

WELCOME FRESHMAN



**2018 JAGUAR FOOTBALL SEASON
INFORMATIONAL PACKET**

**GO JAGS!
#WEWILLWIN**



2018 FMHS VARSITY FOOTBALL SCHEDULE

Date	Time		Opponent	Location
8/24	TBD	Home	Richardson Pearce - Scrimmage	FMHS
8/31	7p	Home	Fossil Ridge (Keller)	FMHS
9/7	7p	Home	Plano West (Plano)	FMHS
9/14	7p	Away	Prosper	Proper HS
9/28	7p	Away	Lewisville	Lewisville HS
10/5	7p	Home	Irving	FMHS
10/11	7p	Away	Irving Nimitz	Nimitz HS
10/19	7p	Home	Hebron	FMHS
10/26	7p	Away	Marcus <i>Mound Showdown</i>	Marcus HS
11/2	7p	Away	Coppell	Coppell HS
11/9	7p	Home	Irving MacArthur	FMHS

Varsity Team Dinner is provided by the Booster Club @ FMHS 9th Grade Cafeteria prior to each game

Freshman / JV Teams will play on Thursday nights

WE WILL WIN! GO JAGS!



FMHS FOOTBALL BOOSTER CLUB KEY CONTACT INFORMATION

2018-2019

Football Staff

Head Coach	Brian Basil	469-948-3643	basilb@lisd.net
Head Athletic Trainer	Cody Jenschke	469-948-3632	jenschkec@lisd.net

Executive Board Members

President	Carter Strey	214-869-3630	cstrey@gmail.com
Vice President	Larry Dulski	817-296-4492	larry.dulski@gaylordhotels.com
2 nd Vice President	Nikole Ackman	605-929-5729	ackman.nikole@gmail.com
Treasurer	Dawn Harden	214-543-2598	dawnrackardharden@gmail.com
Secretary	Kelly Strey	214-924-2772	kelly_strey@yahoo.com

Varsity Team Moms

TBD **

TBD **

JV Team Moms

TBD **

TBD**

Freshman Team Moms

TBD **

TBD **

TBD **

*****If interested please contact Kelly Strey for more information *****



FLOWER MOUND HIGH SCHOOL FOOTBALL

2018-2019

DATES TO REMEMBER:

April 28	Inter- Squad Scrimmage and Fan Fun Day	8am – 12n
May 10	Spring Game @ FMHS	
June 9	Summer JAC Begins	
July 30	Head Start Camp Begins	
August	Freshman Only: Concussion Baseline Testing	Date/Time TBD
August 3	All Teams - Equipment Fitting	
August 6	First Day of Practice – Freshmen	7:30a – 9:30a
August 10	First Practice w/Pads	
August 15	First Day of School	
August 17	Picture Day	
August 23	Mandatory Parent Meeting – ALL Teams @ FMHS Cafeteria @ 7p	
August 24	Scrimmage @ Home v Richardson Pearce	
August 31	1 st Home Game	
September 3	Mandatory AM Workout @ 7:30a	
September 7	Homecoming	
October 8	Mandatory AM Workout @ 7:30a	
November 9	Senior Night	
November	Freshman & JV Banquets @ FM 9 Cafeteria	
January	Varsity Banquet	

Stay up to date by visiting www.fmjaguarfootball.com

Sign up for Weekly Emails by contacting Kelly Strey @ kelly_strey@yahoo.com



FLOWER MOUND HIGH SCHOOL FOOTBALL

2018

HOW CAN I HELP?

