



BA TIGER FOOTBALL

BROKEN ARROW HIGH SCHOOL FOOTBALL PROGRAM

PARENT HANDBOOK 2022



Broken Arrow Tiger Football

Program Foundation, Pillars, Pinnacle, and Prize

Our Foundation: What our CULTURE is built upon.

Every Day – Every Way

This is the foundational principal upon which our program is built. Living like a Champion is not a “sometimes” kind of thing. A Champion does not turn it off and on; a Champion is always a Champion. Excellence and greatness is an everyday endeavor, and it is pursued in every facet of life. Champions strive for and seek out excellence in all areas of their lives—athletically, academically, socially, spiritually, etc. Champions do not take days off from striving for excellence in every area of their lives. Excellence can be a mysterious and distant thing to many, because excellence is uncommon in a world satisfied with mediocrity. The path to excellence is often long and tortuous. One thing is certain—Excellence is contagious! The more someone tastes greatness, the hungrier he becomes for more of it. Anyone can achieve greatness, but most will not because the cost is too great.

Champions/Men/Tigers are what they are, because they seek excellence EVERY DAY and in EVERY WAY.

Our Pillars: What frames who we are, provides our structure, and guides our CULTURE.

Selfless – Kill the Boy – Dragon Slayers

The common man buys into what the world says he should be and what the world says success is. The message from the world is a cop-out, it is an excuse, and it is the path of least resistance. The world speaks of financial achievement, sexual conquest, fitting in, doing what “feels good,” acquiring possessions, acquiring power, and athletic prowess. Our contention is that manhood, masculinity, and success are something far different than what the world says. Success is UNCOMMON, therefore not to be enjoyed by the common man. We coaches are looking to build UNCOMMON MEN, SELFLESS MEN. There must be a transformation in the young men we are developing. They must put away the selfish, childish ways of their youth (Kill the Boy!). They must put others ahead of themselves.

Manhood – Love and Legacy

If you listened to the greatest speeches of all time (Martin Luther King Jr., John F. Kennedy, Winston Churchill, Abraham Lincoln), you would find a similar message in all of them: relationships and a cause. If you have ever visited with someone on their deathbed, you have probably found two central things that person is concerned with: his relationships and what he is leaving for those people he cares about. If



relationships and a cause are important at the moment we realize our life is at an end, why are we not driven by that focus all our lives? The UNCOMMON MAN is! A SELFLESS MAN is! Relationships and a cause.... or as we word it in BA Football, LOVE and a LEGACY.

Family

One is too small of a number to achieve greatness. When we act and carry on as a FAMILY, we allow ourselves to reach greater heights—as a group and individually. We believe that the essence of MANHOOD is Relationship and Cause... A team is a set of relationships put together for a common cause. Thus, MANHOOD can be achieved when one commits to the FAMILY. We LOVE one another, and we demonstrate this love in our words and in our actions. The greater the challenge, the greater the need for FAMILY. Our CULUTRE is sustained and passed on through ACCOUNTABILITY, OWNERSHIP, and MENTORSHIP within our FAMILY.

Gratitude

Throughout history, gratitude has held the central focus in religious and philosophical theories and tenants. The importance of gratitude has been a fundamental focus of Buddhism, Christianity, Judaism, and Islam. Almost all of the Biblical Psalms focus on the expression of gratitude towards God. Adam Smith, author of *The Wealth of Nations*, wrote extensively on gratitude. Smith talks in great depth about the concept of “reciprocity,” and he argued that gratitude was vital for society. He believed that gratitude (in healthy societies) is what motivates a pattern of reciprocation of assistance to one another.

“Gratitude is the greatest of virtues, and the parent of all the others.” -Cicero, Roman Philosopher.

The “parent” of all virtues? Absolutely! Think of the virtues we desire to have and to cultivate in our lives: generosity, service, selflessness, humility, courage, determination, life-long learner, honor, dedication, visionary. When we are TRULY grateful, we think less of “what we deserve,” and more of “how blessed we are.” When we are TRULY grateful, we feel compelled to respond. And we must respond. “To whom much is given, much is required.” We, here at BA, are extremely blessed, and we must respond from a place of gratitude.



Focused Work Ethic – To the Tree

All of our opponents have talent. All of our opponents work hard. All of our opponents invest time and “sweat-equity.” If the assumption is that everyone (us and our competitors) “works hard,” what will separate and distinguish the BA Football Program from the others?

The answer is two-fold:

- 1) **HOW** we work... We will work as a cohesive unit. We will move in unison. We will be highly focused and disciplined within the grind. We will simulate game time experiences. We will emphasize a start and a finish to everything. We will operate under a system of “Coach-Command + Player-Response.” Players, while giving everything they have physically, will be training their minds for adversity and in-game focus. Players will ignore “how they physically feel,” and instead will focus on THEIR JOB: LAAER.
- 2) **HOW FAR** we will go... While our opponents will measure success by crossing the goal line, BA Tigers will always go farther. We will not be content with just crossing the goal line or entering the end zone; we will carry our work all the way to the Touchdown Tree... beyond the end zone and behind the goal posts. "It is not the violence that sets a man apart. It's the distance he's prepared to go," -Forrest Bondurant

1-0

Singular focus. One play at a time. One game at a time. Control what we can control. We cannot control the refs, weather, schedule, sickness, injury, etc. $E + R = O!$ EVENT + **RESPONSE** = OUTCOME. We can only control our RESPONSE.

We will train our minds to operate one play at a time – LAAER

- Listen
- Align
- Assign
- Explode
- Reset



Obsession with Growth

Our profession is a results-based profession, but the key to achieving the desired results is an unwavering focus on the PROCESS to get there. We cannot allow success/wins/achievements/accolades distract us from constant growth and improvement. We will certainly celebrate those things, but they will not slow us in our journey. Conversely, we will not allow growth to be hindered by disappointment/losses/setbacks/failures. Our passion for constant improvement must be part of our program culture, and it must be guided and modeled by our coaches.

Embrace Adversity - Persist

Adversity is an absolute guarantee—in every game and in every season. We must PERSIST regardless of the obstacles. Nothing else matters, our FOUNDATION nor our PILLARS, if we do not PERSIST. Tigers PERSIST under any circumstances that we might encounter—under the toughest of conditions, even when it seems to most that we are beaten. If our opponent has hit us in the mouth a thousand times, they will grow tired, because we will not go away. We will be standing. Whatever we can contribute, the team will have it all. Nothing will distract us, our focus, or our energy. Our effort is always there. We do not flinch when it gets tough—when it gets difficult to see hope—when others seek to separate us in tough times and criticism is all around us. We remain strong in mind and spirit. We never quit believing in the BA TIGERS. We are here to the end!

