



Commerce ISD Football
 3800 Sregit Drive
 Commerce, TX 75428
 Contact: 903-886-3756

Commerce Football Information

Athletics/Extracurricular Requirement

For a student-athlete to **participate** in **athletics**, they **must** be enrolled in the **Hybrid** plan. Again, you **CANNOT** participate in **athletics** or any **extracurricular activities** and do **remote (online) learning**.

Hybrid Learning

Student-athletes are required to be at school for face-to-face instruction two times a week and online for the other three days. However, students must be present for athletics EVERY day. **You CANNOT participate in athletics with remote (online) learning.**

High School Coaches

Jeff Davidson

John McSheffery **903-243-2251**

Yogi Gallegos 214-277-1181

Cameron Warren 903-372-8128

Mason Y'Barbo

Nate Holcomb

Ed Palazzetti

Kieston Carter

Britt Melton

Joey Scott

Dominique Carroll

Athletic Director

Head Football Coach/Asst. AD

Offensive Coordinator/Assistant HC

Defensive Coordinator/Linebackers

Offensive Line

Tight Ends

Defensive Line Coach

Defensive Line Coach

Cornerbacks Coach

Running Backs Coach

Wide Receivers

Middle School Coaches

Justin Bundy

Taylor Flowers

Joshua Brooks

Antonio Washington

Offensive Skill

Offensive Line

Defensive Skill

Defensive Line

Athletic Periods

5th Period (10-12th graders) 11:11-12:00

8th Period (ONLY 9th graders) 2:37-3:22

8th Period (7-8th graders) 2:46-3:30

Freshmen Period

We made a change to athletics at the high school to help freshmen with the transition from middle school to high school. Our freshmen athletic period allows more focus and instruction for the freshmen players. Also, we do not want any freshmen to practice against varsity football players. We believe there is too much of an age difference between a freshman and senior to practice together.

Communication

SportsYou - This an app on phones where athletes and parents can stay informed with upcoming dates and events. There is a Commerce High School group and Commerce Middle School group. Codes to be joined will be available upon request.

Twitter - @CommerceFB - This is another means of communication on social media where we will display upcoming events and highlight our student-athletes.

COVID Guidelines and Procedures

We will constantly align our guidelines and procedures with UIL, TEA and District policies as they continue to be fluid. We will do everything we can to keep your child safe and healthy.

Practice - Length of After School Practice (Subject to change)

Varsity

Monday/Tuesday - 6:30PM

Wednesday - 5:30PM

Thursday - 4:30PM

Freshmen

Monday/Tuesday - 5:30PM

Wednesday - 5:15PM

Thursday - Game Day

Junior Varsity

Monday/Tuesday - 6:30PM

Wednesday - 5:30PM

Thursday - Game Day

Middle School

Monday/Tuesday - 5:30PM

Wednesday - 5:15PM

Thursday - Game Day

Important Dates

August 3rd - first day of practice - 7AM (9th graders-12 graders High School ONLY)

August 10th - Middle School Equipment pickup (4:00PM-6:00PM)

August 11th - first day of school (first day of middle school practice)

August 20th - first scrimmage (High School only)

August 21st - Picture day - Junior Varsity 3:30PM - Varsity 5:30PM

August 21st - Decals with Family (Varsity only)

Game Weekly Varsity Schedule - (Subject to change)

Monday - Weights/Meetings/Practice

Tuesday - Weights/Meetings/Practice

Wednesday - Meetings/Practice

Thursday - Study Hall/Practice

Friday - Game Day

Saturday - Weights/Film

Game Weekly Junior Varsity Schedule - (Subject to change)

Monday - Weights/Meetings/Practice

Tuesday - Weights/Meetings/Practice

Wednesday - Meetings/Practice

Thursday - Study Hall/Game Day

Friday - Weights/Film

Saturday - Off

Game Weekly Middle School Schedule - (Subject to change)

Monday - Weights/Meetings/Practice

Tuesday - Weights/Meetings/Practice

Wednesday - Weights/Meetings/Practice

Thursday - Study Hall/Game Day

Friday - Film

Saturday - Off

Athletic Period/Practice

Student-Athletes will be **expected** to be at **every** practice, athletic period and meeting.

Student-Athletes will have **consequences** for **missing** practice/athletic period.

Student-Athletes will be required to **finish** their **consequences before** participating in the upcoming **games**.

Sickness/Injury

Athletic Trainer - Amanda Herron (aka Doc)

Email - amanda.herron@commerceisd.org

Commerce ISD Athletics Protocol

1. Contact Amanda Herron via email
2. Communicate with Doc as soon as the injury happens to treat properly
 - a. If sickness, follow Doc's instructions and guidance
 - b. If injury, follow Doc's instructions and guidance
 - i. **Required** to attend treatment and therapy before, during and after school

Our **priority** is to provide a safe and healthy environment; however, with sports your child may experience aches and pains. Make sure your child is do the following:

1. Communicate with Doc/Head Coach daily
2. Attend **daily** treatment

*Please check with Doc before taking your child to a doctor unless it is an emergency.

