

# PARENT MEETING

#EAT

BRIDGEWATER-RARITAN FOOTBALL



Email: [dcatalano@brrsd.k12.nj.us](mailto:dcatalano@brrsd.k12.nj.us)

Cell: (908) 642-8210

[www.brhspantherfb.org](http://www.brhspantherfb.org)



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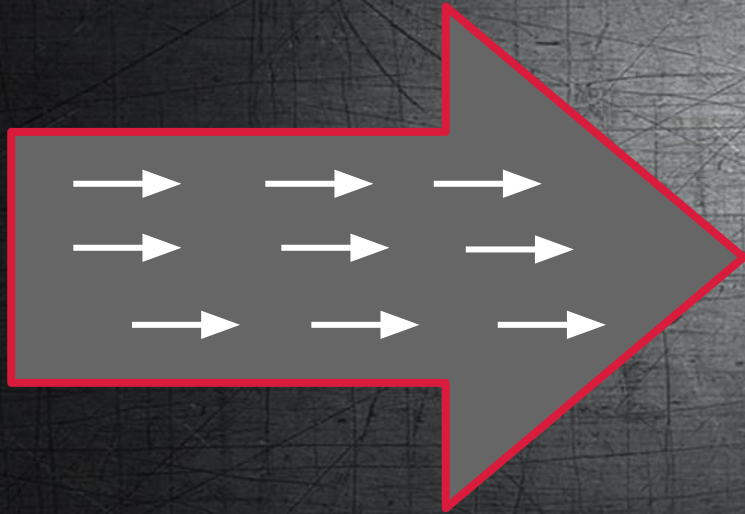


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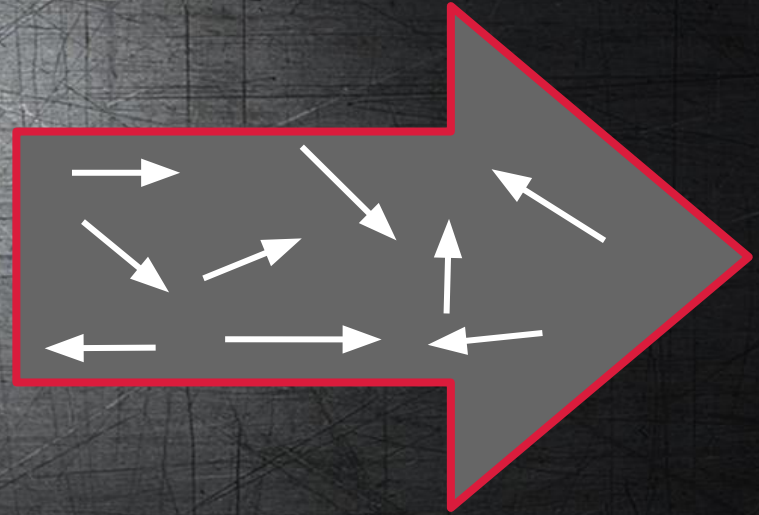


@BRHSPantherFB

# ELITE TEAM



# AVERAGE TEAM



*BRIDGEWATER - RARITAN*

**FOOTBALL**

# MISSION STATEMENT

TO BE THE BEST  
PUBLIC SCHOOL  
FOOTBALL  
PROGRAM IN  
NEW JERSEY



#EAT

# WHEN YOU'RE IN THIS PROGRAM

- **EXTREME ACCOUNTABILITY**
  - **ABOVE THE LINE BEHAVIOR**
- **MEET HIGH STANDARDS = BE THE BEST VERSION OF THEMSELVES**
- **OVERCOMING ADVERSITY**
- **LEADERSHIP DEVELOPMENT**



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**FOOTBALL**

# CULTURE

## CORE BELIEFS:

- EFFORT
  - 4-6 A TO B AS HARD AS YOU POSSIBLY CAN
- ATTITUDE
  - POWER OF UNIT & COMPETITIVE EXCELLENCE
- TOUGHNESS
  - DISCIPLINE