In Old England, in far less civilized times, groups of people would organize dog fights for determining the characteristics of dogs for breeding purposes. A dog that would quit in a fight was no longer kept for breeding. One type of dog that commonly was used in these fights was a Bull Terrier. The fight was held in a pit, usually a 16 by 16 square. These were matches common to a boxing match; there was a referee, a handler for each dog and a timekeeper. In the pit there was a scratch line drawn diagonally from one neutral corner of the pit to the other. For a new round to start a dog must cross that line to ANSWER THE SCRATCH. A dog that would continue to ANSWER THE SCRATCH in spite of broken bones, torn muscles, dehydration and exhaustion was considered to have gameness or heart.

Gameness is a canine virtue that is most akin to the human virtue of tenacious courage. It is determination to master any situation and never back down out of fear. That indeterminate will, the ability to continue to be relentless in adverse conditions was something that was recognized as a trait that could not be taught and was valued highly by the breeders.

ANSWER THE SCRATCH means RELENTLESS DETERMINATION IN THE PASSIONATE PURSUIT OF EXCELLENCE.



Covenant

The essence of COVENANT is PROMISE. BA Football Players enter into a COVENANT with their brothers on the team. A COVENANT is something much larger and deeper than “being on a team,” and it involves much more than signing a contract or a commitment. A COVENANT is a solemn and sacred agreement, an agreement to engage in and/or to refrain from particular actions, thoughts, and attitudes. A contract is an exchange—“That is mine, and this is yours.” A COVENANT calls for an exchange of persons that creates a shared bond—“I am yours, and you are mine.” A contract is an agreement made in suspicion; the parties do not trust each other, and they set limits to their own responsibility. A COVENANT is an agreement made in trust; the parties love each other, and they put no limits on their own responsibility. The difference is in the attitude. A COVENANT is not conditional on the other person keeping their promise. Because of this distinction, there is a much larger gravity to the violation of a COVENANT than to a contract.

A contract is sealed in my own name—a signature on the line at the bottom of the contract. A COVENANT is sealed by the making of a vow or an oath—this vow or oath is made in the presence of witnesses and often made in God’s name. Entering into every season, Tigers will stand before the team and make an oath and/or a vow.

Legacy

Our LEGACY is our CAUSE, our REASON and PURPOSE for what we do. LEGACY is leaving something better than it was before we got there—places, programs, and people. When we visit a stadium and locker room, it will be cleaner when we leave than it was when we arrived. Our teammates will be better men because of the impact we have had on one another. In all of our relationships, friends, teachers, coaches, girlfriends... these people will be better people because of how we treat them. Broken Arrow High School, the community of BA, and The BA Football Program will be better than it was before we arrived. Leaving a LEGACY is an obsession of ours, and we pass down the importance of LEGACY to the group of players that follow us. When we consistently pass down the importance of Leaving a LEGACY from one group to the next, we raise our program to immeasurable heights.



Believe

There is something magical in sports, especially our game. We can never allow ourselves, coaches and players, to stop believing that the magic is always possible. The magic is EARNED; it does not just happen by chance. BELIEF is critical for the magic to be earned. When we stop believing, when we doubt, when we are negative... we defeat ourselves.

- There must be belief IN the COACHING STAFF and WITHIN the COACHING STAFF
- There must be belief in the SYSTEM
- The players must believe in EACH OTHER
- We all must believe we WILL WIN

Our Pinnacle: Our ultimate goal

A Man – A Champion – A Tiger

If we lay our foundation, EVERY DAY – EVERY WAY, then we have something to build upon. If we remain focused on our structure and what frames and guides our CULTURE (the Pillars), then we have a chance to arrive at the Pinnacle. Our Pinnacle, our ultimate goal, is to develop Men—Uncommon Men, by the standards of the world. We believe that “A Man” is synonymous with “A Champion.” We also believe that the true definition of “A Tiger” is also synonymous with “A Man” and “A Champion.” A Champion is not decided at the Championship Game; The Champion arrives at the game already a Champion. All that remains is to collect the Prize.

A MAN is patient. A MAN is kind. A MAN is not jealous. A MAN does not brag. A MAN it is not full of himself. A MAN does not dishonor others. A MAN is not self-seeking. A MAN it is not easily angered. A MAN doesn't hold a grudge. A MAN does not delight in evil. A MAN rejoices with the truth. A MAN always protects. A MAN always trusts. A MAN always hopes. A MAN always perseveres. A MAN never gives up. A MAN cares more for others than for self. A MAN doesn't want what it doesn't have. A MAN doesn't strut. A MAN doesn't have a swelled head. A MAN doesn't force itself on others. A MAN isn't always "me first!" A MAN doesn't fly off the handle. A MAN doesn't keep score of the wrongs of others. A MAN despises wrongdoing and evil. A MAN takes pleasure in truth and virtue. A MAN puts up with anything. A MAN trusts God always. A MAN always looks for the best. A MAN never looks back. A MAN keeps going to the end.

Our Prize: Our reward comes as result of our arrival as Men

Oklahoma State Championship!



PROGRAM OBJECTIVES FOR A CULTURE OF EXCELLENCE

- **Be the Best *Version* of Us**

- We aren't trying to be someone else
- We will strive to be the best BA Football Team, Coaches, and Players ever assembled to take the field.

- **Add Value**

- Wherever you are
- Whoever you are

- **Teamwork**

- Band of Brothers
- Synergy
- Chemistry

- **Fun**

- Laughter is music to our ears
- Having fun is not the same as *being funny*

- **Win**

- Win every day, in every way.
- Winning is a choice we make every day.
- Winning is a habit we choose



Player Development

A championship (culture/program) team consists of players who do the following:

1. Believe in the Head Coach and the coaching staff.
2. Believe in each other.
3. Believe in the system.
4. Believe they are champions.

In order to develop players that believe the 4 components discussed above, we must invest in the players with a focus on winning in all areas of their lives:

1. Mental
2. Physical
3. Character

The action plan of investing in the lives of our players includes a focus on the following:

- Attitude
- Commitment
- Accountability
- Dependability
- Enthusiasm

Attitude - *Understanding the Plan*

It all starts here. In order to get our players' attention and to make sure that they buy into our plan, we must surround our program with positive thoughts. We will set new standards, a new way of doing things, new



heights, but we'll do so with a great attitude about things to come.

