



2025 **TEXAS** **HOME** **EDUCATORS** **SPORTS** **ASSOCIATION**

FOOTBALL PROGRAM INFORMATION

THESA

Texas Home Educators Association

THESA exists to support DFW area families with a calling to home educate their children by providing competitive sports programs, enabling children to grow in Godly character and skills at the middle school and high school levels. It is our desire that every homeschool athlete should have the opportunity to develop their God-given talents in preparation for collegiate-level participation.

HISTORY

Five families with a common vision to support families with a calling to home educate their children by providing high quality, competitive sports programs enabling children to grow in Godly character and skill at the junior high and senior high level founded THESA the fall of 2002. THESA adopted the mission to provide home-schooled athletes with opportunities to participate in team sports of their choice while maintaining their family vision for home schooling.

Since 2002 thousands of home school athletes have pursued their athletic goals in volleyball, POM, six-man tackle football, boys and girls basketball, cross country, track and field, golf, baseball, tennis, softball and boys soccer.

For over 20 years THESA has supported families with a calling to home educate their children by providing high quality, competitive sports programs enabling children to grow in Godly character and skill.

STATEMENT OF FAITH

Although players are not required to sign the statement, we want all families to know that this is an important aspect of THESA.

1

The Bible is the only inspired, authoritative, infallible, and inerrant word of God. Its very words are God-breathed. It is both necessary and sufficient to teach not only about our salvation but also about the conduct of our life.

There is only one living and true God. He is an intelligent, spiritual, and personal Being, the Creator, Redeemer, Preserver, and Ruler of the universe. He is one Being who eternally exists in three persons, Father, Son, and Holy Spirit, without division of His nature, essence, or being.

2

3

Jesus Christ is the Son of God, the second Person of the Trinity. He is both fully God and fully man. By His perfect obedience and sacrifice of Himself on the cross, He has fully satisfied the justice of His Father, and purchased not only reconciliation, but an everlasting inheritance in heaven for believers. He was visibly and bodily resurrected from the dead.

All people are born in sin due to the effects of Adam's rebellion. They are forgiven of their sins when they trust in the Lord Jesus alone for their salvation. Salvation is by God's grace, through the means of human faith, apart from good works. Believers are enabled by the Holy Spirit to obey God's commandments.

4

TAIAO

Texas Association of Independent Athletic Organizations

TAIAO is the sports league that THESA football plays under. TAIAO gives us an opportunity to have competitive play during the season as well as the postseason. They are also the organization that gives us our eligibility regulations.

WHO CAN PLAY?

Each THESA sport follows the eligibility criteria set by THESA but if they are playing under a league, such as TAIAO, they have additional criteria or sometimes situations that trump THESA criteria. Keep that in mind if you play other THESA sports or are going to in the future.

TRANSFERS

If an athlete starts playing high school football at any age then they **may only play 4 consecutive years.**

If you have a Sophomore, Junior or Senior (based on the age criteria) and have played ANY high school sport with another organization, select league or school we must Submit a TRANSFER from that school/organization to TAIAO. We will assist you in that process.

ELIGIBILITY



AGE

A **high school** homeschool athlete must have a DOB between 9/1/2007 and 5/31/2011.
Athletes with a DOB before Sept 1, 2007 are ineligible to play.

A **middle school** homeschool athlete must have a DOB between 6/1/2011 and 5/31/2013.
Most athletes with DOB between 6/1/2013 and 5/31/2014 will be considered.

A player may also attend a private or charter school that does not offer a tackle football program.

A **high school** private or charter school athlete must be in grades 9-12.

An athlete who has attended a high school graduation is ineligible to play.

A **middle school** private or charter school athlete must be in 7th or 8th grade.
Most 6th grade athletes will be considered.

ALL ATHLETES MUST

BE living at home with their parent or guardian

MEET or exceed the local and state regulations for academics as a homeschool student

NOT be enrolled in more than 9 dual credit hours

NOT be enrolled in college classes as a full or part time college student

Submit a TRANSFER from another homeschool, public, or private team if they have played at the high school level

NOT have participated in a graduation ceremony or hold a GED or diploma from a public or private high school

NOT be enrolled on another homeschool, private, public or select team in the same sport at that same time

BE in good physical condition and submit a sports physical signed by a licensed medical professional

COST & PAY SCHEDULE



1 Uniform fees & orders are due by June 25.

*Fittings will be held June 7.

High School: \$100

Middle School: \$80

*All players will need to purchase uniforms for the 2025 season.

2 Player fees are due by August 4.

High School: \$950

Middle School: \$550

What do player fees pay for?

