

## JUNIOR HIGH FOOTBALL INFORMATION

Our Junior High Football Program is the beginning of your child's football career here in Montgomery. We feel privileged to have the opportunity to coach your child. We believe it will teach him many life lessons that he cannot get anywhere else. Below is some useful information regarding our program.

### SAFETY

Your child's safety is first and foremost in our program. Ways we have prepared to protect your child:

1. All coaches are trained in First Aid, CPR, and in the use of AED.
2. All coaches have been trained to recognize the symptoms of concussions. Anyone suspected of having a concussion will be:
  - a. Immediately removed from practice or a game.
  - b. Will not be allowed to return to play until return to play protocol has been completed and cleared by Concussion Oversight Team.
  - c. Packet can be picked in coaches office at Junior High.
3. We take every precaution to prevent heat related issues:
  - a. Never wear full pants in practice.
  - b. Water is always available.
  - c. Heat index warning system is in place and UIL guidelines are followed in regard to excessive heat.
4. We have a lightening warning system in place that warns us when lightening is approaching. When lightening gets within 8 miles we seek insulated shelter.
5. Locker rooms are supervised at all times to prevent conflict.
6. Weight rooms are monitored at all times and players taught proper technique.

### WAYS YOU CAN HELP

1. Encourage child to stay active year round. Play outside, participate in summer strength and conditioning program and play multiple sports.
2. To help your child better deal with heat make sure he pre-hydrates and eats breakfast and lunch and drinks plenty of water. Encourage drinking sports drinks instead of soda's or tea.
3. Educate yourself on the symptoms of concussions. Sometimes symptoms do not present themselves until hours after initial injury.
4. Talk to your child about proper behavior. Keep hands and comments to themselves. Most conflict begins with physical contact or a word.

## EQUIPMENT

1. We have plenty of equipment to outfit every player. If we do not have something we will get it. We are not concerned with fashion, but rather fit.
2. If your child has a problem with his equipment whether it is a helmet, shoulder pads, shorts or anything else have him see a coach to fix the problem.

## PRACTICE

1. It is of the utmost importance that your child show up to practice each and every day. Failure to do so will diminish his ability to improve and to learn the necessary things he needs to know in order for him and his team to be successful.
2. Failure to attend practice will result in a loss of playing time. Only valid excuses such as illness will be accepted.
3. Each player is expected to do two things at practice each day:
  1. Have a great attitude.
  2. Put forth great effort.

## GAME DAY

1. Both the 7th grade and the 8th grade teams will practice during their athletic period so it is very important that they be present
2. Please pack a meal or at least a snack for your child for after school. It is a long time from lunch until their game is over. They will be running on empty if they do not have something to eat. A peanut butter sandwich and a drink or something like that is sufficient.
3. Your child will be transported to the game by bus. We encourage him to ride back with his team. This makes the entire process run more smoothly. If he rides with you he will not have his books or school clothes and he will have to keep up with his equipment.
4. In the event you decide to take your child from the game he will need an Alternate Travel Form. A copy can be accessed at [www.misd.org](http://www.misd.org).
  - A. Go to Departments and scroll to Athletics
  - B. On left go to Information
  - D. Go to Athletic Forms
  - E. Go to Student Athletic Travel Form

This form must be turned in the day prior to the game due to the fact administrative signatures must be obtained. This means if the 7th grade game is on a Monday the form must be turned in on Friday.

## RANKONE (PRE-PARTICIPATION FORMS)

Prior to participating in practice each player must do the following:

1. Receive a physical. Physical forms can usually be obtained in the front office of the Junior High or High School as well as from RankOne site (see below). Physical form can be found under "Download and Print" tab.
2. Complete forms on RankOne:
  - A. Go to [Montgomeryisd.rankonesport.com](http://Montgomeryisd.rankonesport.com)
  - B. There will be four tabs at the top.
  - C. Do not login, but rather go to tabs at top of page.
  - D. Please read the "Home" and "Instructions" tab.
  - E. Go "Electronic Forms" tab and select the first hyperlink "MISD Parent Signature Page." It will send you to another page that requires the students first and last name as registered for school, as well as his/her student ID. \*Make sure when you input the student ID do not begin with a zero. (Example: Student ID is 012345, just input 12345). Make sure to select the appropriate school year from the drop box at the top.
  - F. Fill out the entire form. Something must be put in EVERY box in order for it to be submitted. For example, if he/she has not history of diabetes then put N/A or None.
  - G. Student: type and sign your name and click the small agree box to the right.
  - H. Parent/Guardian: type and sign your name and click the small agree box to the right.
  - I. On the very bottom of the page a parent/guardian will need to put their e-mail address. Once the form is submitted it will send a confirmation e-mail saying it has been received. This is the parents "receipt."
  - J. Continue with the other two forms "MISD Emergency Card" and "UIL Forms signature Page."

All three on line forms and the physical must be completed before the student is able to participate. If you have any questions please contact our trainers, Robert Wareham or Andrea Gonzalez at (936) 276-3228 or 3233.

## SIGN UP FOR RANKONE (SCHEDULES, MAPS, UPDATES)

In order for you to be able to view game schedules, practice schedules and to receive e-mail or text alerts you will need to sign up on Rankone.

1. Go to: Rankonesport.com
2. Go to: View Schedule (at top of page)
3. Type in Montgomery (School Name)
4. Scroll to Football (Drop down box)
5. Type in Montgomery (City)  
List of schedules will appear at bottom of page.
6. Click on the schedule you wish to view.
7. At top of that schedule will be an envelope icon (says " sign up for schedule alerts)
8. Click on envelope.
9. Enter e-mail address and/or cell number. Every time there is a change made you will receive an e-mail or text.

## FOOTBALL AND OTHER ATHLETIC INFORMATION

[www.misd.org](http://www.misd.org) (Go to Departments, Athletics)

[www.montgomeryfootball.com](http://www.montgomeryfootball.com) (will give you current and past information about Montgomery football)

Contacts:

John Bolfig - Head Football Coach Montgomery High School 936-276-3237 or [jbolfing@misd.org](mailto:jbolfing@misd.org)  
Steve Washington - Head Montgomery Junior High Coach 936-276-3373 or [swashington@misd.org](mailto:swashington@misd.org)