

Whitehouse High School
High School Football Parent Meeting
2020-2021

Due to restrictions associated with COVID-19, the annual HS football parent meeting originally to be held in the Auditorium the first week of school will be relegated to this informational letter. This letter, season updates, and other documents can be found on our athletic website at ***whitehousewildcats.com***.

The State of Texas and the University Interscholastic League (UIL) have provided safety guidelines for all schools to follow for the opening of the 2020-2021 school year. This includes guidelines for all extracurricular school activities. We will work within these guidelines to ensure the safest possible environment for all students. It will take a combined and responsible effort from all those involved (parents, guardians, students, teachers, administrators, school personnel, and the community) with the education of our students to make our environment as safe as possible. Understanding that we are going through uncharted waters when dealing with COVID-19, working together is a must to provide each student and teacher with a safe learning environment. Also, be aware that State and UIL guidelines can change at any time, and be patient with changes that may occur due to these changing guidelines.

Introduction:

We would first like to welcome all HS student-athletes to Whitehouse Football. We look forward to working with your young athletes throughout the school year in preparing them for high school and life after school. It is our hope that it will be a positive, fun, and meaningful experience. Our goal is to introduce and develop in the areas of integrity, accountability, responsibility, unselfishness, respectability, work ethic, what winning is, team building, contributing, bonding, and servitude for others. The following will be brief information about different aspects of the day-to-day normalities of being a football team.

Athletics at Whitehouse High School:

Being a participant in the athletic programs at Whitehouse High School is considered a "***Privilege***". We will hold student-athletes to higher expectations both in athletics and outside of the athletic arena. Student-athletes are expected to remain in good standing in regard to academic and behavioral expectations throughout the school year. It is our hope that all athletes will demonstrate the ability to meet these guidelines and thus maintain the privilege of being a member of our athletic program.

Communications:

We will be using Mascot Media as our main method of communication for Football. During this transition, we will still have all our athletes download the remind app. You can do this as well by texting **@dub(graduation year) to 81010. Ex. @dub2024.** You will need to download the Mascot Media App to your phone or computer. Make sure you select Whitehouse High School. The junior high will be using the same system for communications. It is strongly recommended that all athletes and parents download the Mascot Media App to be kept up to date on possible itinerary changes. Each sport will have its own distinct communication group that the head coach will use to keep parents and athletes informed with that particular sport. Our new high athletic website is whitehousewildcats.com. Please take a moment to explore this new high athletic site. Updates, info., and day to day news can also be found on our social media sites under Facebook - **Whitehouse Wildcat Football** & Twitter - **@WHSFootball_DUB**

Football Staff:

Marcus Gold - Head Football coach (goldm@whitehouseisd.org)

Akeem Leviston – Offensive Coord. & Recruiting Coord. (levistona@whitehouseisd.org)

Evan Beaton – Defensive Coord. & Academic Coord. (beatone@whitehouseisd.org)

Jared Freeman – Assistant HC & Head JV Coach (freemanj@whitehouseisd.org)

Cody Welch – Varsity Safeties & Head Strength/Conditioning (welchc@whitehouseisd.org)

Chris Clemons – Varsity Running Back (clemonsc@whitehouseisd.org)

Jason Hooker – Varsity Wide Receivers (hookerj@whitehouseisd.org)

Jeff Miller – Varsity Defensive Backs (millerj@whitehouseisd.org)

Ryan Rumbelow – Varsity Offensive Line (rumbelowr@whitehouseisd.org)

Ross Smith – Varsity Linebacker (smithro@whitehouseisd.org)

Greg Branch – Head Freshman Coach (branchg@whitehouseisd.org)

Andrew Dolan – Freshman QB's & WR's (dolana@whitehouseisd.org)

Travis Granberry – Freshman Defensive Coord. (granberryt@whitehouseisd.org)

Kyle Holder – Freshman Offensive Coord. (holderk@whitehouseisd.org)

Justin Manton – Freshman Special Teams (mantonj@whitehouseisd.org)

Don Garlitz – Head Technology & Quality Control (garlitzd@whitehouseisd.org)

Adam Cook – Athletic Director (cooka@whitehouseisd.org)

Jane Delorme – Athletic Trainer (delormej@whitehouseisd.org)

Boys Athletic office phone number: 903-839-5538

Athletic Trainer's office phone number: 903-839-5549

Face Covering:

- All students must wear a face covering that covers the nose and mouth.
- Athletes will be required to wear the face covering entering the athletic area, exiting the athletic area, while in the locker room changing, to-and-from the workout area, on school buses traveling to-and-from contests, and anytime not actively participating in practice and or athletic contests.
- Face coverings should be cleaned and sterilized on a daily basis. Disposable face coverings should be thrown away after use.
- Do not share face coverings.