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**FOOTBALL**

BRIDGEWATER-RARITAN FOOTBALL

NO ONE IS BIGGER

THAN THE PROGRAM

PANTHERS



#EAT

# POLICIES

COMMUNICATION CHAIN



# HOW TO CONTACT

- **PLEASE COMMUNICATE ISSUES WITH ME FIRST**
- **EMAIL ONLY TO SCHEDULE MEETING OR PHONE CALL**
- **NO WAITING BY FENCE**



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**FOOTBALL**

# CONCERNS

## APPROPRIATE

*EMOTIONAL SUPPORT*

*ACADEMICS*

*PROBLEMS IN SCHOOL*

*PROBLEMS AT HOME*

## INAPPROPRIATE

*PLAYING TIME*

*(CAN BE DISCUSSED WITH PLAYER PRESENT)*

*OTHER STUDENT ATHLETES*

*STRATEGY OF COACH*



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**FOOTBALL**

# HOW TO HELP

- UNDERSTAND DECISIONS ARE MADE BASED ON PROGRAM'S BEST INTEREST FIRST
  - ENTITLED TO NOTHING
- LET THEM GROW
- BE POSITIVE – ATTITUDES ARE CONTAGIOUS IS YOURS WORTH CATCHING?
- BE EXTENSION OF COACHES, LET COACHES BE EXTENSION OF YOU
- VOLUNTEER



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**FOOTBALL**

**DRIVE THE CULTURE**

**DO NOT DIVIDE IT**

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# SOPHOMORES

- **BIG JUMP – CULTURE SHOCK**
- **HIGHER EXPECTATIONS & STANDARDS**
- **MOST IMPORTANT YEAR OF DEVELOPMENT**
- **THEY CAN DO IT!!!**



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**FOOTBALL**

# INCOMING FRESHMEN

- **GOAL IS DEVELOPMENT**
- **NOT GUARANTEED TO PLAY**
- **VARSITY PRACTICE**
  - **NOT A VARSITY PLAYER – WILL NOT SUIT UP**
  - **MORE COMPETITION**
  - **CAN PLAY IN JV GAMES**



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**FOOTBALL**

# CALENDAR

IMPORTANT DATES



#EAT



# JUNE 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 2:20pm - Lift	2 2:20pm - Lift 7pm - Parent Meeting	3	4 2:20pm - Lift	5	6
7	8 2:20pm - Lift	9 2:20pm - Lift	10	11 2:20pm - Lift	12 4pm - Lineman	13
14	15 2:30pm - Practice	16 2:30pm - Practice	17 Middle School	18 High School	19 9am - Practice	20 7am - Rutgers 7x7
21	22 1:30pm - Practice 5:45pm - Frosh Mini	23 1:30pm - Practice 5:45pm - Frosh Mini	24 1:30pm - Practice 5:45pm - Frosh Mini	25 1:30pm - Practice 5:45pm - Frosh Mini	26	27
28 Off	29 Off	30 Off	1 Off	2 Off	3 Off	4 Off



# JULY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	Off	Off	Off	Off	Off	Off
5	6	7	8	9	10	11
Off	8am - Frosh Practice 9am - Practice	8am - Frosh Practice 9am - Practice	9am - Practice 5pm - Frosh Practice	9am - Practice 5pm - Frosh Practice		
12	13	14	15	16	17	18
	8am - Frosh Practice 9am - Practice	8am - Frosh Practice 9am - Practice	9am - Practice 5pm - Frosh Practice	ESU Team Camp 5pm - Frosh Practice	ESU Team Camp	ESU Team Camp
19	20	21	22	23	24	25
	8am - Frosh Practice 9am - Practice	8am - Frosh Practice 9am - Practice	9am - Practice 5pm - Frosh Practice	9am - Practice 5pm - Frosh Practice		
26	27	28	29	30	31	1
	8am - Frosh Practice 9am - Practice	8am - Frosh Practice 9am - Practice	9am - Practice 5pm - Frosh Practice	9am - Practice 5pm - Frosh Practice		



