

***BASTROP M. S.
FOOTBALL
ACADEMIC PLAN
2010***



Dear Bastrop ISD Faculty, Parents and Players:

Attached are the following:

- 1) Academic advisors and position coaches/responsibilities for football. You should email or call if you have an academic or behavior problem with any of our athletes. Contact the coach for that group or you may contact me.
- 2) Class room rules for athletes.
- 3) Sample Grade Check Form & Bear Attitude Adjustment
- 4) Three Rules for Great Grades and
- 5) 10 Ways to Study That Work.

Our players will receive these handouts and we will go over this information with them. **As a staff, we stress daily the importance of great grades and great behavior in the classroom.** We expect our young men to be positive contributors to your classroom. If at any time that is not the case, please let us know immediately.

TUTORIAL TIME

There is a daily DEN time from 3:22-3:50. This time is for students to receive help if they are failing or are in need of additional help. If additional tutorials are needed, athletes will need to set up a time to meet with teachers before school. If the only available time is after school, the athlete will need to inform his position coach.

GRADE CHECKS

We will require our football players to turn in a grade check at the end of the third week period. If we have a concern with his performance in your classroom, he will then do a grade check each of the remaining weeks of the 6-weeks. **It is our goal that all athletes remain eligible!**

Thanks so much for all you do!

Curtis Wachsmann
Bastrop M. S. Boys Athletic Coordinator

Academic Advisors

The following is a list of the Academic Advisor and position/responsibilities of each coach for football. These advisors will be responsible for checking the academic and behavioral progress of our football players. Each position coach is responsible for their athletes. Our #1 objective is 100% passing rate for football players. These coaches are here to assist you, so contact them with any issues. If you are unsure who to contact, feel free to contact Coach Wachsmann.

8th Academic Advisors- Curtis Wachsmann, Ross Allen

9th Academic Advisors- Clint Wise, Zachary Herbst, Chris Trevino

Position Coaches

CURTIS WACHSMANN- BOYS COORDINATOR

8TH DEFENSIVE HEAD COACH

OFFENSIVE LINE

DEFENSIVE LINE

ROSS ALLEN

8TH OFFENSIVE HEAD COACH

QUARTERBACKS/RUNNING BACKS

SECONDARY

EQUIPMENT SPECIALIST

CLINT WISE

7TH OFFENSIVE HEAD COACH

QUARTERBACKS/RUNNING BACKS

SECONDARY

EQUIPMENT SPECIALIST

ZACHARY HERBST

7TH DEFENSIVE HEAD COACH

RECEIVERS

LINEBACKERS

TECHNOLOGY SPECIALIST

CHRIS TREVINO

7TH ASSISTANT- OFFENSE/DEFENSE

OFFENSIVE LINE

DEFENSIVE LINE

FILM SPECIALIST

Classroom Rules for Bastrop Football Players

- 1) Always be on time so that our teachers may start class on time! This is very important! Do not ask to leave the room unless it is an emergency.
- 2) This is not a team meeting, therefore **never** sit next to another player in any of your classes.
- 3) Remember that in any classroom the teacher is the absolute authority, so follow his/her rules and be respectful at all times. Be a leader in the classroom!
- 4) Sloppy appearance is not tolerated. Dress neatly, shoes tied, pants pulled up, etc. No caps in the building! Be sure that your cell phones and head phones are turned off in the classroom.
- 5) **Before** class starts, make sure you have all materials ready, have your book or notebook open, and pen/pencil ready to write.
- 6) Once class starts, keep your mouth closed unless you are asking or answering a question, or are taking part in a teacher led discussion.
- 7) Never prepare to leave before the end of class. Closing books, zipping backpacks, etc. are all **between** class activities.
- 8) Make sure that you turn in all homework assigned, on time, and fully completed. With proper planning, you **will** get everything done in all of your classes. There are **no** excuses! **NO ZEROS!**
- 9) As soon as possible after class, do your homework and read your notes. If you leave them unread for 24 hours, as much as 90% of their value is lost.
- 10) Never be afraid to ask questions, or to ask for help. This is how all people learn!
- 11) If you miss a day of class due to a game or travel, **MAKE PRIOR ARRANGEMENTS FOR ASSIGNMENTS OR PAPERS DUE. THIS SHOULD BE DONE AT LEAST 2 CLASS DAYS PRIOR TO THE ABSENCE.**
- 12) If you know that you are going to miss a test, **MAKE ARRANGEMENTS AS SOON AS POSSIBLE FOR A MAKEUP.**
- 13) **JUST DO IT!** Getting an education does require work... something that you can do if you apply yourself.
- 14) Maintain eye contact with teachers and open up your ears to what he or she is saying. Don't be distracted by others!

