) 454-6019
- Lincoln Ford – Head Coach (JV) = Ford99508@yahoo.com (424) 212-9446
- 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, team calendars, forms, games, meetings, and fundraisers
- X (Twitter) = @CoachJesseHart – communication from Coach Hart and team activities
- Instagram = @mesquitefball - communication from Coach Hart and team activities
- Instagram = @mesquitewildcatsfootball – communication from MHS Football Booster Club and team activities
- X (Twitter) = @mesquildcatFB – communication from MHS Football Booster Club and team activities

2026 Mesquite High School Football Program Standards and Expectations

My parents/guardians and I have read and understand the 2026 Mesquite High School Football Program Standards and Expectations. This is due back and signed by Monday, April 6, 2026.

Student Name (Please Print)

Student ID Number

Student Signature

Student Cellphone Number

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

Parent(s) Signature

Parent(s) 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