Commitment - *Living the Plan*

All coaches and players must march to the same heartbeat. This begins with positive thoughts and an understanding that if they buy into the plan, with great effort, they will master new fundamentals required in all areas of their lives to achieve success. If they learn to pay close attention to every detail en route to reaching their goals, they will become better students, athletes, and citizens.

Accountability - *Accepting the Plan*

It is the job of the head coach to find the athletes that are leaders (those who will step up and take charge) and put them in leadership roles. These leaders will be positive motivators, and will become infectious for the rest of the team. Buying into the program and the coach's plan will be the result of this leadership.

Dependability - *Doing the Plan*

The "count on me" players will be the foundation of this program. The worst mistake we can make is to continually utilize the most talented, yet non-dependable athlete. It takes more than potential to get the job done. We must employ a mix of potential players with a greater amount of dependable athletes to stay on track.



Enthusiasm - Enjoying Your Plan

We are dead without it! All eyes are on you as their coach. Put a bounce in your step, spirit in your voice and crank it up! For your athletes to give great effort, practice hard, and play with passion, enthusiasm must be motivated, modeled, and molded into their everyday experience.

Whistle to Snap

A championship team consists of players who know how to function mentally within a practice or game, players who are capable of going “1-0” play by play. BA football players will use the following routine after each play ends, and before the next play begins.

1. LISTEN - Hear the coaching/See the signal
2. ALIGN - Position for success
3. ASSIGN - Focus on the job and technique required
4. EXPLODE - Aggressively, physically, violently dominate. Make the play in the moment.
5. RESET - Clear the mechanism and return to LISTEN

Stack LAAER upon LAAER, over and over again.



TEAM POLICIES

****All OSSAA, BA Public Schools, and/or Athletic Department policies will supersede Football policies****

***ACADEMICS**

Our coaching staff works closely with other teachers, administrators, and support staff to develop a system which enables you to achieve academic success should you follow the plan.

Weekly Eligibility: After the 3rd full week of school, grades will be pulled Wednesday at midnight. The athlete must be passing all 6 classes to remain eligible. If the athlete is not passing all 6 classes, the athlete will be placed on Probation for the following Monday through Sunday. If on the following Wednesday grade check the athlete is still not passing all 6 classes (does not matter which classes), he will be Ineligible to participate the following Monday through Sunday.

6 Week Ineligibility: An athlete who fails 2 or more classes in the spring semester will be Ineligible to participate for the first 6 weeks of the following school year.

Study Hall: All football players who are on probation or ineligible (and others the coaching staff deem necessary) are required to attend Football Study Hall.

Class Attendance: Class attendance is mandatory. Those who do not attend class can expect to sit the bench and/or face other disciplinary actions the coaching staff feels necessary. (See CT's page)

Policies and Procedures: You are responsible for all school, athletic department, and OSSAA regulations regarding academics.

***ALCOHOL**

There is no place for alcohol usage by players on this team. It will definitely hinder your development as a player and your contribution to the team's goals. If there is a problem with alcohol by a particular player, I want to help. Again, you must want to help yourself to make it work.

If use of alcohol becomes apparent, parents will be notified and your future with the team will be in jeopardy. Alcohol will conflict with your goals as a student and as an athlete, as well as the goals of our team.

***BODY LANGUAGE**

People make opinions about you before you ever speak and tell them who you are, this may not be fair, but it is the way it is.

How you sit, how you stand, how you look overall, has a tremendous impact on how a person, a teacher, future employer, coach, potential girlfriend's parents perceive you.

When it comes to how a teacher or future employer interprets your body language, always stand straight, hands by side; do not slouch or lean against something. Stand straight and look that person



directly in the eyes. This is powerful. Always take your hat and sunglasses off so they can see your face and eyes, as it is a gesture of respect. That person will appreciate these actions, and you will have started this interaction on the right foot.

As far as sitting in a class or job interview, again sit up straight, both feet on floor and do not fidget around. At times, you may want to move to the edge of your seat while that person is talking, giving the impression you are totally engaged in the conversation. As always, look directly into the eyes of the speaker. Whether you like the teacher or his/her class is irrelevant. You need that class; you need that teacher, so do not make him/her feel what he/she is saying is unimportant, trivial or boring to you. Sometimes it may be.....fake it, if you have to.

Always sit in the front of the class so he/she sees you and knows you care about what is going on in the classroom.

***CALLING AHEAD (EMAILING) – BEFORE PRACTICE, FORMAL EMAIL HENDRICKSON
(JHENDRICKSON@BASCHOOLS.ORG) CC Coach Blank, your Position Coach, and ISI Coach**

Since you are part of something bigger than yourself, it is important to realize we all must be able to count on each other. If something comes up where you know you will be late or absent from a meeting, appointment, team event, etc., call ahead of time and let your coach, or me, know what's up. This is what men do: They let others know why they are not there, when they are scheduled to be. The "call-ahead" is not an excuse for where you should be and what you should be doing. Rather, it is common courtesy to your coaches and teammates which demonstrates even though a conflict arose, they are still first and you are not compromising that commitment by your absence.

***CELL PHONE**

Have respect for the individuals who work in this building, silence your cell phones upon entering the Varsity Training Center. Your cell phone ringing in our facility is a sign of disrespect toward the staff and your teammates because it is an unnecessary distraction.

There will be no cell phone usage in any capacity in the locker room at any time. This is a time for you, your thoughts, and your preparation to practice or play. This is a time for your teammates. This is not a time for things outside the locker room.

Cell phones should not be out at any point during game days. This includes on the team bus traveling to the game. Respect your teammates' preparation and focus on your responsibilities for the upcoming game.

***CHURCH/SPIRITUAL GROWTH**

Your spiritual growth is as relevant as your academic and athletic growth.... if not more so. As a man, as a future husband and father, and as a leader and teammates – this element of your life is crucial to your development. Time will be made available to you on Sundays to attend church, if you choose to do so.



The BA Football program recognizes the importance of spiritual growth opportunities for our athletes. To this end we will provide activities throughout the year to allow interested players to explore their faith. Attendance at these activities is never mandatory, and each player has the right to not participate at any time.

***COLOR**

We are all the same color in the Tiger Locker Room and on the Football Field: BLACK and GOLD! Any distinction or reference to any other color violates the unification of our team. We respect the fact that as Tigers we judge each other on the character of a man's being rather than on the color of his skin - whether it is brown, black, or white.