BASTROP FOOTBALL GRADE CHECK

NAME _____ DATE _____

TEACHERS:

The above named student is a member of the Bastrop football program. His eligibility is dependent upon the successful completion of academic work in your class. At your convenience during the class period please circle the letter that represents the student's grade, "P" for passing, "B" borderline for a grade of 70 - 75, or "F" if they are failing your class. Please also give us a conduct grade, "S" for satisfactory or "U" for unsatisfactory. If you have a matter that calls for a conference, please indicate this under comments and list your off period so that we may contact you concerning this matter.

Curtis Wachsmann – Boys Coordinator

Period	Subject	Grade	Teacher	Conduct	Comments
1		P B F		S U	
2		P B F		S U	
3		P B F		S U	
4		P B F		S U	
5		P B F		S U	
6		P B F		S U	
7		P B F		S U	
8		P B F		S U	

POSITION COACH _____

BEAR ATTITUDE ADJUSTMENT

To: _____

I realize my conduct has not been satisfactory in your class. I want to take this opportunity to apologize for my misbehavior and want to assure you it will improve.

I am presently involved in a conditioning program designed to improve my conduct in your classroom. I would very much like to be removed from this program as soon as possible. I need, however, written notice from you that my conduct is now satisfactory.

When you deem it is satisfactory, will you please sign this sheet to indicate so.

Thank you very much,
Signed _____

_____ behavior is much better and now acceptable.

Date _____

Teacher Signature _____

THREE GREAT RULES FOR GREAT GRADES!!

I. Always Attend Class!

II. Always Be On Time!

A. To Class

B. With Assignments

III. Do Something Extra!

If you will follow the above rules and commit to them, you have an opportunity to earn great grades. If our team commits, everyone will be eligible and our opportunity for a championship season increases greatly! **JUST FOLLOW THE RULES!**

The first rule is **Always Attend Class!** Far and away the most common reason for a D or an F is missing too many classes. Do not miss class unless you are ill. Plan doctor appointments or any other appointment very carefully. Do not look for an excuse to miss but instead take pride in perfect attendance. If you are really sick, stay home, get well and be responsible for getting your homework assignments. If you lounge around and watch TV all day **YOU HAVE MADE A PLAN TO FAIL! WINNERS PLAN TO WIN!**

The second rule is **always Be On Time!** The second most common reason for unsatisfactory grades is being Tardy! Do not mess around in the halls. Get to Class! Most teachers have a hard time in continuing to help a student academically if they are always late to class. If you are on time and tardies are not a problem, then you have contributed to that teacher's class being successful. Be on time with assignments! Teachers, like your coaches are not interested in excuses. Get your work done and turn it in on time (**NO ZERO POLICY!**)! If you do this every day, then 0's will never be an issue. You must have a planned schedule for getting work done in the evenings. If you go home and watch TV, play video games or talk on the phone or do anything but study, **YOU HAVE MADE A PLAN TO FAIL! WINNERS PLAN TO WIN!**

The third rule is amazing. It is amazing because we ask you **do something extra** all the time. Do the same in your classes! Not only will you benefit from the extra work completed or extra studying, it is exactly what will be asked of you when you enter the work force after you complete school (high school or college). **JUST PLAN TO WIN!**

TEN WAYS TO STUDY THAT WORK

A new school year with all the possibilities and promise lies ahead for us all. The grades you make this year determine your college future and whether or not you will have the opportunity for a college scholarship. Make the most of this year!

