



## WARRIOR FOOTBALL NATION,

Week 2 of Summer Strength and Conditioning kicked off today! We have more and more kids each day taking steps toward a championship!

Attendance is essential to the success of our program! Please bring your student-athlete! **Make this a priority!**

### **Summer Schedule**

Monday, Tuesday, Wednesday, Thursday

**\*\*Off 4th of July week**

Session I- 9th-12th 7:00 a.m. - 9:00 a.m.

Session II- 7th-8th 9:00 a.m.- 11:00 a.m.

### **7 on 7 Schedule**

Each Tuesday night in June at Warrior Stadium

Incoming 7th/8th Grade 5:00 p.m.

Varsity/JV- 6:00 p.m.

### **CELINA SQT- June 23**

### **Nutrition**

Make sure your athlete is hydrating! Drinking water all day every day. We must fuel our bodies, eating at least 6 times a day.

Breakfast  
Snack  
Lunch  
Snack  
Dinner  
Night Snack

Free Breakfast @ LH Rather- 7:30-8:15 a.m.

Free Lunch @ LH Rather- 11:00 a.m.-12:30 p.m.

### **THESE SCHOOLS ARE WATCHING YOU!!**

COLLEGE & UNIVERSITIES- Texas Tech, Baylor, SMU, University of Texas, Purdue, UTSA, Texas A&M, Arkansas, Arkansas State, Southeastern, McMurray University, Missouri State, ETBU, Stephen F. Austin, Texas A&M-Commerce, Etc.....

## **THSCA RECRUITING WEBINAR -**

<http://www.thsca.com/recruiting-webinar>

The Texas High School Coaches Association is proud to provide this free recruiting webinar to educate student-athletes, parents, coaches, counselors and administrators on the recruiting process. The webinar is made available through a partnership between the THSCA and the Recruiting Education Foundation Inc., a 501(c)(3) nonprofit program which operates FreeRecruitingWebinar.org.

The webinar is about one hour in length and addresses many important recruiting topics including: **Scholarship Myths and Facts, the NCAA and NAIA Eligibility Centers, NCAA Core Course Requirements, National Letter of Intent, Finding the Right School, and much more.**

## **NCAA Eligibility Center**

All Juniors (Seniors to be) need to register with the NCAA Eligibility Center by this Spring.

The **NCAA Eligibility Center** certifies whether prospective **college** athletes are **eligible** to play sports at **NCAA** Division I or II institutions. It does this by reviewing the

student-athlete's academic record, SAT® or ACT scores, and amateur status to ensure conformity with **NCAA** rules.

### **ACT Dates**

**Sept 8, 2018**

**Oct 27, 2018**

**December 8, 2018**

**February 9, 2019**

**April 13, 2019**

**June 8, 2019**

**July 19, 2019**

### **SAT Date**

**August 25, 2018**

**October 6, 2018**

**November 3, 2018**

**December 1, 2018**

**March 9, 2019**

**May 4, 2019**

**June 1, 2019**

## **5 Life Skills**

**1. DISCIPLINE**

**2. PHYSICAL CONDITIONING**

**3. RELATING TO PEERS**

**4. RELATING TO AUTHORITY**

**5. REACTING TO AND HANDLING EMOTION**

Please continue to re-iterate these with your son! The more we grow in these 5 Life Skills the more successful our athletes will become on and off the field.

**Follow us on Twitter: @BonhamFootball**