***COMMITMENT**

When you make a commitment, it starts with a mindset, then it is usually verbalized, then there is ACTION. Also, there is usually some form of sacrifice, discomfort, and even pain. Commitment faces obstacles – there will always be something or someone that will attempt to get in the way. This will force a defining moment: will you or won't you stick to that commitment? Will you give into pleasure or fight through the pain... will you take the easy road or the one less traveled? Men who make and keep commitments are winners in life. They have successful relationships with people, lifelong marriages, faith-filled families, and almost always successful careers. Commitment – if it is worth it – it must be honored. Decide beforehand whether it has value – do not let the circumstances or consequences after you make the commitment be the deciding factor. Always expect some form of adversity to show up shortly after a commitment is made. If commitments were easy, everyone would get everything they set out to accomplish. That claim only goes to a special group of people: "WINNERS." Are you part of that group?

HOW'S YOUR COMMITMENT?

RESISTANT – Doesn't buy into the program. His views are more important than those of the team. Does not agree with the team's standard of performance. Negative leader

RELUCTANT – Not interested in the common goals of the team. Hesitates to get involved or do what is asked of him. Little effort or enthusiasm.

EXISTENT – Apathetic towards team and goals. Gives minimal effort. Makes excuses or blames others for his failures.

COMPLIANT – Obedient, but does not do the "Extra" things that make him better. Does just what he is told to do. Wonders why others are ahead of him.

COMMITTED – Does more than asked. Self-motivated. Sets goals and strives to achieve them. Enthusiastic and energetic.

COMPELLED – Will find a way to achieve his goals. Very high expectations. Positive leader. Very focused on goals and standards or performance.



***COMMITMENT TIME (CT)**

COMMITMENT TIME (CT) will be held on a weekday morning at 6:00 am (at position coach's discretion).

One CT = Weekday morning.

CT's will be assigned for Unexcused Absence from: Any Football Team Activity, Class, Study Hall, or any Academic Appointment. In addition, CT's may be assigned for any misconduct or action deemed inappropriate by the Head Coach.

Weekday 6:00 a.m. – Physical Reminders (Up-downs, Plate Pushes, Snakes, etc.)

Mental Reminders (Additional study hall or custodial duties)

CT's per Semester:

1st CT: Time Served = 1 Weekday

2nd CT: Time Served = 2 Weekdays

3rd CT: Time Served = 2 Weekdays (1 with position group)

4th CT: Time Served = 2 Weekdays (2 with position group), plus 1 game suspension

More than 4 CT's may result in DISMISSAL FROM THE TEAM

Excused Absences and Tardiness will be addressed with an immediate and abbreviated CT (plate push, up-downs, etc.) before rejoining the team for current practice or activity.

***COMMUNITY SERVICE**

Expect and Embrace this as a huge piece of what we are in the BA Football Program. "To whom much is given, much is required." You are one of the most blessed, as it pertains to high school athletics. You are given so much. Give back, constantly. We will have mandatory community service events. However, it is the *voluntary* service I am anxious and excited to see. When voluntary opportunities arise, snatch them up with a grateful heart.

***CONFLICT (FRICTION)**

When you have a "family" of 140+ players and numerous coaches and staff members, there will be conflict. This is an unavoidable fact. Another unavoidable fact is that all conflicts must be resolved and not allowed to fester. Conflict is part of being in a family, but unresolved conflict can be cancerous to a team.



***CONFIDENTIALITY/SOCIAL MEDIA**

What is said in the locker room stays in the locker room. That is true in relationship to meetings and the practice field as well. What is said in the locker room, meeting rooms, practice fields... stays there. This information or knowledge is not for the internet, girlfriends, family members or friends; we will not tolerate unnamed sources. Our football team is a family. Our policy is to keep our family business confidential and not on the internet or on the street. Our business does not belong on chat lines, internet blogs, and other media outlets. In the end nothing positive can come out of those types of sites. This policy extends to our players' parents and families. Use discretion when using Twitter, Facebook, Instagram, and all Social Media. Be aware that whatever information you make available on those sites reflect not only on yourself, but also on your family, friends, and on our football program. In addition, the general public has access to whatever information you place on those websites. Remember, information placed on the web is there forever, regardless of whether you delete it later. We ask that you respect yourself, your family, friends, teammates, and our football program by selecting the information you choose to make available with wisdom. Realize that in today's world, fair or not, people will judge you by the content you put on your Social Media. You will be held responsible for the content you post. Embarrassing or vulgar photos, language, or videos can result in disciplinary action by the Football Program, School, or the Athletic Department. Examples of inappropriate and offensive behavior concerning participation in online communities may include depictions or presentations of the following:

- Posting photos, videos, comments or posters showing the personal use of alcohol or tobacco, e.g., holding cups, cans, shot glasses, etc.
- Posting photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Posting pictures, videos, comments or posters that condone drug related activity. This includes but is not limited to images that portray the personal use of marijuana, and drug paraphernalia.
- Using inappropriate or offensive language in all comments, videos and other postings. This includes threats of violence and derogatory comments against race and/or gender.
- **Do NOT post hi-light film during the season.** Your film will get shared to recruiters.

For your own safety, please keep the following recommendations in mind as you participate in social networking sites.

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of whom you add as a friend to your site—many people are looking to take advantage of student-athletes or to seek connection with student-athletes.



If you are ever in doubt of appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the Athletics Department and the School's. Remember to always present a positive image and don't do anything to embarrass yourself, the team, your family or the School.

Use common sense! If you wouldn't want your grandmother, mother, coach, or pastor to read it or see it, you probably shouldn't post it.

***DRUGS**

There is absolutely no place for drugs on this football team. Drugs take a mind which works logically and sensibly and distorts it by creating a false perception of what is real. It is near impossible to coach, motivate, teach, or communicate with someone who has a distorted reality. Although I may put my belief and trust in a certain person, I do not believe or trust the decision making process of those who take drugs. Therefore, drug use will not be tolerated. If you believe there is nothing fundamentally wrong with them, you need to look elsewhere to play ball.

WE WILL DO RANDOM DRUG TESTS FOR OUR TEAM

If a player has a problem with drugs, I want to help that player get well. If a player has a problem with drugs, football and academics will naturally take a back seat to drug usage. Therefore, I see other phases of the player's life as secondary, and often times in these situations, I will free you from the obligation of being in our program.

***EQUIPMENT**

All equipment used in football is the property of BA Public Schools. A player uses equipment by permission only.

- Each player who is issued football equipment assumes the responsibility of that equipment.
 - o To see that it is kept clean and in good condition
 - o That it is not lost or stolen
 - o That, at the end of its usage, the equipment is returned to the equipment room
 - o Failure to return equipment, whether lost, stolen or otherwise will result in the payment of a fine to cover the loss of the gear.
- Equipment issues are not acceptable excuses for being late to a meeting or practice. Get your business matters taken care of.
- The gear must be returned in good condition after the season. Normal wear and tear is allowed.
- Do not modify your equipment. Never cut or alter equipment or apparel in any way.



