

Bellevue West Freshman FB Night

May 24, 2021

6:00 - 6:45

Welcome to Bellevue West High School



[Coach Saban](#)

[Matt Rhule](#)

PLAY WITH H.E.A.T.

HEART

EFFORT

ATTITUDE

TOUGHNESS

COMMITMENT

LOYALTY

HONOR

RELATIONSHIPS

WORK ETHIC

DISCIPLINE

PERSISTENT

DETAILS

HUNGRY

POSITIVE

RESPECT

HUMBLE

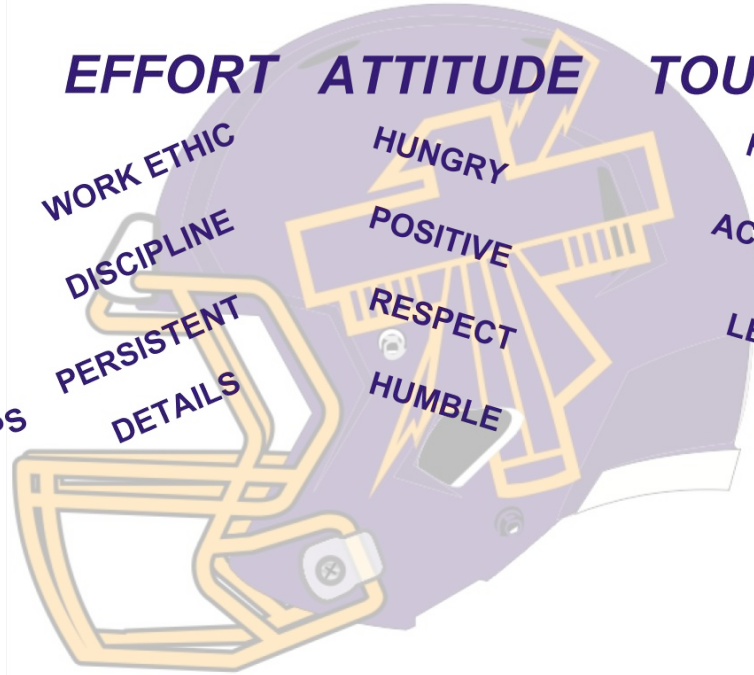
RESILIENCE

ACCOUNTABLE

LEADERSHIP

BELIEF

LIVE AS CHAMPIONS!!!



Welcome & Schedule of Events

Thank you! Class of 2025

Coach Introductions

Go through expectations

Final Remarks

Station Activities - Not used in 2021

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

- (Need Form --- For Kids to Fill out) - Not used in 2020.
- Hudl Highlight

Station #2: Tour of the main football areas - Not used in 2020

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

15 minutes then rotate

Topics to Discuss

Freshman Football Goals

Communication/Cooperation (Emails, Website, & Hudl)

Grade & Behavior Expectations

Fundraising

Summer Lifting Schedule

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
- 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
- More specific examples during the season



“I was taught to win and lose with class”

Fundraising

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

We do this in two ways:

- June 11: 9th 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 starting on June 1 (Start Date a Tuesday)
 - Monday - Thursday: 9:45 - 11:00 AM
- It is important that your player is in attendance and giving full effort

Will meet on field for warm ups

- Players should wear shorts, t-shirt, and shoes
 - Also bring cleats & water
 - Cell Phone/Electronic Device



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

Team Camp & Equipment

Team Camp will run from July 12 - 15 & 26 - 29 (8:00 - 10:30 AM)

- Athletes will learn the foundation of our program
- They should wear cleats, athletic shorts, t-shirt, and helmet
- No physical is needed for the camp

Equipment will be checked out throughout the summer



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

Links

Physical Form:

- Check out www.bellevuewestfootball.com under the freshman tab for physical form.
- Must be completed by August 2

Schedule can be found on the website or www.mhsaaconference.org

- All games are scheduled to be played on Tuesday nights

First day of practice is August 9 & First day of school is August 12

FAQ

1. Do freshman play up? (JV/Varsity)
2. Weekend practices?
3. Summer School?
4. Are there cuts?
5. Who to contact with questions?
6. What does a gameday look like?
7. Football equipment?
8. Nutrition = The key to success

What's Next/Wrap Up

1. Players sign up for Hudl --- Many already have done so
2. Parents make sure you are receiving our communication
3. Coach Klug will send out volt invites to players this week
 - a. Make sure to get it set up before the first workout on June 1
 - b. Need athlete email to set up

Reminder: Lifting begins on June 1 from 9:45 - 11:00 at Bellevue West

Questions/Comments?



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

Contact Robert Klug (robert.klug@bpsne.net) with any questions