

HAWK HUDDLE

VOLUME 3, AUGUST 2025

Welcome to the Back to School Edition of the Hawk Huddle!

PRESEASON CHECKLIST



Sign up & Purchase Booster Club Membership



Sign up for communications, purchase your Booster Club membership and order game day items using one form: hebronfootball.com

★ **Multiple membership levels are available**—some even include a **custom metal yard sign**. It's the only way to get one! Sign up by **August 22** to receive your yard sign September 2.



Order Game Day Shirts



LIMITED TIME - Orders close Friday, August 8

COST: \$25 (Cotton), \$35 (Dri-fit)

Order when you purchase your membership or through this exclusive link: hebronfootball.com



Order Game Day Meals

Freshman & JV Parents - Orders close Friday, August 22
Let Us Handle Game Day Meals!

COST: \$100, Order Link: hebronfootball.com



Sign up to Volunteer

Lend a hand this season—every family's support in concessions makes a huge impact, and signing up is just a click away with SignUpGenius! **Click the links below to schedule.**

- [Varsity](#)
- [Junior Varsity](#)
- [Freshman](#)
- [7th Grade](#)

Complete the [LISD VOLY Background Check](#) to be eligible to volunteer



Download SportsEngine App

After registering on our website, download the SportsEngine app to receive communications and team chats.

Thank you!

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MARK YOUR CALENDAR

- **AUGUST 8TH** — DEADLINE TO ORDER GAME DAY TEES
- **AUGUST 9TH** — MANDATORY PRACTICE
 - FRESHMEN - 7:30-9:30 AM
 - JV/VARSITY - 9:00-11:10 AM
- **AUGUST 12TH** — FIRST DAY OF SCHOOL
- **AUGUST 14TH** — 1ST SCRIMMAGE - @ WALNUT GROVE
- **AUGUST 15TH** — JV PICTURES (DURING SCHOOL)
- **AUGUST 20TH** — FRESHMAN & JV MOM SOCIAL
- **AUGUST 21ST** — 2ND SCRIMMAGE - @DUNCANVILLE
- **AUGUST 22ND**
 - FRESHMEN PICTURES (DURING SCHOOL)
 - DEADLINE TO ORDER FRESHMEN/JV GAME DAY MEALS
- **AUGUST 23RD**
 - VARSITY DECALS W/ DADS (11AM @ WOODSHED)
 - HOCO FLOAT WORKDAY
- **AUGUST 24** — VARSITY MOM SOCIAL, 7PM@THE GRIND
- **AUGUST 29TH** — FIRST GAME VS. JESUIT (HOME)
- **AUGUST 31ST** — HOCO FLOAT WORKDAY

picture information

JV PICTURE DAY - FRIDAY, 08.15.2025
FRESHMAN PICTURE DAY - FRIDAY, 08.22.2025

JV & FRESHMAN PHOTOS WILL BE TAKEN DURING SCHOOL

PICTURE DAY PHOTO PACKAGES:

Pricing for team and individual photos is separate from your digital package with KO.

Scan the QR code below or click for packages and pricing.

PRICING & DETAILS:



GAMEDAY DIGITAL PACKAGES:

KO takes action shots for all teams at home games. Pricing is as follows:

Unlimited images = \$235
 51-100 images = \$150
 10-50 images = \$100

TO ACCESS DIGITAL DOWNLOADS:

STEP 1: Go to kophotostudio.com
STEP 2: Heart the photos you want
STEP 3: KO will upload them into your Dropbox which gives you the right to print and post

QUESTIONS: EMAIL VP2@HEBRONFOOTBALL.COM OR KEITHOWENS@KOPHOTOSTUDIO.COM



CONTACT HOLLY MERRITT @ VP@HEBRONFOOTBALL.COM



TICKETS are available for purchase online through Hometown Ticketing at www.hometownticketing.com.

- New Season Ticket Sales - JULY 21 - AUGUST 17
- Single Game Ticket Sales - OPEN AUGUST 25



PARKING for home games is available in the parking lots surrounding Hebron High School and Hebron 9. Additional overflow parking is now available in the lot across the street from our campuses on Plano Parkway.

CLEAR BAG POLICY Lewisville ISD has implemented new clear bag policy for the 2025-2026 school year. Fans attending events in district stadiums and arenas will be required to use clear bags for personal belongings. All bags are subject to inspection prior to entry regardless of size or type.



FOR MORE INFORMATION VISIT WWW.HEBRONFOOTBALL.COM

HOMECOMING



Hear Ye, Hear Ye! Homecoming is coming early this year and our football parade theme is **"Knights of the Gridiron"**—a celebration of strength, unity, and Friday night glory! We're rallying our football family to help bring this vision to life.