Booster Club

President - Allen Seale

Jarod Turner, Misti Hoffman, Kara Seale

*Need volunteers for concession stand, chain crew and pressbox

Social Media

Student Athletes

1. Zero tolerance of player to player problems created on social media

Parents

1. If a parent has a conflict or problem with a coach, we ask you to discuss the issue with the coach, Head Coach and Athletic Director in a meeting before using a social media platform to display your frustration.
 - a. Meetings will be available Monday-Wednesday. **Never Game Day.**

Practice/Playing Time

1. Be present to play
2. Communicate with your coaches
3. Schedule conflicts at other times during the day
4. Life happens communicate, communicate, communicate

Recruiting

Student-athletes will be constantly informed of the checklist to create buzz about themselves.

The following are what we are making student-athletes aware of in order to help their recruiting:

1. ACT/SAT score before their senior year
2. Significance of GPA
3. Game Film - Highlight Videos
4. Twitter Handle
5. NCAA Clearinghouse

High school recruits will need 1-3, to get 4:

1. Grades
2. Test Scores
3. Film
4. Offers

Equipment - High School

Buying Equipment

Any equipment **personally purchased** must be Commerce colors: **orange** and **black** or neutral colors **white** and **grey**.

We have enough equipment where players should **NOT** have to buy anything; however, we understand you may want to buy your children equipment or apparel.

Game Day - We want the overall look of our players to look the **same**.

Equipment - Middle School

Buying Equipment

The **main purchase** for middle school players are **cleats**.

High School Checklist for Day 1 of Practice

- Physical Paperwork
- Drug Form
- Mask

Middle School Checklist for Day 1 of Practice

- Physical Paperwork (8th graders)
- Physicals and Paperwork (7th graders)
- Cleats
- Mask

2020 Commerce Tiger Football Rules

- 1. Athletes must be on time. This means dressed, shoes on and ready to go when practice starts, not walking in the door at start time. There will be consequences for being late!**
- 2. A missed practice will be made up, no matter what the reason for missing is. If players miss practice the day before a game, they should not expect to start. It will be up to the coach whether or not they even play. If players must miss, please let us know ahead of time. It is the athlete's responsibility to notify their coaches.**
- 3. Athletic clothes are to be worn EVERY day! Athletes are responsible for having all their equipment for practices. Locks and lockers will be issued. Lockers are to be locked when athletes are not in the locker room. We will do daily locker checks. Coaches are NOT responsible for items lost or stolen. There will be consequences for those not complying. Shoes that are issued for a sport are only to be used during games and practice for that sport. They are not to be used for weight room and outdoor workouts. Athletes need to keep an extra pair of shoes in their locker for these uses.**
- 4. All workout clothes and personal items are to be kept in each athletes' locked locker. If items are left out, there will be consequences which could result in eventually losing the privilege of using issued equipment such as shoes, shirts, etc.**
- 5. Away games: Athletes will only be allowed to leave with a *parent* after games. The parent must sign their athlete out before taking them so that we know exactly where everyone is. These waivers must be turned in 24 hours prior to the day of the game.**
- 6. We expect our athletes to be positive role models for our younger kids. Athletics is a *privilege*, not a right. Part of building a tradition is setting good examples. Tigers are expected to conduct themselves in a respectful and appropriate manner on and off the field. The younger students/athletes look up to them.**

7. SOCIAL MEDIA BEHAVIOR: Our expectations of our athletes being positive role models also applies to responsible social media activity. Negative comments toward classmates, teammates, teachers, or Commerce ISD will NOT be tolerated and will be met with consequences or possible removal from the team and/or Athletic Program.

8. PARENTS: If you have a concern, please follow the chain of command. Address your athlete's Head Coach first in an appropriate manner. Do not approach a coach after a game. Set up an appointment to meet with them on their conference period, or when it is convenient for both parties. Addressing concerns on social media without speaking to coaches usually does not solve anything.

9. Grades and Citizenship will be checked every week. Athletes are responsible for taking care of business in the classroom. We don't ever want them to fall behind in their class work. Zeros will not be tolerated. We tell the athletes that if they need help let us know before getting behind.

10. Playing time is based on ability and team needs and will generally not be discussed. We will gladly discuss specific things players can do to improve. Seniority plays no part in playing time. The most important thing in building a team is getting everyone to understand their role and be the best at it that they can. Players must take pride in their role!



2020 Commerce Football Practice Schedule - Week 1

Week 1 (August 3rd-8th) - High School ONLY

9th Grade - 12th Grade

Monday 7:00am-11:30am

Tuesday 7:00am - 11:30am

Wednesday 7:00am - 11:30am

Thursday 6:00pm - 10:00pm

Friday 6:00pm - 10:00pm
(Practice starts at 7:00pm)

Saturday 11:00am - 2:30pm
(First Full Pad Practice)

*Each day will vary with a mixture of meetings, weights, conditioning,
and practice