**THIS IS YOUR COMPLETE INFORMATION GUIDE TO THE PROCESS AND PROCEDURES FOR FRESHMAN FOOTBALL TRYOUTS**


1. There will be an information and sign-up meeting in the Bellarmine amphitheater in the center of the quad on Tuesday, August 13th from 2:00 to 3:00 PM. Tryouts will begin Wednesday, August 14th through Friday August 16th. Exact times will be given out during the orientation meeting. Tryouts will go approximately 90 minutes each day, dependent on number of athletes signed up.

2. Football requires a big commitment out of students. Do not take this commitment lightly. You will be expected to attend daily practices and all games throughout the course of the season. The football team practices every day after school and has weekly games. There are occasional team meetings at lunch as well. In addition, athletes will be required to attend two morning conditioning sessions per week run by the varsity football staff. Football requires a tremendous commitment. Be prepared to make it BEFORE you try out for the team.

3. All candidates must wear blue or black athletic shorts and a white T-shirt. Print your last name in big, dark, black letters on both sides of your shirt so the coaches can easily see it. Make sure you print legibly. A thick black sharpie pen is best for this. In addition, you should also wear a pair of tennis shoes or other type of athletic sneaker. You may wear cleats if you already have them. Do not buy cleats until you have made the football team and have been instructed by the coaches as to which types of cleats are suitable.

4. Football candidates will be evaluated both by the Varsity Football coaches as well as the Freshman staff.

5. All kickers (kickoff, field goal, and punters) will be given a short try-out period after one of the tryout days. Long snappers will also be evaluated at this time.

6. All candidates will perform three timed 40-yard dashes as well as a timed shuttle drill. Do not purchase cleats until you make the team. If you already have a pair, you may wear them at tryouts.

7. Candidates will engage in position specific drills during the tryout period. You should have an idea of what kind of position you would like to try out for (however, during the season, the coaches may assign you to a different position). You may try out for more than one type of position during tryouts. For the most part, we are looking for general athletic qualities such as agility, speed, quickness, balance, strength, and endurance. Size will be taken into consideration, but don’t expect to make the team just because you are big. Similarly, being small does not necessarily preclude you from playing freshman football either. Athletic ability, attitude, and aptitude are prime considerations.

8. Communicate injuries with the coaching staff. If you are injured during the course of try-outs, please see a coach immediately. Do not remove yourself from a try-out or a practice without first seeing a coach. In addition, do not visit the trainer unless a coach tells you to do so. An injury does not preclude you from making the team, although it is important that you communicate fully with the coaching staff.

9. Team unity is extremely important in the Bellarmine football program. As early as try-outs you should begin to establish this bond. Offer positive comments and assistance to your potential
teammates. Do not be afraid to cheer them on. Selfishness, grandstanding, swearing, and bad attitudes are looked unfavorably upon by the coaching staff and will not be tolerated.

10. **Give 100% effort throughout the entire tryout and conditioning period.** Lackluster effort communicates much about an athlete and may prevent you from making the team despite athletic talent you may have. *That includes listening intently to coaches’ instructions!* Also, make sure to relax through the tryout procedure. Being tense can adversely affect your performance. Lastly, do not worry about how the other candidates are proceeding. Focus on your own performance for optimum effort.

11. **Football is not for everyone.** If you decide before or during tryouts that football is not the sport for you, please see one of the coaches and inform him with your decision to discontinue the tryouts.

12. **Results of the tryouts will be e-mailed to each individual student-athlete on the last day of tryouts at their Bellarmine e-mail addresses.** This process may take some time, so be patient as you wait to hear whether or not you have made the team.

13. **If you do not make the team, you are greatly encouraged to go out for the JV Football team during your sophomore year.** Many athletes take an extra year or two to develop. In addition, you are also encouraged to participate in as many other sports as you can.

14. **Encourage your friends to tryout.** If you have any friends who are may be interested in trying out for the team who could not make the initial sign-up meetings, have them contact the coaching staff.

15. **Be Prepared.** Like any opportunity presented to you throughout your life, preparation is key. Do everything within your power to give yourself the best chance of making the team. This includes being on time, properly equipped/dressed, **well conditioned**, and well practiced. In the weeks leading up to tryouts, it is in your best interest to do something athletic and/or football related.

16. **Good Luck, HAVE FUN, and Go Bells!**

**Head Freshman Football Coach:** Jalal Beauchman

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**Calendar:**

1. **Sign-up forms should be e-mailed to Coach Janda by Friday 8/9/19.** If there is a problem with this, please communicate with us.
2. **Information and sign-up meeting in the Bellarmine amphitheater Tuesday, 8/13/19 from 2:00 – 3:00 PM.**
3. **Tryouts go from 8/14-8/16.** Times and location will be announced at the orientation meeting.

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If you have any further questions or concerns, please contact Coach Janda at mjanda@bcp.org