

# Bellevue West Freshman FB Night



May 21, 2018

6:00 - 7:30

<https://twitter.com/twitter/statuses/979735667302428674>

# ***PLAY WITH H.E.A.T.***

***HEART***

***EFFORT***

***ATTITUDE***

***TOUGHNESS***

***COMMITMENT***

***LOYALTY***

***HONOR***

***RELATIONSHIPS***

***WORK ETHIC***

***DISCIPLINE***

***PERSISTENT***

***DETAILS***

***HUNGRY***

***POSITIVE***

***RESPECT***

***HUMBLE***

***RESILIENCE***

***ACCOUNTABLE***

***LEADERSHIP***

***BELIEF***

***LIVE AS CHAMPIONS!!!***

# Welcome & Schedule of Events

Thank you! Class of 2022

Coach Introductions

Station Activities

- A - K (Station One)
- L - Z (Station Two)
- Parents (Health Room)

Final Remarks



Freshman Xavier Betts in the State Title Game  
in 2016

# Station Activities

Station #1: Show Hudl highlight, Fill out form, Answer Questions

- Coach Klug will have for you (Coach Stas) - Use Mr. Johnson's room
- Need pens/pencils

Station #2: Tour of the main football areas

- South Locker Room, Football Field, Practice Field, Equipment Room, Weight Room
  - (Coach Keller & Schumacher)

15 minutes then rotate

# Topics to Discuss

Freshman Football Goals

Communication/Cooperation (Emails, Website, & Hudl)

Grade & Behavior Expectations

Fundraising

Summer Lifting/Install Camp

Team Camp

# Goals

Freshman Football has three major priorities

1. Beginning the process of developing well rounded young men
2. Teach the fundamentals of football & grow as an athlete
3. Prepare them to play on Friday night



# Communication & Cooperation

Everyone has a role in each others success

We use the following methods to communicate

- For everyone: [www.bellevuewestfootball.com](http://www.bellevuewestfootball.com)
- For parents: Weekly emails on Saturday
- For players: Hudl messenger



“The only disability in life is a bad attitude”

# Grade & Behavior Expectations

Playing football is a privilege at Bellevue West

- Why would that privilege be taken away?
  - Poor classroom, hallway, or social media behavior
  - Disrespect to teammates, coaches, or self
  - Grades in the classroom



“I was taught to win and lose with class”



# Install Camp

New for 2018!

Freshman will work with varsity coaches to learn offensive and defensive fundamentals

June 4 - 8 at Bellevue West from 10:00 - 11:30

Athletes should wear shorts, t-shirt, and cleats (No physical is needed for this camp)



# Fundraising

Raising \$\$\$ is important to the growth of our program

We do this in two ways:

- June 15: 6th Annual Gridiron Golf Tournament Fundraiser (Parent Driven)
- End of July: Football Discount Cards Sold (Player Driven)

If you would like to help with the golf tournament please let me know

- Hole sponsors, teams, & volunteer spots still available



“It’s only unthinkable if you don’t like it”

# Summer Lifting

The backbone to our success is our off season training programs

- Freshman will lift together from 10:00 - 11:15
  - Monday - Thursday
- It is important that your player is in attendance and giving full effort

We will start each day on the football field

- Players should wear shorts, t-shirt, and shoes
  - Bring cleats if possible



“To be an overachiever, you have to be an over believer”

# Team Camp & Equipment

Team Camp will run from July 23 - 27 at Bellevue West (8:00 - 10:30)

- Athletes will learn the foundation of our program
- They should wear cleats, athletic shorts, t-shirt, and helmet

Equipment will be checked out throughout the summer

- Those with the best summer attendance & best work ethic get the first pick



“If you are going to be great you can never be satisfied”

# Links

Team Camp Sign Up: <http://bellevuewestcamps.myonlinecamp.com/index.cfm>

- Deadline extended until June 4

Physical Form:

<http://www.bellevuepublicschools.org/vimages/shared/vnews/stories/50abf1d3b6e81/InsS%204.pdf>

- Must be completed by August 1

Schedule can be found on the website or [www.mhsaaconference.org](http://www.mhsaaconference.org)

- All games are scheduled to be played on Tuesday nights

# Questions/Comments?



Freshman Football: “Where Memories are Made & Legends are Born.”