

Meet the Coaches: Coach Bird

21st year Coaching, third at Smithfield

- Physical Education teacher
- Boys Athletic Coordinator
- Head Football Coach/Defensive Coordinator

Played football and baseball at Cameron University Graduated from Dallas Baptist University

My wife Jennifer is the Music Teacher at Birdville School of Fine Arts

Daughter; Clayton is a Sophomore at Birdville High School

Huge sports fan.....ANY sport! Texas Rangers and Buffalo Bills are my teams!!



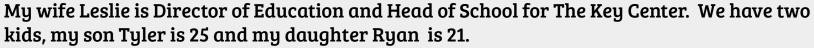
Meet the Coaches: Coach Vasquez

5th year teaching and 2nd year at Smithfield Middle.

- 7th Grade Texas History Teacher
- Football Offense Specials Coordinator/ Receivers/ Cornerbacks Coach
- Basketball
- Track
- Head Cross Country

22 year Navy Veteran

Graduated from Columbia College Missouri



I grew up in the northeast part of the United States and played hockey, tennis, ran cross country and was on my HS downhill ski team.



Meet the Coaches: Coach Dierks

7th year teacher and coach

- ★ Lifetime Nutrition & Wellness (Health)
- ★ 6th Grade Physical Education
- ★ Football Offensive Coordinator, DL/QB's RB's
- ★ Head Basketball (8th Grade A Team)
- **★** Track Hurdles

Played football at Colleyville Heritage High School (2007)
Played College Football at Dordt University In Sioux Center, IA (07-09)
Graduated from University of North Texas (2013)
EA at O.A Peterson Elementary for 1 year
7th year at Smithfield Middle School

My wife Leah Dierks is a Math Teacher at North Richland Middle School. We have 3 boys Jackson (8), Owen (3), and Tyler (2).

I am a Seattle Seahawks, Oregon Ducks, and Mavericks fan



Meet the Coaches: Coach Joe

1st year teacher and coach

- 6-8 Special Education
- 6th grade Physical Education
- Football- offensive line, safeties and corners



I did not play college sports, however I played varsity basketball and ran varsity cross country at Birdville High School, I graduated in 2017. I attended Abilene Christian University and graduated in 2021.

I have two younger brothers Joshua 20 and Jacob 16 both came through smithfield Middle School, and I came through Smithfield as well.

Information

You can find all information in these places:

- SMS Website
 - Boys Athletics page
- SportsYou
 - We send out info regularly

learned about learned about information. He facts provide details about details about details about details about an information.

WE TELL YOUR BOYS EVERYTHING THEY NEED TO KNOW EVERYDAY! IT IS ONE OF THEIR RESPONSIBILITIES TO RELAY THE INFO TO YOU!

But just in case they forget refer to the SMS Website and SportsYou app

Shot Records (Vaccines)

7th grade parents an email was sent out (8/22/22) if the nurse is still needing proof of your athletes TDAP and MCV4 vaccines.

If the nurse does not have proof of those vaccines sent to her by 9/29/2022, your athlete CANNOT return to school as of Friday 9/30/22 until you provide proof (which means they won't be able to play in any games after this date as well)



Physical forms

- All athletes will need an up-to-date physical on file at the beginning of the year
- Link to Physical Form: https://www.birdvilleschools.net/Page/65851
- Click 2022-2023 Physical Form