- ❖ **Join the Booster Club** (\$150 for single player family; \$225 for mutli-player family)
- ❖ **Link your Kroger Card to FM Jaguar Football - Use Community Rewards # 63108**
- ❖ **Amazon Smile – Choose to support Flower Mound High School Football Booster Club**
- ❖ **Concession Stand** (Freshman Parents are expected to work a min 2 games)
- ❖ **Varsity Team Game Day Meals – Setup, Serve & Cleanup**
- ❖ **Sub Varsity Meal Distribution** (Thursday Game Days)
- ❖ **Class Representative** (3 needed for Freshman Teams - Navy, Silver, White)
- ❖ **Membership Committee**
- ❖ **Website Guru**
- ❖ **Game Day Event Chair / Committee** (any special event that occurs during Fri Home Games)
- ❖ **Tailgate Committee** (Friday Night Home Games)
- ❖ **Game Day Programs**
- ❖ **Athletes for Literacy**
- ❖ **End of Year Banquet** (3 banquets– Varsity, JV, Freshman)
- ❖ **Jag Head Gameday Crew** (Varisty Friday nights)
- ❖ **Sportswear Committee** (assist committee chair to sell and distribute)
- ❖ **Assistant to the Treasurer**
- ❖ **Jr Jag Program** (work closely with elementary schools)

Go to www.fmjaguarfootball.com and click on the “Sign Up to Get Involved” Link

HOW TO STAY CONNECTED

Monday Weekly Football Update Email - send email to kelly_strey@yahoo.com to be added

Like our page on **Facebook** - Flower Mound Jaguar Football

Follow us on **Twitter** @JagFootball



FMHS FOOTBALL BOOSTER CLUB 2018 – 2019 MEMBERSHIP FORM

(Membership runs from June 1 – May 31)

COMPLETE ALL INFORMATION

Parent Name: _____ Email: _____ Phone: _____

Parent Name: _____ Email: _____ Phone: _____

Player 1 Name: _____ 2018-2019 Grade: _____

Player 2 Name: _____ 2018-2019 Grade: _____

Player 3 Name: _____ 2018-2019 Grade: _____

BOOSTER CLUB MEMBERSHIP

Jags (9th – 12th)

Option #1: \$150 = 1 player \$ _____
(includes: 1 Stadium Blanket & Player Banquet Ticket)

Option #2: \$225 = 2+ Players \$ _____
(includes: 2 Stadium Blankets & Players Banquet Ticket)

Alumni or General Donation \$ _____

GRAND TOTAL \$ _____

PAYMENT METHOD

_____ CASH

_____ CHECK

_____ CREDIT CARD

Checks Payable to FMHS Football Booster Club

If paying by mail include form and check to:

FMHS Football Booster Club, PO Box 270831, Flower Mound, TX 75028

To pay by credit card please send email to FMHSFBTREASURER@gmail.com

(\$3.00 processing fee for credit card)



FLOWER MOUND HIGH SCHOOL FOOTBALL BOOSTER CLUB MEMBERSHIP

2018-2019

*FMHS Football Booster Club is a Non-Profit Organization supported by
YOU – THE PARENTS for the purpose of supporting our young men & coaches!*

WHERE DOES MY MONEY GO?

- Equipment – Helmets & Shoulder Pads providing the best Possible Protection
- Uniforms – Jerseys, Pants, Girdle
- Practice Gear – T-shirt & Shorts (washed & put in players lockers each day)
- Training Department – Rehab & Therapeutic Equipment, Emergency Equipment for Sidelines, Hydration Stations
- Transportation to Away Games
- Professional Photography - FREE Downloads
- Catapult System - Wearable GPS Technology that Measures Athletes Micro-Movements
- Weight Room Equipment & Improvements
- Friday Night Glory Broadcast
- Filming of Games & Player Game Review Film including Aerial Video w/Drone
- Locker Room / Facility Improvements
- Headsets / On- Field Equipment
- Equipment Trailers Registration & Maintenance
- Field Maintenance - Stadium Cleanup & Weed Control of Practice Field

100% PARTICIPATION IS ENCOURAGED

By becoming a member, you enhance our abilities to provide the best High School Football experience for your son! Together WE WILL WIN!



Summer J.A.C.

Jaguar Athletes Course

Flower Mound Strength and Conditioning Camp



PURPOSE

J.A.C. is a six week strength and conditioning program designed to develop the comprehensive skills required for athletes at all levels. The program will consist of training in the following areas:

- Age appropriate strength training focusing on functional movement and technique.
 - Flexibility and mobility training.
- Explosive development to improve quickness and change of direction.
 - Straight line speed training.
- Improvement of overall conditioning levels.