- Practice & home field rental
- Liability insurance
- Referee fees
- Communication and video software and equipment
- Football equipment and supplies
- Homecoming and Senior Night special events
- EOY awards and gifts
- TAI AO membership fees
- Athlete fee to THESA administration
- So much more!

3 THESA athlete fee* of \$50 is included in your player fee.

*New for the 2025 season

DISCOUNTS

Additional Sibling Discount

\$100 off

Scholarship

A full or partial scholarship may be available. Please contact us to apply.

Fundraisers

Football offers several fundraisers throughout the year to help cover costs.

SPONSORS

A player may reach out to local businesses for a sponsorship to cover their player fees.

100% of funds raised will go toward their fee.

We are a 501c3 program making donations tax deductible*.

*If a sponsor chooses a package with advertising, a tax receipt is not necessary. Simply report the amount as an advertising cost on the business tax return..

UNIFORMS & GEAR

PURCHASE

PRACTICE UNIFORMS

High School

WHITE mesh practice jersey

WHITE football pants

WHITE dry-fit or cotton t-shirt

BLACK gym shorts

Football Cleats*

Mouthpiece

Junior High

RED mesh practice jersey

WHITE football pants

RED dry-fit or cotton t-shirt

BLACK gym shorts

Football Cleats*

Mouthpiece

PROVIDED**

GAME UNIFORMS

High School (\$100)

One **BLACK** and One **WHITE** game jersey w/name

BLACK non-integrated game pants

Wristband for plays

**Uniform fees are due by June 25*

Junior High (\$80)

One **BLACK** and One **WHITE** game jersey w/o name

BLACK integrated game pants

ALL LINKS ARE SUGGESTED, NOT REQUIRED.

**Cleats for both high school and junior high must be RED, WHITE, BLACK or a combination of those colors.*

***Game uniforms are covered with uniform fees and are ordered by THESA in the pre-season. If registering after uniforms have been ordered there is a late fee of \$30. Late registrations will not have the option to choose player number.*

UNIFORMS & GEAR CONTINUED

HELMET

High School

BLACK gloss varsity rated
helmet with BLACK facemask

Junior High

WHITE gloss helmet
with GREY facemask

PURCHASE

VIDEO to help measure and fit helmet for your player.

**If you are buying used please check the certification date. It must be 2024 or 2025 to be used this season.*

SHOULDER PADS

All players should have well fitting shoulder pads prior to week one of practice.

VIDEO to help measure and fit pads for your player.

PURCHASE

ADDITIONAL GEAR

Backplate may be worn with approval from coaches.
Please no foul language or graphics.

Visor must be clear and receive approval from coaches.

Gear bag can be purchased through the THESA football Spirit Store.

OPTIONAL

PRACTICE

The practice field is located at
CrossCreek Church
5300 Colleyville Blvd Colleyville 76034

First Day of practice is
August 4, 2025

Practice days and times
Mon, Tues, Thurs, Fri 6:00PM-8:30PM
*Once games start there will no longer be Friday practices

High School plays through
First week of December

Middle School plays through
First week of November

WEEK ONE OF PRACTICE ONLY

Monday



Prep for Day 1



**6:00-8:30PM
All teams**

Tuesday



**6:00-8:00AM
HS only**



**6:00-8:30PM
All teams**

Wednesday



**6:00-8:00AM
HS only**



REST

Thursday



**6:00-8:00AM
HS only**



**6:00-8:30PM
All teams**

Friday



**6:00-8:00AM
HS only**



**6:00-8:30PM
All teams**

Note

**All paperwork
and payments
are due day 1.**

**Gear Check
Aug 2**



IMPORTANT DATES

Speed & Agility

CrossCreek | Saturdays 8-10AM

Barbell Club (high school only)

Crossfit OTL | Thursdays 6:30-7:30PM

Spring Evaluations

April 7-11 (Interest Meeting on April 11)

One-Day Camps

May 31 & June 14

Uniform Fittings/Interest Meeting

June 7

All Family Gathering (Mandatory)

July 22

Uniform Pickup & Gear Check

August 2

Practice Starts

August 4

Watermelon Supper

August 26

Games Start

Week of August 26

Homecoming

October 10

Senior Night

October 24

Grid Iron Bowl (Middle School)

November 8

Middle School Banquet

November 11

State Championships (High School)

November 29

High School Banquet

December 9

*Always check the
TeamLinkt Calendar
to confirm dates.