- Do not request apparel or equipment to give to family or friends. Our first priority is to our team members.
- Keep your equipment in the locker you are provided, it is not an excuse to have your equipment at home.
- Never sit on a helmet.
- Players are not allowed in the equipment room.
- Theft will not be tolerated. We must be able to trust our teammates.

*EXPECTATIONS

You should not be a member of this team if you don't have high expectations for yourself and this team. As a staff, we have very high expectations for you. The tradition that you are being asked to uphold here at BA is the same tradition your predecessors have worked so hard to create. How you choose to conduct yourself, both publicly and privately, will reflect on you, your family, your teammates, your coaches, and the entire BA community.

- You are responsible for understanding and complying with all BA Public Schools and Athletic Department rules and regulations. Ignorance is not an excuse.
- You are expected to represent the BA Football program in a positive manner both on campus and in the community. We have worked extremely hard to create a first class program the students, faculty and the community are proud of. Any deviation from this will not be tolerated.
- You are expected to graduate from BA. It is your responsibility to stay on course and to request assistance (tutors, study hall, etc) when necessary. Your position coach will take a very proactive approach to your academic success.
- You must keep an accurate Hudl account, phone number, and any/all updates of communication measures (Remind) for yourself in the football office. Update the football office as changes occur.

*FEMALES/SEXUAL HARRASSMENT

DEFINITION OF SEXUAL HARRASSMENT

- Any behavior of a sexual nature that is unwanted and occurs on a frequent basis.
- Any deliberate or repeated behavior or action that is unwelcome, hostile, offensive or degrading to the recipient.



- It is a power play and can include many different types of harassing behaviors.

ACTIONS THAT FIT THE DEFINITION OF HARRASSMENT

VERBAL (in person or by phone/text)

- Teasing, sexual jokes
- Sexual invitations
- Spreading sexual rumors
- Sexual comments
- Comments/behavior directed at one gender
- Comments regarding sexuality
- Sexual propositions or requests
- Offensive references to body parts
- Stalking
- Public humiliation

PHYSICAL

- Touching
- Pinching
- Grabbing
- Pressing up against someone
- Forced kissing

WRITTEN

- Notes
- Letters
- Email
- Text
- Social Media messages
- Displaying offensive pictures/material (on your clothing, door, locker, etc.)



***FINAL GRADE/FINAL EXAMS**

Your semester grade will be determined by attendance and participation. Absences are the primary way to lower an academic grade in Football. There will be a Final Exam in each semester.

^Fall Semester: Final Exam will consist of attendance and exit meetings with coaches through the final weeks of the semester.

^Spring Semester: Final Exam will consist of attendance and participation in Spring Practice, through the final day of classes.

***FIREARMS**

There are no firearms allowed in your possession at any time while you on campus or at any school function. If you have a firearm for hunting, do not bring it on campus with you, nor keep it in your car.

***GAME CONDUCT**

Be sharp in everything you do. Remember, we have been working months, weeks, and days for this game that takes only 48 minutes. Understand it is a privilege and not a right to be on our sideline! Sideline organization and discipline is essential to our success.

- Our pre-game warmup is important. Take pride in it. The warm-up is used to get ready to play a game, both mentally and physically. Respect your teammate's preparation – everyone gets ready in their own way.
- Be respectful to the officials. Captains and coaches should be the only ones speaking to officials. Address them as "Sir" or "Mister." They officiate, you play.
- We will not trash talk or taunt our opponents. Under no circumstances will we say anything derogatory to them. We will win our battles on the scoreboard.
- Encourage your teammates and help them up off the ground.
- Refer to the sidelines regarding all penalty decisions.
- Adversity will strike, it always does. We will keep our poise at all times. Never let adversity destroy your desire to win. Be the thermostat, not the thermometer.
- Communicate all substitutions. Do not enter or exit the field unless instructed to by a coach. Always hustle on and off the field.
- Play with great enthusiasm. Rules prohibit individual celebration. Celebrate with your teammates. Celebrate with the players who helped you make the play.
- Always have your helmet in your hand while you are on the sidelines.



- If you are injured, make every attempt to get up and shake it off. If you cannot get up and continue to play or make it to the sidelines, officials will call a time out.
- After the game we will shake our opponents hand and then move quickly to the band for the fight song. After the fight song, we will hustle to the locker room for a quick meeting. Do not linger around for family and friends. You will see them right after the meeting.
- You must stay in your designated area. We have a crowded sideline. Move with the ball only if you are with your coach. Always stay within our designated sideline box.

***GUESTS**

No guest in locker room or buses unless cleared by Coach Blankenship. I want the locker room, buses, etc. to belong to the team. I do not want outsiders in there.

***HATS**

All hats at practice and games are BA official hats. Please remove your hat inside academic buildings and during team meals.

***HAZING**

Any form of hazing will not be tolerated.

Hazing shall mean any activity by a team member of the football program in which a team member is subjected to acts which cause harm or create risk of harm to the physical or mental health of a team member.

Hazing includes, but is not limited to, any act or activity which causes or might reasonably be expected to cause:

- Fear or intimidation
- Extended deprivation of sleep or rest
- Forced consumption of any substance
- Physical exhaustion
- Physical harm (beating, boarding, paddling, branding or exposure to weather)
- Damage to property



***HEAD COACH'S OFFICE**

Feel free to come up and talk to me at any time. If something is really bothering you, I want to know about it... and if I can help you, I will.

***INJURIES**

It is the players' responsibility to his fellow teammates and coaches to report all injuries to training staff immediately after practice or a game. Know the difference between being injured and being hurt.

Players at this level play hurt. Being hurt should not prevent you from practicing. If you are injured, you will abide by the following protocol:

- Report for all assigned treatments on time
- Follow schedule of rehab/condition/view practice
- Post practice treatments
- Any other assigned treatments designated by medical staff
- Report to meetings
- Report to practice in "dress for the day"
- Strength
- Warm-up
- Stretch with team if possible
- Rehabilitation
- Conditioning
- Watch practice

It is your responsibility to adhere to the above procedures to get back on-the-field to help our team to be successful. Every day you miss practice, you hurt yourself and our team.

It is imperative at this stage in a player's career that he fully understands the difference between being hurt and being injured.