GOAL

The J.A.C. training program is designed to improve the overall strength, speed and conditioning levels of each athlete to appropriately prepare them for their sport. Research indicates that a technically sound strength and conditioning program will significantly decrease the risk of injury. The program will also develop confidence both physically and mentally for every athlete who regularly attends the program.

CAMP INFORMATION

Camp will be held at Flower Mound HS Athletics Complex. The camp will be run current FMHS Coaching Staff, and a full time trainer will be on site each day.

DATES

June 11th-June 14th (Week 1) June 18th – 21st (Week 2) June 25th – June 28th (Week 3)
 Week of July 2nd (Off)

July 9th – July 12th (Week 4) July 16th – July 19th (Week 5) July 23rd – July 26th (Week 6)

REGISTRATION

Online registration is available at www.lisd.net/fmhs under Summer 2018 Sport Camps.

**All participants must have a current UIL Athletic Physical clearing them for participation. HS Athletes must have form on file with trainers. All MS Athletes must send copy of form with registration.

Name _____ Age _____ Grade (18/19 school year) _____

T-Shirt Size (Circle one) YM YL YXL AS AM AL AXL AXXL AXXXL

Parent Name _____ Address _____

Parent email _____ Parent contact number _____

Please check the camp below that you are signing up for:

<input type="checkbox"/> Session I	7:45 – 9:15 a.m.	Varsity Football	Cost \$100
<input type="checkbox"/> Session II	8:30 – 10 a.m.	JV Football/HS Boys Athletics (non-football grades 9-12)	Cost \$100
<input type="checkbox"/> Session III	9:15 – 10:45 a.m.	Incoming 9 th Football/HS Girls Athletics (grades 9-12)	Cost \$100
<input type="checkbox"/> Session IV	10 – 11:30 a.m.	Incoming 8 th grade boys and girls	Cost \$100
<input type="checkbox"/> Session V	10:45 – noon	Incoming 7 th grade boys and girls	Cost \$100

*Please make checks payable to FMHS

Tear off form and mail to:

Flower Mound HS
 c/o Brian Basil
 3411 Peters Colony Rd
 Flower Mound, TX 75022

**A percentage of all registration fees will be used towards weight equipment for FMHS and all feeder Middle Schools.



Flower Mound Jaguar Football Camp

The Flower Mound Jaguar Football camp is designed to improve football skills while having fun. There are two sessions available depending on the student's grade for the 2018-19 school year. Our experienced staff will be focused on teaching proper fundamentals to allow each camper to maximize their potential. Additionally, each day will have a specific Core Value lesson that will emphasize the importance of having great character on and off the field.

Student name _____ Age (at time of camp) _____

Grade (2018-19 school year) _____

Parents name _____ Phone (_____) _____

Address _____

Parent email address _____

Circle which camp attending:

Jr Jags Camp

Grades K-6
(July 30th – Aug. 2nd)
8:00 a.m. – 11:00 a.m.

Head Start Jags Camp

Grades 7-9
(July 30th – Aug. 2nd)
5:00 p.m. – 8:00 p.m.

*All camps are non-contact. Campers should wear shorts, t-shirts and cleats.

Circle preferred t-shirt size:

Youth:	Small	Medium	Large		
Adult:	Small	Medium	Large	X-Large	XX-Large

Parental Consent: The signature below gives my consent for the athlete mentioned to participate in the Flower Mound Athletic camps. It is understood that even though preventive measures are taken, the possibility of accident still remains. The Lewisville Independent School District, the Flower Mound staff, or LISD Middle School staff assume no responsibility should any accident occur.

Parent Signature _____ Date _____

Mail completed registration forms to:

Jaguar Football Camp
c/o Brian Basil
Flower Mound HS
3411 Peters Colony
Flower Mound, TX 75022

*include \$100 check made out to Brian Basil