

#SUMMITTHECREST



# PARENT MEETING 2024

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# ADMINISTRATION

***District Director of Athletics – T.D. O’Hara***

- Game Night VIP Package – More Details to come!***
- All Season Pass and Family Punch Pass***

***Site Athletic Director – Dusty Porch***

- Eligibility and Drug Testing***

***Principal Dr. Kim Garrett***

***Freshmen Principal Amber Pennell***

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**2024-2025 NPS SEASON TICKET PACKAGES**

**Adult All Season Pass                      \$65.00**

**Good for ALL HOME events as it relates to the individual High School**

**Punch Pass    \$50.00**

**Good for 20 Punches- 1 Punch per person attending event**

\*Not valid for tournaments and/or OSSAA Playoff events

\*Passes entitle admittance to Varsity & JV Home events only as it relates to the individual High School

\*Not valid for middle school events

\*NPS administrators reserve the right to revoke passes at any time

\*Passes can be purchased at the individual High Schools

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# ***VARSITY STAFF***

## ***OFFENSIVE STAFF***

**Zach Fleming**—Co-Offensive Coordinator, Running Backs

**Rocky Moore** — Co-Offensive Coordinator, Quarterbacks

**Cameron Bennett** — Strength Coordinator, Offensive Line

**Brett Jones**—Special Teams Coordinator/Takers

**Steven Belknap**— Tight Ends

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# VARSITY STAFF

## DEFENSIVE STAFF

Josh Owen – Co-Dc/Outside Linebackers

Rob Willis – Co-Dc/Safeties

Trey Wormington - Defensive Line

Taylor Geddis - Corners

Troy Thomas - Linebackers

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# FRESHMEN STAFF

**Steven Thomas** – Head Coach, OL and QBs

**Jacob Cloyde**– Defensive Coordinator/Outside Linebackers

**Josh Norton** – Special Teams/Wide Receivers and QBs

**Jude Richardson** – Offensive Line

**Jordan Dean** – Running Backs

**Parker Singleton** – Defensive Line

**Kendall Hendricks** – Defensive Backs

**Braxton Williams** – Linebackers

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# PLAYER COMMUNICATION

Our communication tool with PLAYERS about events that will affect practice or ultra important issues:

## NPS App – Rooms

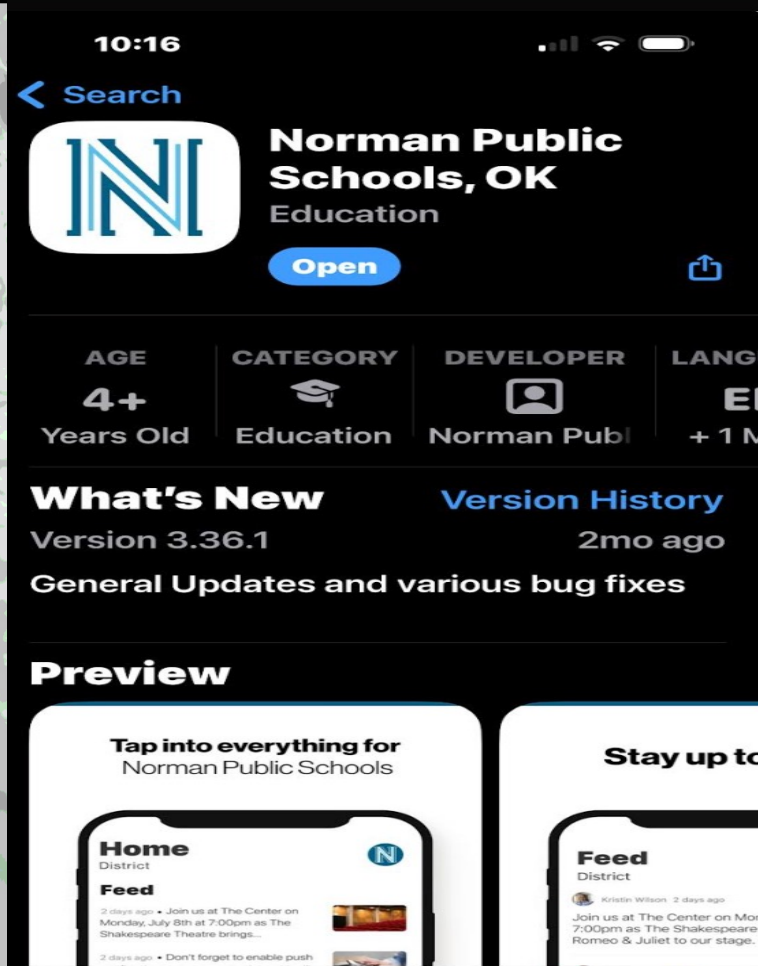
- Students should be using the Norman Public School app.
- Students should login using the "G" button (Google) below the username and password field.
- Students should choose their [normanps.org](mailto:normanps.org) email.

