Hello Everyone,

Welcome to BVHS Football! You're going to love it.

We are looking forward to getting to know everyone and welcome you to Brandon Valley High School Football. It is going to be a great year this year! Click Here to Access the 2025 Freshman Football Calendar

We will try to reference this calendar for everything we do. If we deviate from it, we will let you know through our BOUND app communications.

We will use BOUND to communicate everything to our parents and athletes. Please make sure you have notifications turned on in BOUND.

#### Athletes:

HUDL-This is the app the athletes will use to watch film. Athletes will need to use their K12 email to sign up for Hudl. Parents, you cannot sign up for Hudl.

Registration Page

hudl.com/jointeam

**Team code** zgvfwbn



# Class of 2029 Welcome Day!

"Welcome Day" to incoming freshmen will be held on Tuesday, May 20, right after school. Please walk together to BVHS door 15 on the south/far side of the weightlifting room near the football field. There, you will take Instagram pictures as newly added guys/recruits/"draft picks," as a way to welcome you to BVHS football.

If you have to ride the bus or cannot come to BVHS on May 16, please email matt.mueller@k12.sd.us and matthew.christensen@k12.sd.us that you plan to play freshman football for BVHS this fall. We are planning and it helps to know how many freshmen players we will have. You will get gear for summer camps. Keep it washed. Cold water only with all game jerseys while washing them alone in the machine.

1. **Legends Camp:** Register as a commuter for Legends Camp online. Awesome camp. Challenge yourself. Show what you can do. Much progress is made at this camp in individual and team development. Legends Camp June 24-26 registration: There are scholarships available if you cannot afford to attend Legends Camp. Please email Coach C if financial assistance is needed.

Click HERE To Register

2. **BV Football Academy Camps**: A great way to improve and prepare with your team weekly. Camp dates are spread out to allow for vacations and other events—and to gauge growth. Missing camps for family events during the summer is a great, valid reason. Attend when you can to get better. Camp shirts will be cool too.

Register/pay here: Click Here to Register (bvlynx.org - Football has the link)

3. **Summer Lift**: Our SANFORD POWER PROGRAM is a Huge team builder. Our best, winningest, most unified BV teams have also been our best lifting teams. To block, you have to build your body. To tackle, you have to build your body. Football is not nearly as fun/successful when the opponent is vastly stronger than you. With work, you can change that dynamic fully. Register here: Click Here To Register

Preparation in advance is key in this era of football. We do not view August as the only time to prepare for the season. August practices are no longer established that way. Players cannot just get in shape in a couple of days. Put in work in the summer to be at your best in the fall. Get your physicals taken care of: paperwork fully signed/completed through a neighboring clinic. That's an issue every year, so be on top of that.

BV Football is a wonderful thing to be a part of. We will all grow through the challenges and successes. Every effort will be made to include players in meaningful ways/roles.

Welcome to BVHS Football! Coach Christensen

#### **List of resources:**

- 1. Calendar format link is here.
- 2. Booster club link is here.
- 3. Coach C's football site is here.

## FAQ (Frequently Asked Questions) Please read as this may help you.

### Do you hand out a playbook?

No, we learn plays as we go. Monday nights and Legends camp are a great opportunity to learn the plays before August.

#### Should you attend Monday night camp workouts?

The more you attend, the more you know. The more confident you will be. The better the chances you will know the plays. The better the chances you will play.

#### Can you wear a visor?

- ~No Visors will be worn in freshman football
- ~No wristbands or arm sleeves will be worn in freshman football
- ~Nothing can be hanging out of your helmet.
- ~White undergarments are the only thing that can be worn under your school issued uniform. White socks, white long sleeves when it gets cold, etc.

#### What if my child misses a practice?

The more you attend, the more you know. The more confident you will be. The better the chances you will know the plays. The better the chances you will play.

#### Do freshmen suit up for Varsity games?

No. They can sign up to film the varsity games though.

#### Do freshmen get meals before games?

Yes, Our fundraising efforts allow us to cater food for the boys on some Wednesday evenings. Parents are asked to volunteer to sign up to help serve the food.

#### Does everyone get an equal amount of playing time?

No, playing time is determined by effort, attitude, football IQ, and talent level in High School.

#### Will there be a "B" or "C" team?

No. There will be opportunities for us to play a "5th" quarter from time to time depending on the team we play. This consists of an extra 20 minute running clock. Players who perhaps did not get into the 4 quarter game will get an opportunity to play during this time.

# Do we have to attend the summer POWER PROGRAM? Will playing time be affected if we do not?

Our best, winningest, most unified BV teams have also been our best lifting teams that lift together in the summer.

### Are there scholarships available for our BV Football Camps?

Please contact Coach C if assistance is needed to help attend our BV football camps.

# Do we have to attend the summer LEGENDS FB Camp? Will playing time be affected if we do not?

No, but....Our best, winningest, most unified BV teams have also been our best in the summer at attending camps.