# AUGUST 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
	8am - Frosh Practice 9am - Practice	8am - Frosh Practice 9am - Practice	9am - Practice 5pm - Frosh Practice	9am - Practice 5pm - Frosh Practice		
2	3	4	5	6	7	8
	Off	Off	Off	Off	Off	Off
9	10	11	12	13	14	15
Off	7am - Training Camp 8am - Frosh Practice	7am - Training Camp 8am - Frosh Practice	7am - Training Camp 5pm - Frosh Practice	7am - Training Camp 5pm - Frosh Practice	7am - Training Camp 5pm - Frosh Practice	7am - Training Camp 5pm - Frosh Practice
16	17	18	19	20	21	22
	7am - Frosh Practice 10am - Quad	7am - Training Camp 8am - Frosh Practice	7am - Training Camp 5pm - Frosh Practice	Frosh TBD 5pm - Scrimmage vs	7am - Training Camp 5pm - Frosh Practice	7am - Training Camp 5pm - Frosh Practice
23	24	25	26	27	28	29
	1:30pm - Practice 5pm - Frosh Practice	1:30pm - Practice 5pm - Frosh Practice	1:30pm - Practice 5pm - Frosh Practice	6pm - Away vs	8am - Practice 9am - JV Home vs 5pm - Frosh Practice	9am - Practice TBD
30	31	1	2	3	4	5
	8am - Frosh Practice 9am - Practice	8am - Frosh Practice 9am - Practice	3pm - Practice 5pm - Frosh Practice	3pm - Practice 5pm - Frosh Practice	9am - Practice 5pm - Frosh Practice	9am - Frosh Home vs 1pm - Away vs St. Joes

# IMPORTANT DATES

**6/8 – Camp Registration & Check \$295 to PAC**

**6/8 – Helmet shoulder pad handout**

**6/12 – Lineman Challenge @ Sayreville (Invitation only)**

**6/15 – Impact testing (9th & 11th Graders)**

**6/15 – Start of Summer Practice (JV & Varsity)**

**6/20 – Rutgers 7on7 (Invitation only)**

**6/23 – Vertical Raise**

**6/? – Jets 7on7 (Invitation only \$30)**

**7/16-18 – East Stroudsburg camp**

**7/17 – Physical & Health History forms Due (Hand to Health Office)**

**8/10 – Training Camp Start**

**\*Registration is done on PowerSchool**



**BRIDGEWATER - RARITAN**

**FOOTBALL**

# EAST STROUDSBURG CAMP

**DATES:** Thursday, July 16th – Saturday, July 18th

**DEPARTURE:** Players should arrive at Basilone Field no later than 6:30 am on Thursday, July 16th for a 7:00 AM departure to East Stroudsburg University in East Stroudsburg, PA – Transportation will be provided by PAC via school buses.

**RETURN:** Players will return to Basilone Field between 6:30PM – 7:00PM on Saturday July 18th – Transportation will be provided by PAC via school buses.

**COST:** \$295 per player (Check made out to the PAC)



# SUMMER PRACTICE (JUNE & JULY)

- **NOT MANDATORY BUT NECESSARY FOR SUCCESS**
  - LEARNING OUR O/D/K SYSTEM & POSITIONAL TRAINING – CURRICULUM
  - ABILITY TO CONNECT & COME TOGETHER AS A TEAM
  - HIT THE GROUND RUNNING IN AUGUST
- **PLAYERS NEED TO COMMUNICATE MISSING PRACTICE**
  - FILL OUT ATTENDANCE SHEET – SHEET IS LOCKED EVERY THURSDAY.
- **PLAYERS NEED TO TAKE OWNERSHIP OF SCHEDULE**
- **SCHEDULE IS NOT BASED AROUND CLUB SPORTS**



# IN SEASON PRACTICE

- **TIME CHANGE FOR THE HIGH SCHOOL**
  - **ENDS @ 3:01 pm**
- **LAST YEAR WE WERE ON THE FIELD BY 3:10 AFTER WE MEETINGS**
- **TEAM MEETING DURING UNIT LUNCH**
- **OFF FIELD BY 6:15PM**
- **MEETINGS END 7:30PM - 8PM**
- **THIS IS A BIG CHANGE - MEETINGS = TEACHING**



