

# Coppell Football 2020

## Virtual Spring Parent Meeting

- Important Dates
- Performance Course information
- Football Skills
- Physicals/Medical History Form/Rank One
- Equipment pick-up
- Fall Parent Meeting
- Fall Practices
- Q & A

# Important Dates

- June 8 Performance Course starts
- July 30 VAR/JV Equipment @CHS FH @9:00-11:00am
- July 30 Freshman Equipment pick-up @CHS 9 @12:30-3:30pm
- July 30 ALL Fall Parent Meeting @6:00-8:00p (in the CHS café)
- Aug 1 ALL players @CHS Buddy Echols Stadium (VAR – 8am; JV – 9am; Freshman – 10am)

# Important Dates

- Aug 3 First day of Freshman practice @CHS 9 (times TBD)
- Aug 3 First day of JV/Varsity practice @CHS (times TBD)
- Aug 14 Scrimmage vs. Allen (@ Allen High School Stadium)
- Aug 21 Scrimmage vs. Arlington Lamar (@ CHS Buddy Echols Field)
- Aug 27 First Sub-Varsity Games
- Aug 28 First Varsity Game vs. Sachse

# Virtual Performance Course

- Virtual package for ALL is \$40 and begins May 25<sup>th</sup> – July 31<sup>st</sup>
- If you purchase the virtual you will receive \$20 credit for the in person workouts
- You will also be able to keep the 12 week virtual program
- Great resource for kids if they are out of town or will miss face to face workouts.

# In Person Performance Course

- In person for in-coming 10<sup>th</sup> – 12<sup>th</sup> males begins June 8<sup>th</sup> – July 30<sup>th</sup> (M-Th)
- Times: 7:00am-8:45am
- Cost: \$245
  
- In person for in-coming 6<sup>th</sup> – 9<sup>th</sup> males begins June 15<sup>th</sup> – July 30<sup>th</sup> (M-Th)
- Times: 10:45am-12:15pm
- Cost: \$230

# Performance Course Information

- How to register for in-person? Go to Performance Course website once UIL and CISD gives us the go ahead.
- MUST have the waiver signed before athlete works out in person.
- Parents who drop off or pick up athletes – parents MUST stay in the car. Locations will be marked and noted on PC website.

# Performance Course Information

- Athletes MUST bring their own water bottle.
- UIL restrictions and guidelines will be followed.
- If money is an issue please contact Coach DeWitt. No kid will be turned away.

# Football Skills

- UIL will allow ??? minutes per day for football skills. More info to come.
- We will use this time to make up for the time we have missed.
- This will be a HUGE part of our preparation for the season.



# Physicals/Medical History/Rank One

- Due to COVID-19, if an athlete is returning to CISD and has a physical for the 2019-2020 school year then they do NOT have to get a physical for the 2020-2021 school year.
- They **MUST** however complete the Medical History Form.
- Rank One goes live on June 15 and I will be sending you the link for that soon.
- For those who need a physical they will be offered on August 1. I will send the information when I get it.

# Equipment Pick-up

- July 30 VAR/JV Equipment @ CHS FH @9:00-11:00am (this will be immediately following their PC workout).
- July 30 Freshman Equipment pick-up @ CHS 9 @12:30-3:30pm (this is the time athletes will have schedule pick up at CHS 9).

# Fall Parent Meeting

- July 30 (Thursday) @ CHS café and commons from 6:00-8:00pm for ALL incoming 9<sup>th</sup>-12<sup>th</sup> graders.
- At this meeting you will have the opportunity to sign up for the booster club, register for pregame meals, purchase spirit wear, meet other parents, and receive important information about the fall.

# Fall practices

- Aug 3 First day of Freshman practice @CHS 9 (times TBD)
- Aug 3 First day of JV/Varsity practice @CHS (times TBD)
- Note about Freshman:
- They will practice at CHS 9.
- They will play home scrimmage and home games at CHS (Buddy Echols)

# Q & A

- Please use your chat feature if you have any questions.
- If you have any questions after this meeting or throughout the summer feel free to email me at [mdewitt@coppellisd.com](mailto:mdewitt@coppellisd.com)