BEING HURT:

- Player is banged up
- Stiff
- Needs a little extra time to warm up



- May have sprained a finger, elbow, knee, ankle
- Can perform, but may not be at 100%
- He is needed to practice and play
- It is determined he cannot and absolutely will not further his injury with his full participation

BEING INJURED:

• Player is declared injured and further use or contact with injured body part will severely hinder the healing process and result in disabling player in the present or foreseeable future.

- An injured player must follow set procedure:
 - o Report all injuries to training staff immediately.
 - o Adhere strictly to rehabilitation program designed to get you well and back on the field.
 - o Condition, if required, so you do not fall behind in your cardiovascular.
 - o Watch practice and study what is being taught. Do not fall behind mentally.
 - o Report to position coach at the start and end every practice.
 - o Get treatment that is required as well as not required.
 - o The key is to get well.

You are an integral part of this team. The team is counting on you. Do your part to get ready

***LOCKER ROOM (See "Pride Patrol")**

We have a first-class locker room. We will be spending a lot of time in that locker room throughout the season. WE take great pride in keeping our locker room clean and sanitary. This is the most important room for us, on the BA campus. The locker room is where relationships are built. Many of the memories you will have of your teammates will come from your times in the locker room together. The men in that locker room share a very special mission and huge responsibility to themselves, to each other, to their fellow students and to those who wore the BA colors before them. The men in this room will experience many, many emotions together. We will experience great joy as well as disappointment; we will laugh together; we will cry together. We will celebrate victories here. There will be times in this locker room of frustration and concern... but never panic and despair. But most of all there will be love... love of team and teammates. These men will see that how they get along, how they laugh together and cry together, how they share their greatest success and bitter disappointments together will dictate their fate as a team.

LOCKER ROOM GUIDELINES

- Hang all equipment in your locker in an organized manner



- You will be held financially responsible for any items issued to you.
- Do not bring valuables into the Varsity Training Center
- Unauthorized possession of any Athletic Department equipment is theft; it will be punished accordingly.
- Keep the floor and general area around your locker clean.
- Do not throw tape on the floor. Trash cans are provided.
- Do not leave cups or other trash on top of the lockers or on the floor.
- Do not spit on the floors. Have some respect for your teammates.
- Remove cleats and “knock out” the rubber turf pellets before entering the building.
- No horseplay in the locker room.
- Do not leave laundry on the floor. Place them in their rightful bin.

*MEETINGS

We always come to meetings ready to learn. Playbook – pencils – notebook.

In the team meeting, if we talk about the theme for the week or things we need to do, write them down.

In group or individual meetings, if we are going over the install, use your pen or markers to draw in your responsibility even if it is already drawn in. Stay engaged in the meeting.

If meetings are not utilized to the fullest, you will never achieve the level of success you are capable of. This is a helpful practice for life in the NFL or the business world. Always stay engaged. Taking copious notes helps.

When watching tape of self, always write down your corrections – things you need to work on. Make a “book” on yourself. This is a great exercise to prepare you for life after football.

Note taking in all aspects of your life helps you to learn more effectively. When you hear a coach, a teacher, a supervisor... when you just listen, you learn the information one time. When you write it down, you affect multiple senses and you basically learn the information three times. You hear it, you write it, and you look at it after you write it. Maximize your learning.

*OVERCOMING ADVERSITY

Our ability to overcome adversity will be defining.

When adversity strikes we must:

- Rally together - do not divide ourselves



- Focus more deeply on mission, do not lose focus
- Keep calm and do not panic
- Trust our instincts and not question them
- Remain confident in ourselves and team. Do not lose confidence
- Be accountable, do not point fingers
- Be honest and not give out excuses
- Ask, “what can I do to help?” The answer is almost always: your job!

***PACKING OF GEAR**

Each player will pack his own gear for travel games. He will carry it outside and put it on the bus. He and he alone is responsible for ensuring his gear for the game is packed. Failure to do this will result in strict discipline on Sunday.

***PLAYING TIME**

As a coaching staff, we pride ourselves on being honest with the players in our program. Please do not have your parents, guardians or anyone else reach out to the coaches about your playing time here. If you have questions about your playing time or role on the team, it is your responsibility to visit with your position coach or coordinator. If it is not clear after visiting with your position coach or coordinator, please see Coach Blankenship. The fairest question you can ever ask your position coach is, “What do I need to do to earn more playing time?”

***POST GAME**

Get into the locker room ASAP so we can dismiss the team and players to go visit with their family. Players will meet family outside on the field at home, and at the buses on road trips. If injured, check with medical staff before leaving the locker room.

***PRACTICE RULES**

- No one misses practice or meetings unless excused by Coach Blankenship
- Everyone must be ready (dressed, taped, or braced) for every practice by 2:00 PM on regular practice days
- All injuries must be handled before or after practice (not during) with appropriate treatment
- Wear BA-issued gear only



You control your FOCUS and ENERGY! Bring them every day.

Each player will wear the determined practice gear and there will be no exceptions. Your helmet will be worn or carried at all times. Never leave your helmet on the ground!

Always hustle from one group to another – we don't walk in games, we won't walk in practice.

Resting position is on one knee with your helmet in hand –CHAMPIONS DON'T SHOW WEAKNESS...
LOSERS LEAN!

No one leaves the practice field unless permission is given by Coach Blankenship or Head Trainer.

If injured, you will be expected to dress in uniform of the day unless otherwise directed by Coach Blankenship or Head Trainer.

Have respect for your teammates – help each other to get better. Keep one another safe.

Know the tempo:

Live – Full Go

Thud – High & Hard Tag – Stay Up!

Tag – Let the ball carrier finish

***RESPECT IN PUBLIC**

As a BA football player you will be a very recognizable person. Your actions good or bad will be scrutinized, written about, and discussed. Your comments will get credibility because you are a BA football player. During your time here at BA you will have the opportunity to attend many different functions. You have a great opportunity to paint the picture that the Tiger football team is a group of classy young men. Be selective of the events, establishments, parties, etc... that you attend and who you select to socialize with. Because you are a BA football player you will be invited to many parties, which may have activities going on that will not be conducive to helping you become the best player you can be. Just remember you have much more to lose if the party goes badly. Is your career worth it?

***SENIOR SPRING SEMESTER**

There is no second semester Football course for a Senior student. After the Fall Semester, all Seniors must make arrangements for a Spring Semester sport, new class, or job-out.



***SUMMER WORKOUTS**

Ambush is mandatory, and regular attendance is expected as part of your commitment to this team. Failure to get yourself in optimum shape will jeopardize your status on the team. Take advantage of what is available.

***TEAM**

To be part of this team you must realize no one individual player or coach can be bigger and more important than the collection of individuals that make up the team.