# PHYSICALS

- If physical examination was completed more than 90 days prior to the first day of official practice, a health history update questionnaire needs to be completed
- If physical is not turned in by 7/17 players may miss first practice. Must have 6 practice days before first scrimmage



601 W. Union Ave  
Bound Brook, NJ 08805  
732-469-3627

# IMPACT TEST

- **Hard Copy Directions Up Front (opens 6/15)**
- **20–25 minute baseline test for incoming Freshman & Juniors or new players to the program**
- **Please read directions to ensure a valid test**
- **Link is on team website or go to**  
**[www.impacttestonline.com/schools](http://www.impacttestonline.com/schools)**
- **ID Code is 50DF27742A**



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**FOOTBALL**



BRIDGEWATER - RARITAN

# SCHEDULE

2026

8.27 @ WOODBRIDGE

9.05 @ ST. JOES

9.11 VS HILLSBOROUGH

9.18 VS RIDGE

9.26 @ WESTFIELD

10.02 VS HUNTERDON CENTRAL

10.09 @ UNION

10.16 @ PHILLIPSBURG

10.23 VS WATCHUNG HILLS



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# INJURIES

POLICIES & RESOURCES



# INJURY PREVENTION

- DRINK WATER!!
- HEALTHY FOODS
- SLEEP
- ANKLE BRACES STRONGLY ENCOURAGED
- ICE TUBS AVAILABLE AFTER PRACTICE



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**FOOTBALL**

# INJURIES

- **COMMUNICATE WITH COACH & TRAINERS**
- **EXPECTATION IS TO BE AT PRACTICE IN THE DAYS ATTIRE**
- **COACHES WILL ENFORCE APPROPRIATE LIMITATIONS & ADJUSTMENTS PROVIDED BY TRAINERS / DOCTOR.**
- **GOAL IS TO FIND A WAY TO GET BETTER EVEN WITH PHYSICAL LIMITATIONS.**
- **PLAYERS WILL BE REQUIRED TO WEAR A GUARDIAN CAP FOR GAMES WHEN COMING BACK FROM A CONCUSSION.**
- **IF REQUIRED TO SEE A DOCTOR PLEASE USE A SPORTS ORTHOPEDIST**



# Atlantic Health System

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## Atlantic Sports Health

**ATLANTIC HEALTH RESERVES SPOTS FOR BRHS  
ATHLETES. CALL (908) 947-9838.**

***\*HAS PHYSICAL THERAPY THERE AS WELL***

**Dr. Robert Monoco**

**Dr. Shazad Shaikh**



# OTHER RESOURCES

(908) 641-2641



(908) 221-1334



**RWJ**Barnabas  
HEALTH



Dr. John (Jack) Kripsak  
(908) 722-0808



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# RECRUITING

WHAT YOU NEED TO KNOW



# HOW TO BE RECRUITED

- MUST BE SIGNIFICANT VARSITY CONTRIBUTOR
- MUST MEET PHYSICAL CRITERIA
- MUST MEET ACADEMIC CRITERIA
- MARKET YOURSELF (HIGHLIGHT, SOCIAL, CAMPS, QUESTIONNAIRES)

## Twitter Recruiting Template

**Professional Twitter Handle. Easy to Remember. Easy to find. NOT. @HandsLikeFeet69. @SWAGyoMaMa or @XboxGod**

**Your REAL current Location**

**Most Recent \*\*UPDATED\*\* HUDL Link.**

**WHO you Follow is IMPORTANT. Follow "FOOTBALL" accounts, trainers, coaches, team accounts, recruiters etc...**

**Make sure you are able to receive Direct Messages**

**Recommend using a Camp / Combine Photo. (Helmet Off) Helps recognize you at other events.**

**Use your REAL NAME!**

**BIO at a minimum should have the following:**

- GPA ACT/SAT Scores
- C/o (Class of): 2022, 2023 etc
- Position: DB/OB/PR List both OFF/DEF/ST positions.
- High School: Spell it OUT! (There are thousands of SHS)
- Any Other Team Affiliations: 7on7 Team, Other HS Sports
- Highly Recommended: Ht/Weight \*\*STARS\*\* Zip Code ESPN/247/Scout Rank

