

# Renner Mustangs Football Meeting Notes



1. Practice schedule 7<sup>th</sup> AND 8<sup>th</sup>; Practice is during 8<sup>th</sup> period beginning at 2:45 and last until 4:30 to 5:15 depending on the day. Game days are shorter.
2. Football Equipment issued to you is your responsibility. You will need cleats, two molded mouthpieces, compression girdle, socks, black shorts and an off-season shirt, white socks,
3. Grades are the athlete's top priority. We check them daily.
4. Jewelry of any type is not allowed during practice or games.
5. You will need a plain black shirt or Blue off-season shirt and black shorts at the beginning of school for workouts.
6. Hydration: It's going to be hot in August and September so make sure to drink plenty of water during the day for the afternoon practices. We always will have water available at practice but you need proper hydration prior to practice.
7. Summer Camps: We recommend the Plano West Performance Course. Coach Soukup from Plano West also puts on a football camps at the end of July.
8. Detentions: Don't exhibit the behavior to cause yourself a detention.
9. Tutorials: Attend morning tutorials,
10. Band: We work closely with band so that you can be a part of both.
11. Game Day Shirts: Cardinal's Sport at Park and Preston has our Game Day shirts in stock.
12. Other Sports: Are allowed as long as they do not conflict with practice times or game days.
13. Injuries: Expect the normal bumps and bruises and play through them. Severe injuries are uncommon but occur. This does not relieve you from your responsibility to attend all practices and be on time.
14. Football Cleats, compression girdles and tennis shoes are required day 1 of football practice.
15. Lockers: You will be issued a football locker. You will need to provide a combination lock. Make sure your locker is kept in order and all clothing gets washed weekly.
16. Positions and Jersey numbers: The coaches will evaluate you and put you in the best position for the team. Positions change from year to year.
17. Playing Time: Every player that loads up on the bus will play in the football game. How much depends on ability and effort put forth in practice. If you are habitually late or don't work very hard in practice do not expect to play a lot in the football games.
18. Study the game: Don't just think about football during practice. Watch Hudl video. Every day after practice make notes of what you learned that day. Ask the coaches if you're unsure of something. We are always available to answer questions.
19. Attire; Cardinals Sports at Park and Preston has all of our workout gear in stock. We would like for you to wear our attire at summer conditioning camp and Coach Soukup's football camp.
20. Game Schedules are on our PISD/Renner Website.
21. HAVE FUN! Play football for the right reasons. A player that loves the game will be successful at the game. It isn't going to be easy. Never let doubt of your ability for any reason creep into your mind. We will help you get to where you want to go.