Efficient ways to study are not a matter of guesswork. Psychologists have been working for years on how to study. Research on the best methods of study has been conducted at top universities including Stanford and Ohio State. There, careful experiments with groups of students have produced ideas on ways to study that are best. By using these methods, you should learn more easily, remember longer and save hours of study time.

The suggestions that follow are based on the results of these experiments:

1. MAKE AND KEEP A STUDY SCHEDULE

Set aside certain hours each day for homework. Keep the same schedule faithfully from day to day. The amount of time needed to study will vary with the individual student and the courses on his schedule.

2. STUDY IN A SUITABLE PLACE - THE SAME PLACE EACH DAY

Is concentration one of your study problems? Experts tell us that the right surroundings will help you greatly in concentration. Your study desk or table should be in a quiet place, as free from distractions as possible. You will concentrate better if you study in the same place each day.

3. COLLECT ALL THE MATERIAL YOU NEED BEFORE YOU BEGIN

Your study desk or table should have certain standard equipment - paper, pen, pencil, an eraser, and a dictionary. For certain assignments you will need a ruler, paste, a compass, or a pair of scissors. With all your materials at hand you can study without interruption.

4. DO NOT WAIT FOR INSPIRATION TO STRIKE - IT PROBABLY WON'T

We can learn a lesson about studying from observing an athlete. Can you imagine seeing a football player who is practicing for a game sitting on the field waiting for inspiration to strike before he starts to practice? The player trains strenuously day after day whether he wants to or not. Like the athlete, we get in training for our tests and examinations by doing the things we are expected to do over a long period of time.

5. A WELL KEPT NOTEBOOK CAN HELP RAISE YOUR GRADES

Guidance counselors tell us that there is a definite relationship between the orderliness of a student's notebook and the grades he makes. Set aside a special section for each of the subjects on your schedule. When your teachers announce important dates for tests and examinations, you will find how priceless orderly notes can be.

6. MAKE A CAREFUL RECORD OF YOUR ASSIGNMENTS

Why lose time phoning all over town to find someone who knows the assignment? Put it down in black and white - in detail - in a place in your notebook. Knowing just what you are expected to do and when you are expected to do it is the first step toward completing important assignments successfully.

7. USE "TRADE SECRETS" FOR SUCCESSFUL STUDY

Flash cards are "magic helpers." On the front of a small card you write an important term in history, biology, English, etc. and on the back, a definition or an important fact about that term. Carry your flash cards with you. At odd times take them out and ask yourself the meaning of the term. If you do not know, turn to the other side and review the answer.

The "divided page" is another trick of the study trade. Make a dividing line down the center of a sheet of notebook paper. Then write the "self-recitation" method of study. Cover the right hand side and try to give the answer. Then check and re-check until you are sure you know the material.

A simple, but effective, study devise is a "cover card." As you are studying, look at your notebook or textbook and read what you are trying to memorize. Then use your "cover card" to conceal what you have just read, and try reciting or writing the facts from memory. Check until you are sure you have mastered these facts.

8. TAKE GOOD NOTES

Learn to take notes efficiently as your teachers stress important points in class and as you study your assignments. Good notes are a "must" for "just before the test reviewing." Without notes you will often need to reread the whole assignment before a test. With them you can call the main points to mid in just a fraction of the time. The time you spend in taking notes is not time lost, but time saved.

9. PERHAPS YOU HAVE ASKED, "HOW CAN I REMEMBER WHAT I HAVE STUDIED?" ONE SECRET IS OVER-LEARNING

Psychologists tell us that the secret of learning for the future is over-learning. Over-learning is continuing your study after you have learned the material well enough to just barely recall it. Experts suggest that after you can say, "I have learned the material," you should spend in extra-study one-fourth of the original study time. In an experimental study, students that over-learned the material remembered four times as much after 28 days had passed.

10. FREQUENT REVIEWS WILL PAY YOU WELL - KNOWLEDGE, GRADES, AND CREDITS

Without review the average student can forget 80% of what he has read in just two weeks! Your first review should come shortly after you study material for the first time. The early review acts as a check on forgetting and helps you remember far longer. Frequent reviews throughout the course are very beneficial.