Some of our players because of the position they play and the God-given talent they have been given will be in a position of recognition and praise. The play of the player can never overshadow, however, the play of the team and their commitment toward winning a championship.

Team is always a “we” principle rather than a “me” principle. Every one of us has some of the “me” in us and that is very natural and it is part of who we are. It is what drives us as competitors. But when the “me” in us runs contrary to the “we” in us, we’ve got a problem.

When I sense at any time that any one individual feels he is bigger than the TEAM, rest assured, as the Head Football Coach, I will step in.

***TEAM LEADERS**

Studies show there are seven characteristics that lead to excellence in team leaders –

- They have very high personal standards
- They are mentally tough, especially in times of adversity
- They build team chemistry... they are builders
- They help to take and have a pulse of the team
- They manage conflict and neutralize it... they resolve issues
- They help screen and invite additional participants to join our team
- They ensure the team does not do “senseless or harmful stuff”

***TEAM TRAVEL RULES**

When we travel we are traveling for one purpose and only one: to win a football game. We are representing BA and our football program. Make sure to leave a good impression on every single person we come into contact with. Keep distractions to a minimum and focus on the task at hand; **WE ARE ON A BUSINESS TRIP**. Have a disciplined, mature, and organized approach to victory. Travel is an aspect of the



game we have to deal with. Weaker, immature teams will get beat by distractions when traveling. Do what is right and be first class in every respect. Tough travels.

BUS TRAVEL

- Keep the noise level down to a conversational tone.
- When you leave the bus, make sure all of your personal belongings are with you.
- We will not leave our trash on the bus. We will leave the bus cleaner than we found it.
- Personal headsets or ear phones are required for personal music enjoyment, but phones must not be out.

MEETINGS/WALK THRU

- All position, unit, or team meetings will be scheduled prior to taking off for the trip.
- Keep your travel itinerary with you at all times – be early for all obligations.
- Do not bring your cell phone to meetings.

MEALS

- All meals will be scheduled and on your itinerary – BE ON TIME.
- Meals are not an eating contest. This food will be your fuel come kickoff. Eat what you take.

*TRAINERS AND MANAGERS

Student trainers and managers are an important and valuable part of our team and will be treated as such. You are expected to be respectful and courteous at all times



Typical Week for a Tiger Football Player - IN SEASON

SATURDAY - Treatment, if needed. Times TBA. Study Hall, if assigned. 9-11am.

SUNDAY

2:00 PM Varsity Lift
2:45 PM Full Team Meeting
3:15 PM Meetings/JV Lift/Walk Thru *End at 4:45 pm

MONDAY

6:30 AM JV Lift
2:00 PM Team Meeting
2:10 PM ST Meeting
2:25 PM Position Meetings/Walk Thru
3:00 PM Practice
4:45 PM Varsity Lift/JV Prep
TBA JV/Soph Game

TUESDAY

6:30 AM JV Lift
2:00 PM Team Meeting
2:10 PM ST Meeting
2:25 PM Position Meetings/Walk Thru
3:00 PM Practice
4:45 PM Varsity Lift/JV Prep

WEDNESDAY - No Morning Lift

2:05 PM Team Meeting
2:10 PM Meditation Session
2:25 PM Position Meetings/Walk Thru/Top Ten/etc.
3:00 PM Team Walk Thru
4:00 PM Character ISI Group Training
4:30 PM Study Hall

THURSDAY

6:30 AM **JV** Lift
2:00 PM Team Meeting / Itinerary
2:10 PM ST Meeting
2:30 PM Position Meetings
3:00 PM ST/FAST PRACTICE!
5:00 PM Team Dinner

FRIDAY

Game Day Itinerary



TIGER COVENANT

I WILL PERSIST... under any circumstances that I might encounter... under the toughest of conditions... even when it seems to most that I am beaten... even if you have hit me in the mouth 1000 times... you will grow tired, because I will not go away... I will be standing... I will persist!

I WILL GIVE MY ALL... count on me... whatever I can contribute, you will have it all... nothing will distract me, my focus, or my energy... my effort is always there... I will give my all!

I WILL NOT FLINCH... when it gets tough... when it gets difficult to see hope... when others seek to separate us in tough times and criticism is all around me... I will remain strong in mind and spirit... I am one with my team... I will not flinch!

I AM HERE TO THE END... I will never quit believing in the BA Tigers... I am here to the end!

Signed on _____ day of _____ , 2022

Athlete's signature: _____

The coaches and your teammates must be able to "trust" you. You will be asked to make special sacrifices that are necessary to become a champion. When you become a member of the BA Football Program, the coaches will expect that you will be dedicated and want to:

- Be the best football player that you can be.
- Play on a championship team.
- Graduate.
- Improve yourself physically.
- Be a better person because of having played football.

If you cannot fulfill your commitment to the team, you will no longer be a part of the team.



*(TF) TIGER FIELD

VARSITY				
Sat. 8/13	Meet the Tigers	Home	TBA	
Fri. 8/19	Bixby Classic	Away	TBA	
Fri. 8/26	Bentonville (Arkansas)	Away	7:00	
Fri. 9/2	Union	Home	7:00	
Fri. 9/9	Owasso	Home	7:00	
	BYE WEEK			
Thu. 9/22	Southmoore	Away	7:00	
Thu. 9/29	Norman North	Away	7:00	
Fri. 10/7	Westmoore	Home	7:00	
Fri. 10/14	Bixby	Away	7:00	
Thu. 10/20	Enid	Home	7:00	
Fri. 10/28	Jenks	Away	7:30	
Fri. 11/4	Moore	Home	7:00	
Fri. 11/11	1st Round Playoffs	TBA	TBA	
Fri. 11/18	Quarter Finals	TBA	TBA	
Fri. 11/25	Semi-Finals	TBA	TBA	
12/2-3	State Championship	TBA	TBA	

JUNIOR VARSITY BLACK				
Sat. 8/13	Meet the Tigers	Home	TBA	
Mon. 8/29	OPEN			
Mon. 9/5	Union	Away	7:30	
Mon. 9/12	Owasso (TF)	Home	7:30	
Mon. 9/19	Jenks	Away		
Mon. 9/26	Lincoln Christian	Away	6:00	
Mon. 10/3	Union (TF)	Home	7:30	
Mon. 10/10	Owasso	Away	6:30	
Mon. 10/17	Bixby (TF)	Home	6:00	
Mon. 10/24	Jenks (TF)	Home	6:00	