**When you hit the "LIKE" button, you're telling the WORLD that you endorse this tweet. Which is a reflection on your character.**

**BE CAREFUL!**

**2022 VARSITY YEAR SEASON**

**LowKashoi**

**Deville "Joker" Dickerson**  
@Deville2404 · follows you  
LV-702 🇺🇸 🇨🇦 WA-360 🇺🇸 CA+805/C/022(DB/ATH) 3.31Gpa | Navy Brat | TeamFSP | 🏈 NW | Lompoc HS, CA deville2404@gmail.com  
📍 Lompoc, Ca 📧 hudl.com/v24rbl 📅 Born February 4  
Joined February 4  
988 Following · 279 Followers  
Followed by K, Trent Feistner, Avery Strong, Showcases, and 154 others  
Tweets · Tweets and replies · Media · Likes  
Deville "Joker" Dickerson @De... · 4/19/19  
Pls Go Check Out My Updated Highlights

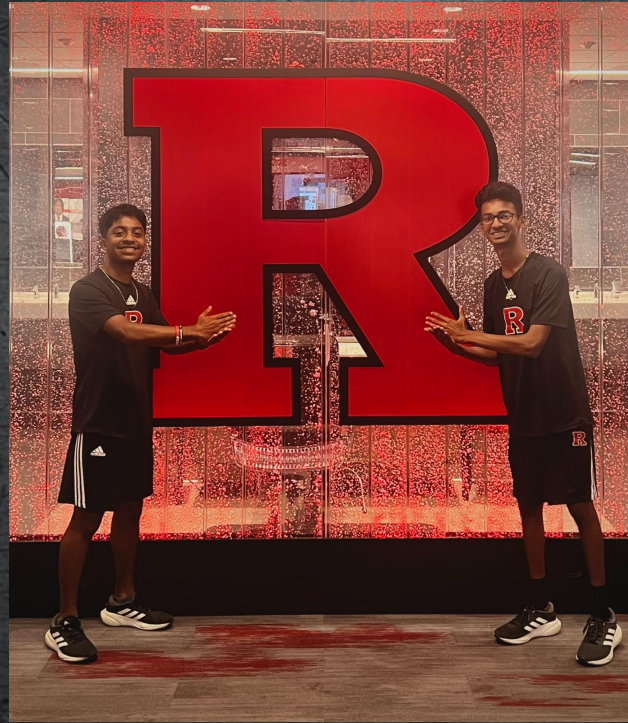
# CAMPS / EXPOSURE

- **COACHES WILL COME THROUGH SCHOOL**
  - **65+ SCHOOLS THIS YEAR**
- **SERIOUS INQUIRES COME FROM TEXT / PHONE**
- **CHOOSE CAMPS WISELY – NO MORE THAN 3-4**
  - **NAME BRANDS, BIG SCHOOLS**
  - **SMALL SCHOOL – IF INTERESTED IN SPECIFIC SCHOOL**
- **DO NOT NEED RECRUITING SERVICES**

# ALUMNI CURRENTLY PLAYING



# LIFE AFTER FOOTBALL



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# VOLUNTEERS

THE REAL MVP'S



# VOLUNTEERS

- MEDIA GUIDE – Shari Madsen, Rebekah Rinehimer, Stacey Krizan
- SPIRIT WEAR – Rebekah Rinehimer, Carrie Winne
- FUNDRAISING – Michelle Okolo, Michelle Baxter, Carrie Winne
- PASTA PARTIES – Senior Parents, Freshman Parents
- SENIOR NIGHT & BANQUET – Nicole O'Hare, Christine Kedziora
- JERSEY GIVE BACK DAY – Christine Locrotondo, Dania Woodring
- WELLNESS – Stacey Krizan, Anna Lorino