questions are designed to determine if the student has developed any Saudent's Name: (print)		Sex		Age	Date of Birth		
	Mress				Phone		
	rade School						
	ersonal Physician				Phone		
	case of emergency, contact:						
	ame Relationship			Phone (H)	(W)		
AS	cplain "Yes" answers in the box below**. Circle questions ye calleal evaluation which way include a physical examination. I quired before any participation in UIL practices, games or mate	Vritten	t know t clearum	he answers to. Any Yes e from a physician, phys	answer to questions 1, 2, 3, 4, 5, or 6 requires fu ician assistant, chiropractor, or nurse practitions	rther ir is	
		Yes	No			Yes	No
	Have you had a medical illness or injury since your last check up or sports physical?			 Have you ever exercise? 	er gotten unexpectedly short of breath with		
	Have you been hospitalized overnight in the past year?			Do you have	ashma?		п
	Have you ever had surgery?	П	П		seasonal allergies that require medical treatment?	ŏ	Н
	Have you ever passed out during or after exercise?				ny special protective or corrective equipment or	ō	п
	Have you ever had chest pain during or after exercise?	ö		devices that a	iren't usually used for your sport or position (for		_
	Do you get tired more quickly than your friends do during			example, kne	e brace, special neck roll, foot orthotics, retainer		
	exercise? Have you ever had racing of your heart or skipped heartbeats?		П	on your teeth	, hearing aid)? or had a sprain, strain, or swelling after injury?		п
		Н	Н		sken or fractured any bones or dislocated any	H	H
	Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart marmar?	Н	Н	joints?		-	_
	Has any family member or relative died of heart problems or of		Н		d any other problems with pain or swelling in		
	sudden unexpected death before age 50?	ш	ш	muscles, tend	lons, bones, or joints? appropriate box and explain below.		
	Has any family member been diagnosed with enlarged heart,						
	(dilated cardiomyopathy), hypertrophic cardiomyopathy, long			☐ Head	☐ Elbow ☐ Hip		
	QT syndrome or other ion channelpathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heart rhythm?			☐ Neck	Forcarm Thigh		
	Have you had a severe viral infection (for example,	П		☐ Back	☐ Wrist ☐ Knee		
	myocarditis or mononucleosis) within the last month?		-	Chest	Hand Shin/Calf		
	Has a physician ever denied or restricted your participation in			Shoulde			
	sports for any heart problems? Have you ever had a head injury or concussion?	п	п	Upper /	_		
	Have you ever been knocked out, become unconscious, or lost	ŏ	П		to weigh more or less than you do now?		
	your memory?			Do you lose w your sport?	reight regularly to meet weight requirements for		
	If yes, how many When was the last times?			17. Do you feel st	troused out?		п
					r been diagnosed with or treated for sickle cell train	ö	Н
	How severe was each one? (Explain below) Have you ever had a seizure?	_		or sickle cell o			_
	Do you have frequent or severe headaches?	Н	Н	Females Only			
	Have you ever had numbness or tingling in your arms, hands,	H	H		ur first menstrual period?	_	
	legs, or feet?	_	_		ur most recent menstrual period? ne do you usually have from the start of one	_	
	Have you ever had a stinger, burner, or pinched nerve?				ne do you usually have from the start of one start of another?		
	Are you missing any paired organs?				riods have you had in the last year?	_	
4	Are you under a doctor's care?				longest time between periods in the last year?	_	
	Are you currently taking any prescription or non-prescription			An individual answer	ing in the affirmative to any question relating to a pos-	ible	
	(over-the-counter) medication or pills or using an inhaler? Do you have any allergies (for example, to pollen, medicine,	П		cardiovascular health restricted from furthe	issue (question three above), as identified on the form reparticipation until the individual is examined and ch	, should rared by	ne n
	food, or stinging insects)?			physician, physician a	ossistant, chiropractor, or nurse practitioner.		
	Have you ever been dizzy during or after exercise?			**EXPLAIN TES' A	NSWERS IN THE BOX BELOW (attack another sheet if	necessa	10):
0.	Do you have any current skin problems (for example, itching,						
1	rashes, acne, warts, fungus, or blisters)? Have you ever become ill from exercising in the heat?	П					
2.	Have you had any problems with your eyes or vision?	Н	H				
	is understood that even though protective equipment is worn b			Land of the second	oblition of our world our will assessing. Maintenants		- let-
Ir	terscholastic League nor the school assumes any responsibility in	y me i	n accider	t occurs.	sionity of all accident still remains. Avenuer the	CHIVE	Ry
00	in the judgment of any representative of the school, the above quest, authorize, and consent to such care and treatment as may see to indemnify and save harmless the school and any school or about	be giv	en said s	tudent by any physician,	athletic trainer, nurse or school representative. I	do her	by
31	between this date and the beginning of athletic competition, any thorities of such illness or injury.						
50	hereby state that, to the best of my knowledge, my answers to bject the student in question to penalties determined by the U	IL			correct. Failure to provide truthful responses c	ould	٦
St	THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATIO		kon Signati		Date:		_

Rank One

- ALL parents need to go to
 - https://www.rankonesport.com/content/
- These forms have to be filled out by ALL parents. This is just as important as the physical! The names of the forms are as follows;
 - 1. MHX
 - 2. ERF
 - 3. UIL
 - 4. COVID

Athletes cannot attend workouts without a physical and the RankOne paperwork being completed.



How to get to the RankOne Paperwork

- Go to birdvilleschools.net
- Select a school
- Smithfield Middle School
- Hover over Athletics
- Select Raider Nation
 Athletics
- Click Online Athletic
 Paperwork (RankOne)
- Scroll down to Online
 Athletic Paperwork
- Follow directions from that site



SportsYou Communication



- We are using SportsYou as our communication platform
 - Please download the SportsYou app as soon as you can! IOS/Android
 - Registration code for 7th GAWSK33J
 - Registration code for 8th YKEUH2FD
 - You will need to let a coach know if you do not have access to SportsYou as soon as you can!
 - Each Athlete MUST sign up as a "player". Parents are also encouraged to sign up as a "parent" as well.
 - SportsYou will allow us to communicate easily about games and practices with times on the Calendar feature

Sports You continued

It is a "one way" communication tool

Coaches will regularly send out info throughout the school year

We do not approve posts to go on the message thread

- If you send a message on SportsYou it will be deleted
- Please direct all questions and/or concerns via email

You can find all of the emails for the coaches on the SMS website under the athletics page.