***\*Text message must have a parent in the thread!***

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# NORMAN PUBLIC SCHOOLS APP

**Go to APP STORE Download the Norman Public Schools APP -**



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# REMINO APP

**MY COMMUNICATION TOOL ABOUT WEEKLY SCHEDULE AND EVENTS THAT WILL AFFECT PRACTICE/IMPORTANT ISSUES WILL BE IN ROOMS AND ON REMIND APP (FOR PARENTS ONLY):**

**SEND TEXT TO 81010**

**CLASS OF 2025 - @b4fkh2**

**CLASS OF 2026 - @9gbeb6f**

**CLASS OF 2027 - @7b9g2hh**

**CLASS OF 2027 - @77g6ka8**

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# RANK ONE

You CANNOT practice on Monday with out being cleared.



SCAN OR CODE WITH YOUR PHONE

N O

S A L L

# INJURED/SICK POLICIES

- **All injuries need to be reported to Scott Bedigre/Denise Diaz first!**
- **Scott will the classify you as the following:**
  - OUT, RESTRICTED, GO AS CAN GO
- **If injured players are still to be at all practices and meetings. Only miss if you are in PT or Rehab**
- **If players are sick, Coach Jones still expects a phone call to explain that you are sick. We expect you to be at practice unless you:**
  1. **Are contagious**
  2. **Have a doctor's note**
  3. **Missed school that day.**
- **Pre-Practice Treatment will be limited**

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# HEAT PRECAUTIONS

- **WATER, WATER, WATER, 1 gallon/day**
- **GET OFF SUPPLEMENTS**
- **WEIGH-IN AND WEIGH OUTS**
  - **SIGNIFICANT WEIGHT LOSS WILL SET OUT OF NEXT PRACTICE**
  - **16-20 OZ of water for every pound lost**
- **ICE BATHS**

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# NORTH FOOTBALL

**PROGRAM PHILOSOPHY**

**JUSTIN JONES**

**HEAD COACH**

**CELL PHONE: (405)313-9011**

**EMAIL: JUSTINJ@NORMANPS.ORG**



**: @NNNCOACHJONES**

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# VISION STATEMENT

**TO DEVELOP QUALITY YOUNG  
MEN TO BE CHAMPIONS AT LIFE  
THROUGH FOOTBALL!**

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# MISSION STATEMENT

**TO BE THE HARDEST WORKING,  
BEST CONDITIONED AND MOST  
DISCIPLINED FOOTBALL TEAM IN  
THE STATE OF OKLAHOMA!**

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# PROGRAM EMPHASIS

**1. BE FIRST CLASS IN ALL WE DO!**

**2. MAINTAIN CHAMPIONSHIP LEVEL**

**3. DEVELOP GOOD STUDENTS AND YOUNG MEN OF FAITH**

**4. DEVELOP GREAT FOOTBALL PLAYERS**

**5. WIN!!!**

# P - M - A

## **POSITIVE MENTAL ATTITUDE**

- 1. LEARN SELF-DISCIPLINE**
- 2. BRING OUT THE BEST IN PEOPLE**
- 3. BE PREPARED = MEET EXPECTATIONS**
- 4. "EARN IT" MENTALITY**
- 5. POSITIVE BODY LANGUAGE**

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# PLAYER EXPECTATIONS

**1 RULE PROGRAM**  
**DO WHAT IS RIGHT**

**AWAY FROM PROGRAM:**

**DRUG TESTING**

**GRADES**

**ATTITUDE**

# THE X FACTOR

**AN X IN MATHEMATICS IS THE SYMBOL FOR THE UNKNOWN. THE X RULE STATES THAT IF A SITUATION ARISES THAT IS NOT MENTIONED IN THE RULES, THE COACHING STAFF, AT ITS DISCRETION, WILL HAVE THE RIGHT TO DETERMINE WHETHER THE SITUATION WILL BE TOLERATED AND WHAT THE CONSEQUENCES ARE FOR THE SITUATION.**

# PARENT/PLAYER MANUAL

Manual is to serve as a guide for our players and parents.

Please read and make sure to sign and turn in form that acknowledges that you have read the manual.