# GRADE LEVEL COMMUNICATION

- **SENIORS – KRISTY CROVELLI**
- **JUNIORS – CARRIE WINNE**
- **SOPHOMORES – MICHELE BAXTER / HEATHER KRONENGOLD**
- **FRESHMEN – HEATHER RUTHERFORD**



*BRIDGEWATER - RARITAN*

**FOOTBALL**

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# THE STAFF

INTRODUCTIONS



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BRIDGEWATER-RARITAN HIGH SCHOOL

# PAUL DAY

ASSISTANT COACH: OL / DL

## COACHING CAREER

Entering 27th year coaching high school football

(2017-2024) 8 years at North Brunswick. Made 6 playoff appearances, 2 sectional final games, 4 sectional semifinal games with a 58-23 record.

(1998-2016) 18 years in Franklin (coached all levels, middle school, freshman, JV, and Varsity offensive line coach)

## PLAYING CAREER

(1996-1997) Played two years of college football at Stony Brook University on Long Island for the Seawolves

1996 Graduate of Franklin High School played center for the Warriors 1994 Central Jersey Group 3 Sectional Championship Football Team.





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# VINCENT CRISAFI

**ASSISTANT COACH: DL / OL**

## COACHING CAREER

2024 - Cornerbacks/Wide Receivers Coach at Arthur L. Johnson High School

2023 - Defensive Backs/Tight Ends Coach at Woodbridge High School

2022 - Quality Control Coach/Assistant QB Coach at Towson University

2021 - Defensive Backs Coach at Caldwell University

## PLAYING CAREER

2017-2021 - Quarterback, Tight End, Defensive Lineman at Caldwell University

Class of 2017 - Quarterback at Arthur L. Johnson High School

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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **DOMINIC MULIERI**

**SPECIAL TEAMS COORDINATOR**

## **COACHING CAREER**

Head Football Coach, Indian Hills High School, May 2019 to December 2023

Assistant Football Coach, Indian Hills High School, September 2015 to May 2019

## **PLAYING CAREER**

Indian Hills High School 2005-2009





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **JOE CAHILL**

**OFFENSIVE COORDINATOR**

## **COACHING CAREER**

2022- Bridgewater Raritan High School  
Special Teams Coordinator  
Wide Receiver Coach  
Cornerbacks Coach

2020-2021 Bridgewater Raritan High School  
Wide Receivers Coach  
Defensive Backs Coach

2018-2019  
Freshman Head Coach

## **PLAYING CAREER**

2005-2008 Wilkes University  
  
2002-2005 Bridgewater Raritan High  
School





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# JOE PULEIO

**ASSISTANT COACH WR'S / DB'S**

## COACHING CAREER

2019-2020 Student assistant Rowan Football  
LBs  
2020-2021 TEST football academy intern  
2016-2021 Rutgers football intern helped  
with WRs summers  
2021-2022 Randolph football DBs / WRs JV OC  
2022-2023 Towson football assistant WR  
coach  
2023-2024 Randolph football WRs / DBs  
CO-OC  
2024-Present Bridgewater WRs PGC

## PLAYING CAREER

MONTGOMERY HIGHSCHOOL - 2012-16  
ROWAN UNIVERSITY - 2016-2018





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **KYLE PAUSTIAN**

**DEFENSIVE COORDINATOR**

## **COACHING CAREER**

**.2020 - 2022 - Defensive Coordinator / Special Teams - Franklin High School**

**2017 - 2019 - Defensive Coordinator - Bridgewater-Raritan High School**

**2015 - 2017 - Tight-End / Linebacker Coach - Bridgewater-Raritan High School**

## **PLAYING CAREER**

**2007 - 2010 Bridgewater-Raritan High School**





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **BRETT STIBITZ**

**ASSISTANT COACH: CB'S / RB'S**

## **COACHING CAREER**

- 2022 - 2023 - Part-Time Volunteer Coach - Bridgewater HS
- 2016 - 2022 - DB Coach - Somerville High School
- 2015 - 2016 - Linebackers Coach - Somerville High School
- 2014 - 2015 - Defensive Coordinator - Somerville High School
- 2009 - 2013 - Defensive Coordinator New Jersey Snaple Bowl Game
- 2009 - 2013 - Head Football Coach / Defensive Coordinator - Middlesex High School
- 2005 - 2009 - Head Football Coach / Defensive Coordinator - Manville High School
- 2005 - 2010 - NFL High School Player Development Coach
- 1998 - 2004 - Defensive Coordinator - Manville High School





