

# **Alvord Bulldogs MS Football 2020**

## *Parent's Guide*

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**“Oh, magnify  
the LORD with me,  
and let us exalt His  
name together!”**

**(Psalm 34:3)**

**7<sup>th</sup> & 8<sup>th</sup> Grade Schedule**

Date	Opponent	Site	Time
Aug. 14			
Aug. 20			
Aug. 27			
Sept. 3			
Sept. 10	S&S	Home	4:30/6:00
Sept. 17	Petrolia	Home	4:30/6:00
Sept. 24	<i>Open</i>		
Oct. 1	Chico	Away	4:30/6:00
Oct. 8	*Tom Bean	Away	
Oct. 15	*Collinsville (1)	Away	5:00
Oct. 22	*Trenton (1)	Home	
Oct. 29	*Lindsay	Away	
Nov. 5	*Tioga	Home	

# Athletics Bell Schedule

## 2020-2021

1 <sup>st</sup> Period	8:05-8:50	MS Girls Aths MS Boys Aths
2 <sup>nd</sup> Period	8:55-9:40	6 <sup>th</sup> Grade Pre Aths
8 <sup>th</sup> Period	3:00-3:45	HS Girls Aths HS Boys Aths

*MS and HS athletes participating in any in-season sport(s) will have additional practice times that will take place either before and/or after school hours.*

# Contact Information

## Conferences with Coaches

Please contact me (Coach Grgurich) first before you directly contact another coach. I will speak with you and decide if we need to meet with that coach or if we can resolve the problem and it can be passed along to him.

## General Rules

Do not approach a coach immediately after a contest. Call the next day and set up a conference or discuss over the phone.

Do not always expect an immediate response, answer, or remedy. I may have to research or investigate to find out all the facts before I can respond or provide a solution.

**I will always get back to you. I will not ignore your question.**

**School Phone            940-427-5511**

**Fax                        940-427-8750**

School Email:        [mrgurich@alvordisd.net](mailto:mrgurich@alvordisd.net)

## Information on Game Times/Sites/Cancellations/Etc:

Communication regarding any game changes will be sent out through *Remind*, in addition to being posted on the Alvord ISD school website.

# Absentee Policy (Athletes)

*{See Also Athletic Handbook}*

Any player to miss practice must clear it with Coach Grgurich.

**\*ATHLETES MUST CALL IN: NO CALL =  
UNEXCUSED ABSENCE**

- **Excused Missed Practice or Game:** run previous workout missed + 10 X 40 yds.
- **Unexcused Missed Practice:**
  - 1<sup>st</sup> Offense: “Reminder”
  - 2<sup>nd</sup> Offense: “Reminder”
  - 3<sup>rd</sup> Offense: “Reminder” (possible dismissal from athletics)
  - 4<sup>th</sup> Offense: dismissed from athletics
- **Unexcused Missed Game** (“Reminders” will double)

*“Reminder” = 2 x 100 yd. Lunge Walk*

*1 x 100 yd. Ladder*

*100 Log Jumps*

*25 Up-Downs*

*50 Sit-ups/50 Push-ups*

*4 Lap Jog around Practice Field*

# **Athletic Forms List**

All athletes are required to turn in the following paper work (forms) before they can physically compete in athletics:

*UIL Acknowledgement of Rules Form*

*UIL Anabolic Steroid Use Form*

*UIL Concussion Form*

*Sudden Cardiac Arrest Awareness Form*

*AISD Medical Emergency Cards (X2)*

*Bulldog Athletic Handbook Acknowledgement Form*

*Physical and Medical History Form*

*{Please read over and sign all paper work (packets) and turn in before you leave tonight.}*

## 7<sup>th</sup>/8<sup>th</sup> Grade Fall Workouts

### **Mon**

6:45-7:55 Football Practice  
8:05-8:30 CC Conditioning  
8:30-8:50 Shower/Dress/B'fast

### **Tues**

6:45-7:55 Football Practice  
8:05-8:30 CC Conditioning  
8:30-8:50 Shower/Dress/B'fast

### **Wed**

6:45-7:55 Football Practice  
8:05-8:30 Weights  
8:30-8:50 Shower/Dress/B'fast

### **Thurs**

6:45-7:55 Football Practice  
8:05-8:30 CC Conditioning  
8:30-8:50 Shower/Dress/B'fast  
*(issue FB Game Equipment at end of FB practice)*

### **Fri**

7:15-7:55 Watch Film  
8:05-8:30 Weights  
8:30-8:50 Shower/Dress/B'fast

*{Athletes need to be dressed and out of locker room by 8:40 each day – next class starts at 8:55}*



## **Additional Information**

- Game Day Dress: athletes will wear a white oxford collared shirt w/a tie, with jeans or khakis, to school on game days.
- FB Teams: may have a complete 7<sup>th</sup> and 8<sup>th</sup> team or mixed teams depending on numbers }
- Equipment (issued on first day of school-Aug 20): all FB equipment will be issued, except for cleats. Athletes are responsible for purchasing cleats on their own.
- Practices will begin the second day of school (Aug 21)
- Off season uniforms will also be issued (consists of a t-shirt and shorts)
- Laundry will be done on a daily basis.
- Each athlete will be issued a locker.