Locker Rooms:

The purpose of the locker room is to act as a transition area where athletes can quickly change into and out of athletic equipment. It is not a social area and players will have a set time frame to dress and undress. To begin the year, football athletes will be assigned a permanent locker. **ALL** football athletes will be required to take all personal items home each day for cleaning. Any personal equipment will need to be brought back to school each day for use. All athletes will have a specific time and location to meet before school to store equipment in lockers. If the athlete fails to meet at that specific time they will have to carry their equipment with them until the athletic period. It is recommended that athletes have some type of easy to carry travel bag to store their belongings for the day.

Water:

To reduce the likelihood of the spread of COVID-19, we will not be sharing the water hoses at football practices. Each football athlete will need to bring some type of filled water container to ***EVERY*** practice. We recommend some type of gallon-sized water bottle or canister. The container will need to be full when brought to school. We will allow the players to place the container in their assigned athletic locker each morning before school so that they do not have to carry them around all day. We do not have the capacity to fill everyone's water container before practice begins. This is the reason we ask that containers be full and placed in the athletic locker before school starts. Smaller containers probably do not have the capacity to provide the amount of water needed to make it through a single practice. Please have your water containers labeled with the athlete's name. This helps prevent others from drinking out of someone else's water container. For safety reasons, someone not having their water container may be limited to the amount of practice time allowed. ***Do not share your individual water container with another person.*** Please remember these precautions, while burdensome and inconvenient, help protect the athlete and his teammates.

Athletic Trainers:

We will have an athletic trainer assigned to the high campus to help monitor all sports practices. Injuries will be evaluated and student-athletes will receive instructions for appropriate therapies or recommendations. Not every injury will require a call to the parent, but most of the time contact will be made either through email or phone. The following are some reminders from the district athletic trainers:

- Complete and submit all required online paperwork ASAP.
- Valid physicals(dated April 1st, 2020 or later) and medical history form on file with the athletic trainer.
- ***Student insurance claim form*** needs to be obtained (from the athletic trainer) and completed before taking your child to a doctor about a school sport-related injury. Generally, the school insurance will come into effect after the use of your primary insurance.
- Nutrition is vital to each athlete. A solid breakfast is recommended each morning along with an adequate lunch so each athlete has the nutrition needed for practice. A well-balanced supper is recommended.
- Hydration! Athletes need to drink water throughout the day. Be leery of the amount of sugar found in some sports drinks. When in doubt, drink water. With the heat in August and September, it is hard to drink too much water. Remember sweating causes the loss of water and sodium.
- If you do not have a regular physician, the athletic trainers can help with access to doctors who work with us.
- Doctors' notes and evaluations are expected (or required) following appointments in order for athletic trainers and coaches to be kept up to date with the injury status.
- There is a difference between being sore and being injured. Once a school sports injury occurs, the athletic trainers will evaluate the athlete's condition and possibly recommend what might be the next step from a treatment standpoint.
- The athletic trainer's recommendation will be used by the school coaches in determining the athlete's status in regard to sports participation.
- Injury rehabilitation times will be managed by athletic trainers. Injury rehabilitation will not occur during athletic periods or during practice times. This is done for two reasons. All athletes need to be with their sports during the period or practice (even if not able to participate). The second reason is that the athletic trainer needs to monitor practices during these times. You will need to work out rehabilitation times with the athletic trainer.

Equipment:

- Athletes will be financially responsible for any issued athletic equipment lost or misplaced.
- Football athletes will be provided a helmet, shoulders pads, game uniforms, practice uniforms, workout cloth, & a mouthpiece.
- Athletes will need to purchase their own 5-Pad girdle, socks, cleats & gloves.
- **ATHLETES WILL BE TOLD SPECIFIC REQUIREMENTS FOR EQUIPMENT IN REGARDS TO CORRECT SAFETY SIZE GIRDLES AND COLOR OF PERSONAL EQUIPMENT.**
- The following site refers to the best girdles to purchase
<https://gamedayr.com/best-football-girdles/>
- All equipment, locker areas, practice areas, and equipment will be sanitized every day.
- Might be a good idea for each player to carry some type of hand sanitizer in their equipment bag they bring to school with them.