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **NICK COSTANZO**

**HEAD FRESHMAN COACH**

## **COACHING CAREER**

**Bridgewater-Raritan Freshman Coach - 2021 -  
Present**

## **PLAYING CAREER**

**Bridgewater-Raritan High School  
2013-2017**





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# CHRIS ANDERSON

**ASSISTANT FRESHMAN COACH**

## COACHING CAREER

2024 - 2025 OL Coach North Brunswick

2022 - 2023 - Assistant Coach Franklin

## PLAYING CAREER

2018 - 2021 - Played OL at Lock Haven

Class of 2017 - Played OL / DL Franklin High School



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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **EVAN FROMBERG**

**ASSISTANT COACH: DIRECTOR OF OPERATIONS**

## **COACHING CAREER**

2022- Present - Assistant Coach  
-Bridgewater-Raritan H.S.

2011-2018- Coach- Bridgewater Football  
League

## **PLAYING CAREER**

1996- Brown University

1992- Abraham Lincoln H.S.  
(Brooklyn, NY)



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**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **BRANDON T. MYERS**

**ASSISTANT COACH TE'S**

## **COACHING CAREER**

**Bridgewater-Raritan Freshman Coach -  
2024 - Present**

## **PLAYING CAREER**

**Rutgers: 2018 - 2022**  
Letterwinner at Tight End  
2021 Big Ten distinguished scholar  
3x academic all big ten selection

**Bridgewater-Raritan High School: 2014-2018**  
Letterwinner at Tight End  
first team all state group v selection  
first team all area selection  
first team all conference selection  
2x conference champion  
3x state championship finalist at metlife stadium  
31-5 record





**BRIDGEWATER-RARITAN HIGH SCHOOL**

# **MARK SZCZEGINA**

**ASSISTANT COACH**

## **COACHING CAREER**

2022 - Bridgewater-Raritan High School Football

2014-2016 - Hillsborough Junior Raiders Football

## **PLAYING CAREER**

1990- East Stroudsburg  
University Football - WR

1988 - Wilkes University  
Football - WR

1984-1987 - Manville High  
School Football - WR





***THANK YOU***

**PLEASE VISIT OUR WEBSITE**

**WWW.BRHSPANTHERFB.ORG**

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**#EAT**

# ACADEMICS

POLICIES & EXPECTATIONS



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# ***ACADEMICS***

- **High School Athletics are an extension of the classroom (from grades to behavior).**
- **If the players succeed in the classroom, they'll do the same on the field.**



# ***ACADEMICS***

## **WHAT IS IT I DO??**

- **Check player grades weekly. Are they doing work? How are they performing in class? Does the player need additional academic resources to be successful in the classroom?**
- **Conduct player academic check-ins as needed (What's going on in Spanish? Do you not understand the content or are you just not doing your work?)**
- **If a player is failing one class consistently or failing multiple classes, a progress report is sent to the student's teacher(s) and is linked to my academic spreadsheet so the coaching staff is aware. This also allows me to see any progression or regression via teacher feedback.**



# ***ACADEMICS***

## **TEAM GOAL**

**75% OR MORE PLAYERS  
WILL ATTAIN ALL A's & B's**



# ***ACADEMICS***

## **MANDATORY**

### **BLOCK LUNCH STUDY HALL**

- **2024-2025 Marking Period 1 ALL players will be assigned a Block Lunch study hall on either A,B,C, or D Day (labs are reviewed before scheduling).**
- **At the mid-marking point of MP1 (progress reports), if a player has a 75% or better in all of their classes they will be excused from study hall. If at any point grades slip, they will be placed back in.**