JUNIOR VARSITY GOLD				
Sat. 8/13	Meet the Tigers	Home	TBA	
Mon. 8/29	Lincoln Christian (TF)	Home	6:00	
Mon. 9/5	Union	Away	6:00	
Mon. 9/12	Enid (TF)	Home	6:00	
Mon. 9/19	OPEN			
Mon. 9/26	Enid	Away		
Mon. 10/3	Union (TF)	Home	6:00	
Mon. 10/10	OPEN			
Mon. 10/17	Bixby	Away	6:00	

BROKEN ARROW FOOTBALL
2022 COMPOSITE SCHEDULE

9TH BLACK				
Sat. 8/13	Meet the Tigers	Home		
Tue. 8/23	FVC Preview @Union	Away	6:30	
Thu. 9/1	Union Red (FA)	Home	6:00	
Thu. 9/8	Muskogee Green	Away	6:00	
Thu. 9/15	Bixby Blue	Away	6:00	
Thu. 9/22	Jenks Maroon (FA)	Home	6:00	
Thu. 9/29	Owasso Red	Away	6:30	
Tue. 10/4	Union Red	Away	6:30	
	10/13 OPEN			
Tue. 10/18	Bixby Blue (TF)	Home	6:00	
Thu. 10/27	Jenks Maroon	Away		
Thu. 11/3	Owasso Red (FA)	Home	6:00	

8TH BLACK				
Sat. 8/13	Meet the Tigers	Home		
Tue. 8/23	FVC Preview @Jenks	Away	6:30	
Thu. 9/1	Union Red	Away	6:00	
	9/8 OPEN			
Thu. 9/15	Bixby Blue (FA)	Home	6:00	
Thu. 9/22	Jenks Maroon	Away		
Thu. 9/29	Owasso Red (FA)	Home	6:00	
Tue. 10/4	Union Red (TF)	Home	6:00	
	10/13 OPEN			
Tue. 10/18	Bixby Blue	Away	6:00	
Thu. 10/27	Jenks Maroon (FA)	Home	6:00	
Thu. 11/3	Owasso Red	Away	6:30	

8TH WHITE				
Sat. 8/13	Meet the Tigers	Home		
Mon. 8/22	FVC Preview @Bixby	Away	6:30	
Mon. 8/29	Jenks White	Away		
Mon. 9/5	Bixby Red (TF)	Home	6:00	
Mon. 9/12	Owasso White (FA)	Home	6:00	
Mon. 9/19	BA Gold (TF)	Away	6:00	
Mon. 9/26	Union White (TF)	Home	6:00	
Mon. 10/3	Jenks White (FA)	Home	6:00	
Mon. 10/10	Bixby Red	Away	6:00	
Mon. 10/17	Owasso White	Away	6:30	



*(FA) FRESHMAN ACADEMY

9TH GOLD				
Sat. 8/13	Meet the Tigers	Home		
Mon. 8/22	FVC Preview @BA	Home	6:30	
Mon. 8/29	Union White (FA)	Home	7:30	
	9/5 OPEN			
Mon. 9/12	Bixby Red	Away	7:00	
Mon. 9/19	Jenks White (TF)	Home	7:30	
Mon. 9/26	Owasso White	Away	7:30	
Mon. 10/3	Union White	Away	7:30	
Mon. 10/10	Lincoln Christian	Away	6:00	
Mon. 10/17	Bixby Red (FA)	Home	7:30	
Mon. 10/24	Jenks White	Away		
Mon. 10/31	Owasso White (TF)	Home	6:00	

8TH GOLD				
Sat. 8/13	Meet the Tigers	Home		
Mon. 8/22	FVC Preview @Bixby	Away	6:30	
Mon. 8/29	Union White (FA)	Home	6:00	
Mon. 9/5	Jenks White (TF)	Home	7:30	
Mon. 9/12	Bixby Red	Away	6:00	
Mon. 9/19	BA White (TF)	Home	6:00	
Mon. 9/26	Owasso White	Away	6:00	
Mon. 10/3	Union White	Away	6:00	
Mon. 10/10	Jenks White	Away		
Mon. 10/17	Bixby Red (FA)	Home	6:00	

FVC CONTACT INFORMATION		
SCHOOL	NUMBER	AD
BA	918-259-5899	Darren Melton
BART'L	918-337-0153	Thad Dilbeck
BIXBY	918-366-2218	Kate Creekmore
BTW	918-925-1000	John Potocnik
ENID	580-366-8350	Billy Tipps
JENKS	918-299-4415	Tony Dillingham
LINCOLN	918-439-8360	Jerry Ricke
MUSKOGEE	918-684-3705	Jason Parker
OWASSO	918-272-1867	Zac Duffield
SS	918-246-1475	Rod Sitton
SAPULPA	918-224-6826	Mike Rose
UNION	918-357-7410	Emily Berkley



Key Parent Notes

- January Parent Meeting, August, and Spring (if needed)
- Communication
 - Grade Rep
 - Remind: <https://www.remind.com/join/2022broke>



- Band App
 - BAVFBC.COM
 - Rank One
 - Weekly Schedule (Bye Week, Thursday Games); Announcements; Reminders
- Thanksgiving; Playoffs
 - Off-season
 - Spring Practice + Team Camp
 - Summer Schedule

***PDF Calendar**



- Rumors vs Reality. Grade Rep, then Email Me. AD's: back to me
 - Retaliation
- Email vs text or phone calls
- OSSAA new rule / Sportsmanship
- Post-Game / Post Practice
 - Post-Game team procedure
- Meetings w/ Coach
 - Playing time, jersey numbers, depth chart, JV, CT's, fundraising, "stolen" items (valuables + locks; thieves not tolerated)
- Fundraising
 - 3 Mandatory Team
 - Optional, but dues aren't necessary (communicate)
 - *Ambush,
 - Physical, drug test, pictures, Senior stuff, cleats, swag
- Community Service
- Character Training
 - Year-Round Plan
 - Guest Speakers (filtered and guided)
 - ISI
- Collision Sport/Inherent Risk
 - EAP
 - This summer
- Any CDL (or interested)? Please contact us
- Eligibility

- Partner w/ us
 - Attendance and communication (receive it; encourage your son to communicate directly with coaches/not FOR him)
 - Jocko - development of men/warriors
 - Academics
 - Hazing
 - CULTure (The Pride)
 - Defend the Program
 - Social Media, Public, in your home, communication apps
 - Believe!

- QUESTIONS ABOUT EXPECTATIONS, SCHEDULE, ANYTHING PLEASE?!
- To the Tree: Distance PREPARED to go
 - Abe Lincoln Axe
 - Broken Reed

- We need your help!
 - Booster Club