Before & After School Practices & Workouts:

- All Grade Levels will workout on August 17th and 18th from 7 am-11 am.
- Freshmen will not practice before or after school for the first three days of school (8/19, 8/20, and 8/21).
- JV / Varsity will start at 7:15 am on 8/20 and 8/21. No practice after school on the first week of school (8/19, 8/20, and 8/21).
- **Starting the week of August 24th, the following workout schedule will be followed:**
 - Freshman will have workouts before school on Mon-Wed starting at 6:10 am with locker rooms opening at 5:45 am. No afternoon workouts.
 - JV / Varsity will have workouts before school on Mon-Fri starting at 7:15 am and after school Mon-Wed finishing at 5:15 pm.
 - We will try to follow this schedule each week. Athletes will be notified ASAP if this weekly plan changes. The JV/Varsity schedule will alter some starting Sept. 7th. A practice calendar will be provided for all teams entering the 5-Day acclimation period starting Sept. 7th.
- The practice model and times have been placed to maximize the coaching staff availability & afternoon tutorial time. Morning practices for our younger groups have been proven to create a smoother high school transition with the extra afternoon time for tutorials, homework, and bus rides.
- All football players are expected to be at each and every before / after school practice. Missed practice will result in missed game time.

DUB – DEPEND UPON BROTHERS. We believe our program is at its highest success when individuals put the team first. We will provide our athletes with a team-first concept and create a foundation of core values based on integrity, leadership, servitude, and respect. Over the course of time, our young men will learn to **link** on to one another, count on one another, believe in one another, & show accountability to one another through the most adverse situations in efforts to **Keep Climbing**. Though many hours and preparational time will be spent on competition and teaching football, that will not be our top priority. Creating a culture where young men use these core values to play a game that will ultimately help them continue to become a more positive, successful, & selfless human being in our society will be our goal. We as a program believe in these non-negotiables in what we call **DUB LAW**.

- Do Right!
- Be On Time!
- Speak the Truth!
- Respect your teammates, coaches, and the community!

These values will be preached in our day to day interaction with your son. We also believe trust is essential in our program in order to establish a relationship among coaches and teammates. Once a relationship is built then we can create the proper chemistry and substance in order to compete! We call this process **DUB HOUSE**.

- Coaches Believe in Coaches
- Coaches Believe in Players
- Players Believe in Coaches
- Players Believe in Players

Finally, we believe that our community breeds success. Champions come in all forms. We know every year that there are things that we as a team can always control in order to become a champion. Those qualities are as follows in what we call **DUB CHAMPIONS**.

- Show Great Body Language
- Give Great Effort
- Play with Class
- Play Smart
- Win!

As a Wildcat Parent, you play a HUGE role in the success of our program.

Here are **10 Guidelines** that you can go by in helping our team reach its full potential.

1. Be positive with your son. Let him know he is accomplishing something by simply being a part of this team.
2. If your son is not a starter, assure him that his role is extremely important to this team.
3. Support your son's coaches. They represent the authority directing this team. When the coaches are supported by the parents, the players will certainly follow suit.
4. Encourage your son to follow team rules concerning drinking, curfews, discipline in the classroom, etc. We as coaches expect more from our athletes than we do the average student in the halls. The more sacrifice one makes for the team, the more that team means to him.
5. Insist on your son doing his best in the classroom. Every player on our team is a valuable asset to our program.
6. Parents must be team players also. Be careful not to develop envy toward other players because of statistics, etc. Parent jealousy can and will devastate a team.
7. Please respect the profession of coaching. Your son's coaches are professionals and are with your son 12 months of the year. You may want to question a coach's decision, but to publicly slander judgments made by coaches is detrimental to the team.
8. Be an enthusiastic WILDCAT fan. Always display our pride with the class for which we are known. Degrading of any players is not representative of the WHITEHOUSE tradition.
9. Expect your son to take responsibility for his and his team's actions. Give him the credit when things go well. But, also, hold him responsible when mistakes are made. We can learn from our mistakes only when we are held responsible.
10. Strive to understand the importance of the "team." You as parents are a vital part of our team. When the coaches, players, and parents are all believing in each other and supporting each other, all things are possible.

THANK YOU AND WE LOOK FORWARD TO A GREAT 2020 SEASON!!