



WARRIOR FOOTBALL NATION,

Week 3 of Summer Strength and Conditioning kicked off today! We have consistently had over 100 kids coming through daily! We want this trend to continue to grow!

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

Over the weekend our Warriors competed in the Celina SQT. Our boys went 3-0 and qualified for a trip to College Station to compete at the State Tournament!

Read story here:

<https://spark.adobe.com/page/zr7HX9sS0zRS1/>

Bonham 31 Lone Oak 29

Bonham 12 Krum 6

Bonham 26 Gainesville 24

Our Warriors ask for your support as we get to go to College Station and represent our community!



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.

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

Thanks,

John Fish
Head Football Coach
Bonham High School