



2020 Coppell MS West
Football Parent Meeting

Coaching Staff

Coach Kelder- Athletic Coordinator

Quarterbacks Coach

Outside Linebackers Coach

4th Year at CMS West

11th Year Overall



Coaching Staff

Coach Brothers-

Offensive Line Coach

Safeties Coach

3rd Year at CMS West



Coaching Staff

Coach Buchanan

Wide Receivers Coach

Cornerbacks Coach

4th Year at CMS West



Coaching Staff

Coach Nwankwo

Running Backs Coach

Inside Linebackers Coach

2nd Year at CMS West



Coaching Staff

Coach Tate

Tight Ends Coach

Defensive Line Coach

1st Year at CMS West



Most Important Things for Coaches

- Academic Success
 - We want our student-athletes to be successful both on and off the field
 - Goal of 100% Passing Rate each 9-Week Grading Period
 - We will support our teachers on campus
 - No Pass/No Play- State Law
- Leaders on Campus
 - We hold our student-athletes to a High Standard
 - We expect them to be THE example of what it means to be a Wrangler
- Know and Exemplify our 3 Hallmarks

Hallmarks

- Trust
 - Coaches Trust Coaches
 - Coaches Trust Players
 - Players Trust Coaches
 - Players Trust Players
- Passion
 - If you aren't ready to give something your best effort, then why do it in the first place?
 - Do everything you do with passion.
- Discipline
 - Do what is right, no matter who is looking.

Equipment Handout

- 8th Grade- Tomorrow, September 1st, 5:00-6:30pm
- 7th Grade- Wednesday, September 2nd, 5:00-6:30pm
- Bonus Day- Thursday, September 3rd, 5:00-6:30pm
- You may come anytime during that time frame, please park in the back of the school. Students will enter through the exterior door of the small gym. We will have everything set up in the small gym so we can be spread out. Only athletes may exit their vehicle, parents please stay inside cars. Students will need to wear a pair of athletic shorts so they can try on their football pants. Students will also need a face covering

Equipment Handout cont.

- Items Receiving
 - Face covering to wear to athletics for football practice.
 - Football Helmet w/ chin strap
 - Shoulder Pads
 - Football All-in-One Football Pants
 - Practice Football Jersey
 - Mouthpiece

Equipment

- You are financially responsible for all equipment that is checked out to you
- Virtual learners will be taking these items home with them, they are not to be used at home for activities at all.
- Each virtual student will bring the required equipment to practice.
- In person students will keep their helmet, shoulder pads, and cleats in their athletics locker.
- We will provide everything but cleats for athletes!

Safety Protocols and Requirements

- When arriving for practice, all athletes should be wearing a face covering
- Virtual learners will not be allowed in the locker room when arriving
- All athletes will have their temperature checked before entering field, if temp is >100 degrees, they will not be allowed to enter.
- Each athlete will scan in with a QR code and answer simple questions. This will help us should we have to contract trace so we know who is in attendance each day. QR code will be located in Schoology for those students who do not want to bring their phones or ipads to practice.

Safety Protocols and requirements

- Each athlete will need to bring their own refillable water bottle with their name
 - The bigger the better- 64oz at least One gallon preferred
 - We will be able to refill water bottles but will not share any water equipment
 - Both of these are on amazon and under \$20



Practice Drop off and pick up

- Can enter from Saintsbury or Ranch Trail
- Must drop off/ pick up in designated area.
- Be patient and watch for pedestrians.



Practices

- Must be at practices!
- Limited number of practices before first game, if miss two of those cannot play.
- If somethings happens and you are unable to practice, must notify Coach Kelder via email.
- Should still come to practice and watch!

7th Grade Practice

- Drop Off for Practice on most days is 6:30am
 - We will practice from 6:45-8:15
 - Pick up will be at 8:30
- Gamedays and Days after a game
 - Drop off will be at 7:30
 - Pick up will be at 8:30
- The weekly schedule will be provided in advance so you can plan accordingly
- We do have two Saturday practices this year in order to meet UIL requirements.

7th Grade Practice cont.

- Make sure you have something small for breakfast to give you energy.
- Avoid dairy products as much as possible
- Granola bar or fruits are great
- Drink plenty of water throughout the day to be prepared for the next day!
- If you are dehydrated at practice it is because you did not prepare your body the day before!

8th Grade Practice

- Drop off for practice is 3:10pm
 - Pick up will be 5:30pm
- Our practice schedule will be different from 7th grade because of Friday night responsibilities for Middle School Coaches.
- The weekly schedule will be provided in advance so you can plan accordingly
- We do have two Saturday practices this year in order to meet UIL requirements.

8th Grade Practice cont.

- Make sure you have a good healthy lunch before coming to practice.
- Hydrate! Hydrate! Hydrate! Throughout the day to prepare for practice.
- We will take many water breaks during practice but it is your responsibility to prepare yourself during the day!

Example of the schedule you will receive

7	8	9	10	11	12
	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop
	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual
	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 9:15am Drop
	5:30 Pickup	5:30 Pickup	5:30 Pickup	5:30 Pickup	11am Pickup
	Helmets/Jersey/Shorts	Helmets/Jersey/Shorts	Helmets/Shoulder Pads	Helmets/Shoulder Pads	Helmets/ Shoulder Pads
	Cleats	Cleats	Jersey/Shorts/Cleats	Jersey/Shorts/Cleats	Jersey/Pants/Cleats
14	15	16	17	18	19
7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop	7th Practice-6:30 Drop
8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual	8:30 Pick Up-Virtual
8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 3:10 Drop	8th Practice- 9:15am Drop
5:30 Pickup	5:30 Pickup	5:30 Pickup	5:30 Pickup	5:30 Pickup	11am Pickup
Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads	Helmets/ Shoulder Pads
Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats	Jersey/Pants/Cleats

Gamedays

- Both 7th and 8th grade this year play on Tuesdays for most games. There are a couple exceptions.
 - October 26th, 7th Grade vs North at Home
 - November 4th- Wednesday Game/Election Day that Tuesday
- On game days 7th Grade will come at 7:30 and again at 3:10
- Transportation will be provided to Away games following district and county guidelines for bus transportation
 - Students are encouraged to leave games with parents after their competition is completed.
 - A sign out sheet via QR code will be available after away game competitions for athletes to leave with parents
 - In order for an athlete to leave with someone besides their parent/guardian an email must be sent to Coach Kelder 24 hours in advance.

Injuries/Medical

- We will take a medicine bag to all practices and games
 - If you have an inhaler that you would like us to keep in our bag we can do that.
 - Will have to fill out and turn in a self carry form to Coach Kelder
- Hurt vs Injured
 - There is a difference between being hurt and being injured.
 - You can still come to practice in participate in some situations if you are hurt.
- Injuries
 - If you are injured or hurt at practice you may go see the CHS Athletic Trainers by appointment and they will examine you.
 - You will email me and I will copy you on an email to the Athletic Trainers to make an appointment.

Questions

If you have any questions, you may add them to this google form found at the below website or QR Code. The questions will each be answered and emailed out as soon as possible.



<https://tinyurl.com/y69lbt9r>