*Will be handed to players on Sunday*

**NORMAN NORTH FOOTBALL**

# Varsity Fall Camp Schedule

**WEEK OF AUGUST 11TH**



<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30PM - TEAM MEETING	6:30AM - POSITION MEETINGS	6:05AM - POSITION MEETINGS	6:30AM - POSITION MEETINGS	1ST DAY OF SCHOOL	7:30AM - 8:30AM - POSITION MEETINGS	PICTURE DAY 8AM - REPORT FOR PICTURES
8:30PM - RALLY THE PACK PEP RALLY	7:10AM - SPECIAL TEAMS MEETING	6:30AM - SPECIAL TEAMS MEETINGS	7:10AM - SPECIAL TEAMS MEETING	8AM - TEAM MEETING	3:30PM - WALK THRU	10:30AM - INTRA SQUAD SCRIMMAGE
	7:40AM - WALK-THRU	6:50AM - WALK THRU	7:40AM - WALK THRU	3:15PM - POSITION MEETINGS	4PM - 6PM PRACTICE (FULL PADS)	1:00PM - ICE CREAM SOCIAL IN COMMONS
	8AM - 10AM PRACTICE (HELMETS ONLY)	7:10AM - 8:40AM PRACTICE (HELMETS ONLY)	8AM - 10AM - PRACTICE (HELMETS ONLY)	4:00PM - WALK THRU		
				4:30PM - 6PM- PRACTICE (HELMETS ONLY)		

**NORMAN NORTH FOOTBALL**

# 9th Grade Fall Camp Schedule



**WEEK OF AUGUST 11TH**

<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	SATURDAY
6:30PM - TEAM MEETING	6:00PM - TEAM MEETING	6:00PM - TEAM MEETING	9AM - NOON FRESHMEN CONNECT	1ST DAY OF SCHOOL	7:30AM - 8:00AM FRESHMEN TEAM LIFT	PPICTURE DAY
8:30PM - RALLY THE PACK PEP RALLY	6:30 POSITION MEETINGS	6:30 POSITION MEETINGS	6:00PM - TEAM MEETING	8:00AM - TEAM MEETING	3:30PM - WALK THRU	7AM - REPORT FOR PICTURES
	7:00PM - WALK THRU	7:00PM - WALK THRU	6:30 - POSITION MEETINGS	3:30PM - UNIT MEETINGS	4PM - 6PM PRACTICE	9:30AM - INTRA-SQUAD SCRIMMAGE
	7:30-PM 9:30PM - PRACTICE HELMETS ONLY	7:30-PM 9:30PM - PRACTICE HELMETS ONLY	7:00PM - WALK THRU	4:00PM - WALK THRU		1:00PM - ICE CREAM SOCIAL IN GYM COMMONS
			7:30PM - 9:30PM PRACTICE - HELMETS ONLY	4:30PM -6:00PM - PRACTICE - HELMETS ONLY		