Athletic Attire

- Purchasing athletic attire this year will be done "in house"
- \$20 for the set
- You may purchase multiple sets
- Athletes who choose not to purchase SMS athletic wear will still be required to wear a royal blue shirt and black shorts
- ROYAL BLUE SHIRT
- BLACK SHORTS



Transportation

Bus Procedures

Football Only:

- Athletes will ride the bus to the location of the games
- ALL athletes will be required to ride back to SMS on the bus

For basketball, Track, and Cross Country:

 Athletes will be able to leave with parent from location of the game/meet

Eligibility

In the 1st 9 weeks, the 2nd Progress report (at six weeks) is the snapshot the UIL will use for eligibility. The "report card" time at 9 weeks will be to re-gain OR lose eligibility.

The dates are:

Lose EligibilityRegain EligibilityOct 1, 2022Oct 22, 2022Nov 5, 2022Dec 3, 2022Jan 5, 2023Jan 26, 2023Feb. 18, 2023March 11, 2023Apr. 8, 2023Apr. 29, 2023

Equipment Needed

Athletes will need athletic shoes (flats) and sport specific shoes everyday.

- Every day for football they will need cleats AND tennis shoes
- We will supply- (For football)
 - Practice Jerseys
 - Game Uniforms
 - Helmet, chin strap, mouth piece
 - Shoulder pads
 - 7th Grade practice/game pants
- You will supply- (For football)
 - Socks, shoes, cleats
 - 8th Grade- 5 pad girdle
- Off season
 - Athletic shoes
 - Royal Blue shirt
 - Black shorts



Showers

YES! WE DO HAVE SHOWERS!!!

Football Players:

- 8th you can shower if you want/need to (but you can shower at home)
- 7th grade you are HIGHLY encouraged to shower before 2nd period, you will be given plenty of time to do so. We end practice at 8:55. Second period starts at 9:28. PLENTY OF TIME!!!
- You will be given plenty of time to shower
- You will need to bring-
 - Towel
 - Soap, shampoo
 - DEODORANT

7th Grade Off season:

You are HIGHLY encouraged as well to shower after your workout. (7th)

Water Bottles

- We are highly encouraging that athletes bring a water bottle which will/can be refilled via water cows during practices and games.
- We are going to allow them to have their water bottles right where they are on the practice field

SMS Athletics Heat Policy

- Temp below 100 and/or Heat Index below 100
- Practice time 1 1/2 hours
- Full pads
- Water when needed
- Water breaks (2 per practice)

- Temp 100-105 and/or Heat index 100-105
- o Practice time 1 hour
- Helmets, shirts and shorts
- Water when needed
- Water breaks every 15 minutes
- Limited movement
- No "conditioning"
- Coaches discretion to dismiss

- Temp over 105 and/or Heat Index above 105
- o Practice time 1 hour
- Shirts and shorts
- Walk through only
- Water when needed
- Water breaks every 15 minutes
- Coaches discretion to dismiss

We will use Weatherbug AND The Weather Channel

HEAT Policy on Practice End Times

- Coaches will have the discretion to end practice if we feel it is too hot to continue to practice outside regardless of what the actual temp/feels like temp is
- If/when this occurs you WILL NOT be expected to pick your athlete up until
 the scheduled end time of practice.
- We will keep them inside until the scheduled practice end time.

off Season

7th Grade

- Off Season workouts will be during the athletics class period
- 7th grade Off Season Athletes will report to school at 8:30am
- Enter the front door of the school and make your way to the locker room
- If arrive BEFORE 8:30 you must either report to the cafeteria or a tutoring classroom
- The Expectation is to "suit out" EVERY day in Blue Shirt and Black Shorts

8th Grade

- 8th grade off season you will come to the locker room at the end of 7th period
- Dismissed from school at 4:00pm
- Off Season athletes WILL workout EVERY day no matter the weather (inside)
- The Expectation is to "suit out" EVERY day in Blue Shirt and Black Shorts

Game Day Food

We will be using Jason's Deli for Game Day Meals

You will need to go to the following website to place your orders at least 24 hours in advance:

7th Grade Jason's Deli Game Day Meals

8th Grade Jason's Deli Game Day Meals

If you are not going to use Jason's Deli you MUST bring your athlete's food to the front office between 3:00-3:30 the day of the game

We will not allow athletes to leave the locker room to come and meet you in the parking lot. This is a safety issue.

Thank you for your time!



Go Raiders!