Key Dates & Opportunities to Get Involved:

- Float Decorating Days:
 - Saturday, August 23
 - Sunday, August 31
 - Sunday, September 7
 - Tuesday, September 9 (if needed)
- Parade Day: Wednesday, September 10
- Homecoming Game: Friday, September 12
- Homecoming Dance: Saturday, September 13

We'll need help with design, setup, and supplies—whether you're crafty, creative, or just ready to lend a hand, we'd love to have you involved. Look for updates from your team liaisons and let's make this year's parade unforgettable!

MOMS' SOCIAL

Moms, Let's Rally! It's time to build some TEAM spirit and connect off the field! Join us for a fun social event to meet fellow football moms and gear up for a season of loud, proud support. Bring your cowbells and whatever you need to decorate them—we're turning up the volume this year! Look for details from your team liaisons.

- VARSITY SOCIAL: AUGUST 24TH 7:00 PM @ THE GRIND BURGER BAR
- JV SOCIAL: AUGUST 20TH 7:00 PM (LOCATION TBD)
- FRESHMAN: AUGUST 20TH 7:00 PM (LOCATION TBD)



FOLLOW US ON SOCIAL FOR UPDATES



<https://x.com/HebronFBBooster>



[instagram.com/hebronfootballboosterclub](https://www.instagram.com/hebronfootballboosterclub)



[facebook.com/hebronfootball](https://www.facebook.com/hebronfootball)

New Event

TRAINER'S CORNER

Dear Parents and Athletes,

I appreciate everyone's efficiency of turning in paperwork on time. This has been the best year yet into transitioning and it's all thanks to you.

Here is some helpful information for the year in regards to the athletic training room and our certified athletic training staff:

- 🕒 **Treatment times**– Each morning, we open at either 6:30am or 7am (It is posted on the outside of the athletic training room). This allows every person to have time to come in before school for rehab, stretching, and injury evaluations.
- 🩹 **Taping/rehab**– I have a strict rule on taping, if they want to get taped on game day or during the week the athlete must come to rehab 3 days a week. If they do not come in, they will not be taped on game day.
- 👨🏻‍⚕️ **Team Doctors**– We have the pleasure of working with Dr. Meyers and Dr. Heir at OrthoTexas and this comes with many perks:
 - **Same Day Appointments**– They are awesome about getting kids in for initial visits, evaluations, x-rays, and further imaging via text through us and usually same day appointments.
 - **Saturday Walk-in Clinic**– Coach Towels will send out a flyer for. If you are unsure if you should go, please always reach out via email or text. If there is an injury and they have not seen the athletic training staff yet, please come see us first. The ER/Urgent Care is not always the best option and once we have those orders/paperwork from them we are held to those restrictions (often times are held out of activity longer than necessary).
- 📄 **Secondary Insurance** – We do have secondary insurance forms for the students, however, the student's injury must be school sport related in order for us to issue the form. If you have any questions about an out of school injury please still see us first. During football season Dr. Meyers comes in every Monday for new evaluations!
- 🧠 **Concussions**– When we suspect there is a concussion, we will then contact you (parents/guardians) about the next steps. Here I will give you a very brief outline: we work with a concussion specialist Dr. Kester that is based at Texas Health in Frisco, they take most insurance policies so we will set you up with them. Also, another place we can often get same day or next day appointments that the athletic training staff will aide in setting up for your kid. If they cannot see your child due to insurance the athletic training staff will help guide you to the next best location.
 - We provide secondary insurance forms for concussions, as long as they were injuries that happened with Hebron football.
 - Notes!! If you go anywhere else always get notes and paperwork, they are required by AT staff.
 - If diagnosed with a concussion they HAVE to be cleared by a MD, DO, or PA. ANYTHING ELSE WILL NOT BE ACCEPTED AS A CLEARANCE NOTE.
- 💧 **Proper hydration/sleep** –
 - Athletes need to be drinking at the very minimum 100 oz of water per DAY and integrating sport electrolyte drinks!
 - They also need to be getting **8 hours of sleep per night!**

This will help with recovery, performance and decreasing muscle injuries! The body CANNOT AND WILL NOT perform well if they are not taking care of themselves no matter the skill level. Please help aide them in these selfcare steps.

Contact Us

If you have any further questions please find our contact information below:

Head Athletic Trainer – Erica Almaraz, MS, LAT, ATC– almaraze@lisd.net

Assistant Athletic Trainer– Zuleiha Rachid, MS, LAT, ATC– rachidz@lisd.net