**NORMAN NORTH FOOTBALL**

# Varsity Fall Camp Schedule

**WEEK OF AUGUST 19TH**



**19**

**MONDAY**

7:30AM -  
8:30AM -  
POSITION  
MEETINGS  
3:30PM -  
WALK THRU  
4PM - 6PM  
PRACTICE

**20**

**TUESDAY**

7:00AM -  
TEAM LIFT  
8:30PM -  
POSITION  
MEETINGS  
3:30PM -  
WALK-THRU  
4:00PM -  
6:00PM  
PRACTICE

**21**

**WEDNESDAY**

7:30AM -  
POSITION  
MEETINGS  
3:30PM -  
WALK-THRU  
4:00PM -  
6:00PM  
PRACTICE

**22**

**THURSDAY**

7:00AM -  
TEAM LIFT  
SCRIMMAGE  
VS  
MWC/LAWTON  
- 5PM - 9TH  
- 6PM - JV  
- 7PM -  
VARSITY  
- 8PM - HALF  
GAMES

**23**

**FRIDAY**

NO ZERO  
HOUR  
3:30PM -  
TEAM LIFT  
4:15PM -  
FILM  
REVIEW  
5:30PM -  
PLAYERS  
RELEASED

**24**

**SATURDAY**

9:30 - 11AM -  
SPECIAL  
TEAMS  
PRACTICE  
ALL 10-12TH  
GRADES

**25**

**SUNDAY**

PLAYERS  
OFF

**NORMAN NORTH FOOTBALL**

# 9TH Grade Fall Camp Schedule



**WEEK OF AUGUST 19TH**

**19**

**MONDAY**

7:30AM -  
8:30AM -  
TEAM LIFT

3:30PM -  
WALK THRU

4PM - 6PM  
PRACTICE

**20**

**TUESDAY**

NO ZERO  
HOUR

3:30PM -  
WALK-THRU

4PM - 6PM  
PRACTICE

**21**

**WEDNESDAY**

7:30AM -  
8:30AM -  
TEAM LIFT

3:30PM -  
WALK-THRU

4PM - 6:PM  
PRACTICE

**22**

**THURSDAY**

NO ZERO  
HOUR

SCRIMMAGE  
VS  
MWC/LAWTON  
- 5PM - 9TH

**23**

**FRIDAY**

7:30AM  
-8:30AM -  
TEAM LIFT

3:15PM -  
FILM  
REVIEW

4:30PM -  
PLAYERS  
RELEASED

**24**

**SATURDAY**

9:30 - 11AM -  
SPECIAL  
TEAMS  
PRACTICE

**25**

**SUNDAY**

PLAYERS  
OFF

# 10-12 GRADE NORMAL IN-SCHOOL SCHEDULE

## • **NORMAL GAME WEEK SCHEDULE**

### • **MONDAY:**

- 7:00am – ZERO HOUR (Varsity Scouting Report)
- Varsity Practice 3:30 – 5:00
- Sub Varsity Games – 9<sup>th</sup> at 5:30 and JV at 7:00

### • **TUESDAY:**

- 0 HOUR: Team Lift 7:00am – 8:00am, Meetings 8:30am – 8:50am
- 7<sup>th</sup> Hour: Practice 4:00pm – 6:00pm

### • **WEDNESDAY:**

- 0 HOUR: 0 HOUR: Meetings 7:30am – 8:30am
- 7<sup>th</sup> Hour: Practice 4:00pm – 6:00pm

### • **THURSDAY:**

- 0 HOUR: 0 HOUR: Team Lift 7:00am – 8:00am, Meetings 8:30am – 8:50am
- 7<sup>th</sup> Hour: Practice 3:30 – 5:00pm

### • **FRIDAY:** 0 Hour: Leadership Council Meetings/Team Meeting 8:00am

### • **SATURDAY:** Players Off – Unless treatment or film review

### • **SUNDAY:** Players Off

# 9<sup>TH</sup> GRADE NORMAL IN-SCHOOL SCHEDULE

- **9<sup>th</sup> GRADE NORMAL GAME WEEK SCHEDULE**
  - **MONDAY:**
    - 0 Hour: 9<sup>th</sup> Grade Lift 7:30am – 8:20am – Shower/Eat After
    - 7<sup>th</sup> Hour Game Day – Travel or Pre-game meal
  - **TUESDAY:**
    - 0 HOUR: Players Off
    - 7<sup>th</sup> Hour: Film Review – finished by 4:30
  - **WEDNESDAY:**
    - 0 HOUR: 9<sup>th</sup> Grade Lift 7:30am – 8:20am – Shower/Eat After
    - 7<sup>th</sup> Hour: Practice 3:30 – 6:00pm
  - **THURSDAY:**
    - 0 HOUR: Players Off
    - 7<sup>th</sup> Hour: Practice 3:30 – 6:00pm
  - **FRIDAY:**
    - 7<sup>th</sup> Hour: Practice 3:30 – 4:45pm (Depends on Varsity Game)
  - **SATURDAY and Sunday: ALL FRESHMEN PLAYERS OFF**

# NORMAN NORTH FOOTBALL

# 2024

## VARSITY

## 9TH / JV

8.22	MWC - 5/6/7 PM (SCRIM)		
8.29	@ STILLWATER 5/6/7 PM (SCRIM)		
9.6	@NORMAN (HARVE) 7:30 PM	9.9	NORMAN (HARVE) 5:30 / 7:00
9.13	@DEER CREEK	9.16	OPEN
9.20	@MOORE	9.23	MOORE
9.26	ED. MEMORIAL	9.30	@ED. MEMORIAL 5:30 / 7:00
10.4	@WESTMOORE	10.7	WESTMOORE 5:30 / 7:00
10.11	UNION	10.14	ED. SANTA FE
10.17	@BROKEN ARROW	10.21	@SOUTHMOORE
10.25	@ YUKON	10.28	YUKON
11.1	OWASSO	11.4	DEER CREEK
11.8	ED. SANTA FE		

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# NN QUARTERBACK CLUB

- **INFO**
- **T-Wolf Discount Card Sales**
  - **GOAL IS 20 CARDS/PLAYER**

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