REGISTRATION

Checklist

- ✓ **READ ALL ELIGIBILITY REQUIREMENTS AND CODE OF CONDUCT**
- ✓ **COMPLETE REGISTRATION VIA TEAMLINKT**
including signing waivers and agreements
- ✓ **UPLOAD SPORTS PHYSICAL FORM**
(completed and signed by a licensed medical professional)
- ✓ **MAKE PAYMENT, OR PAYMENT ARRANGEMENTS FOR PLAYER FEES**
start fundraising and getting sponsors

Registration is completed online via TeamLinkt.

Players registration Opens: April 11.

HEALTH

& NUTRITION

Nutrition is important for every athlete because it gives the body energy, helps build muscle, and speeds up recovery after exercise. Eating the right foods improves performance and keeps the body strong and healthy. Fueling the body will help you on the field! Here are 8 steps to guide you.



MACRONUTRIENTS

To perform at your best, it's important to understand the role of macronutrients in your diet:

Carbohydrates: These are your primary source of energy. Aim to get 45-65% of your daily calories from carbohydrates. Opt for whole grains like brown rice, oats, whole-wheat bread, pasta, and fruits to sustain energy levels throughout training and games.

Protein: Essential for muscle repair and growth. Consume lean meats, poultry, fish, beans, and nuts to meet your daily protein needs. Aim for 1.0 to 1.6 grams of protein per kilogram of body weight per day.

Healthy Fats: Provide sustained energy and support overall health. Include sources like avocados, nuts, seeds, and olive oil in your diet.

HYDRATION



Proper hydration is key to maintaining performance and preventing fatigue.

- Drink water consistently throughout the day, including before, during, and after practices and games.
- Sports drinks with electrolytes can help replace lost salts, but they should not replace regular water intake
- Avoid sugary drinks and excessive caffeine, as they can lead to dehydration.

HEALTH

& NUTRITION

FOOD QUALITY

Food quality is crucial for maintaining a healthy lifestyle.

- **Eat Frequently:** 3 main meals including Breakfast, lunch, and dinner with 2-3 healthy snacks like fruits, nuts, or yogurt help maintain energy levels between meals and practices.
- Choose foods that are **minimally processed**. Fresh fruits, vegetables, whole grains, and lean proteins are better than processed snacks and fast foods.
- **Minimize consumption of sodas, candies, and fast food**, as they offer empty calories and can cause energy crashes.

PRE-GAME FUELING

What you eat before a game or practice can impact your performance:

- Eat a balanced meal 2-3 hours before game time, focusing on carbohydrates for energy and a moderate amount of protein for muscle support.
- The meal should include complex carbs (like whole grains or fruit) and moderate protein.

POST-GAME RECOVERY

Recovery is crucial for muscle repair and replenishing energy stores:

- 30-60 minutes of finishing a game or intense practice, consume a snack or meal rich in carbohydrates and protein, such as a fruit smoothie with yogurt, or a turkey wrap with vegetables.
- Stay hydrated and consider incorporating light stretching to aid in recovery.

ENSURE ADEQUATE SLEEP

Proper nutrition supports physical activity, but adequate sleep (8-10 hours per night) is crucial for recovery and performance.

HEALTH

& NUTRITION

WHOLE GRAINS

- Oats
- Brown rice
- Quinoa
- Whole wheat bread
- Whole wheat pasta
- Barley

LEGUMES

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Peas

STARCHY VEGGIES

- Sweet potatoes
- Butternut squash
- Pumpkin
- Corn
- Carrots

FRUITS (W/FIBER)

- Apples
- Pears
- Berries
- Bananas
- Oranges

NUTS & SEEDS (W/FIBER)

- Chia seeds
- Flax seeds
- Almonds
- Walnuts

PROTEIN-PACKED SNACKS

- Greek yogurt with honey & granola
- String cheese & whole-grain crackers
- Hard-boiled eggs & fruit
- Cottage cheese with berries & almonds
- Turkey & cheese roll-ups (wrapped in whole wheat tortillas)

ENERGY-BOOSTING CARBS

- Peanut butter & banana on whole wheat toast
- Oatmeal with nuts & raisins
- Trail mix (nuts, seeds, dried fruit, dark chocolate chips)
- Hummus with whole-grain pita & carrots
- Rice cakes with almond butter & sliced apples

QUICK & PORTABLE OPTIONS

- Protein bars (low sugar, high protein) and a banana
- Beef jerky & whole-grain crackers
- Fruit smoothies with protein powder
- Homemade energy bites (oats, peanut butter, honey, chia seeds)
- Protein waffles with greek yogurt berry parfait
- Trail mix with pretzels, dried fruit, nuts, and dry cereal



6-MAN TACKLE FOOTBALL

JAMES BRIGHT

Sports Director | Football, Track & Field, Cross Country, & Soccer

RYAN MANTZEL

Head Coach

CHERYL RIVERA

Program Admin

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