

L. D. Bell Football Parent Guide

**Provided for you by the
L.D. Bell Football
Booster Club**

www.ldbellfootball.org

All Football Schedules, locations and forms will be found on this website.



Welcome to the L.D. Bell Blue Raider Nation!

As a part of L.D. Bell football, you are joining a program with a rich history of success both on and off the field. The Blue Raider Football Booster Club's goal is to support and enhance the football program at L.D. Bell High School through volunteer assistance and fundraising, while at the same time promoting the highest standards of spirit and sportsmanship. Our purpose is to promote pride, respect, spirit and unity among the Blue Raider Football Team, student body, faculty, staff, coaches, families and the community. In order for this to happen the L.D. Bell Blue Raider Football Booster Club relies not only on the financial contributions of its members, but on the energy, imagination and effort of the entire Raider Nation. One of the most important things that our booster funds do is promote Blue Raider football and create a lifetime of memorable experiences for both the players and their families. If you ever have any suggestions to help us further this goal please email us at boosterclub@ldbellfootball.org or better yet join us!! Together we can make the Blue Raider football program one of the best experiences our children and we as booster members will have!



Each season our players, coaches and booster members develop, improve upon, participate in and enjoy many events and traditions that are unique to our L.D. Bell Blue Raider program. These experiences both on and off the field will be carried with each member of the Blue Raider program making us all part of the larger Blue Raider Nation. Thanks to the tremendous dedication and effort of the part of so many, we head into every season prepared and with great excitement. Yes, we are all about Football, but it is so much more!

Below, we have tried to compile a list of events and traditions that the Blue Raider Booster Club and the Blue Raider Football team have done in the past and will most likely do this coming season. Our hope is that this information will get you excited about the coming season and also, help you “know your way around” the Blue Raider football program. We believe that involvement in and carrying on the traditions of the Raider Nation will continue to make Blue Raider football a great experience for everyone.

HOW TO SUPPORT BLUE RAIDER FOOTBALL

The most important aspect of the program of course is your student athlete! Grades are always a top priority of any student athlete, as well as your encouragement to your child. The goal is for every student athlete to develop into becoming the best that they can be in academics, as well as, on the field. Coach Glaze is always available for questions, either via email MikeGlaze@hebisd.edu or by calling (817)399-3238. Tutorials will be mandatory and available for any student athlete that is struggling.

Unfortunately, due to State funding procedures for school districts, it is very difficult for HEB ISD to set aside all the funds necessary for the wide range of needs of this program. Therefore, the Booster Club supports the program in a number of ways including financial support for equipment purchases, protein shakes for the players, meals, game day needs, the end of year football banquet, as well as other needs for the program each year.

We accomplish this through volunteering, supporting the team at all events and monetary support. The Booster Club sells spirit wear, publishes the annual football media guide program, provides the flatbed trailer for homecoming parade, organizes team meals, sets up and tears down the run through tunnel at each game, decorates player lockers on

the weekends, provide coaches meals, hands out refreshing popsicles during Spring/Summer workouts, organizes the annual awards banquet and just about anything else you can imagine to support these athletes!

Because of the support received during the season, the Booster Club was able to provide many items to our student athletes that the school district simply cannot provide in today's economic environment.

Below are just a few examples of how our members' generosity has supported the program:

- Over 1,600 post workout protein and recovery shakes to aid in proper nutrition to the players.
- Over 1,000 electrolyte replacement popsicles during spring and summer workouts to keep players hydrated.
- Healthy snacks and protein bars provided to 200 athletes on a weekly basis throughout the 10-week season (2,000 total).
- Annual subscription to a video analysis program (HUDL) that the athletes are able to use to assist in skills development and college recruiting.
- Enhancements to the Raider Bowl scoreboard on the high school campus.
- An inflatable run-through tunnel for the athletes that boosts morale in the players prior to each game.
- Team Spirit Flags that students/athletes run with after scoring.
- Phantom 4 aerial drone to capture practice video and create highlight films.
- Split Timer to help with specific skills
- New state of the art Coach Communication Sideline Headsets.
- Travel Bags for the athletes
- Discounted tickets to the annual Blue Raider Football Awards Banquet for over 400 players and guests.

MEMBERSHIP

Any and all are invited to join as members of the L.D. Bell Football Boosters. It is the expectation of Coach Glaze that each player's family join the Football Booster Club. This helps to promote unity for our Raider Nation and will help to make sure that all communications are sent out to all players and their families. Membership levels range from \$12 to \$250. All levels are found on the www.ldbellfootball.org website. Please make sure that you register online whether you pay in person or by mail. Having you fill out the form online will provide us with the correct email information that we will need so that we can stay in contact over the season.



Use your Camera on your phone and focus on this picture it will take you to the sign up page for L.D. Bell Football Booster Club

BOOSTER CLUB MEETINGS

- One Executive Board meeting is to be held monthly during the offseason. (Officers are listed on the website)
- One General meeting is to be held monthly during offseason and weekly during the season.
- All paid & current members of the organization are allowed one vote in matters requiring one.
- All meetings are held upstairs in the team room of the E. Don Brown Indoor Facility on the LD Bell High School campus.
- General Booster Club Meetings are held on Mondays and start at 7:00 p.m.

SPONSORSHIPS

Financial support for the Football Booster Club is critical to the success of the L.D. Bell football program. Sponsorships of the booster club come in many shapes and sizes. Partnerships include local businesses, high-level corporations, anonymous donors and individuals. These sponsorships allow for the Football Booster Club to make critical donations to the L.D. Bell football program for any and all needs.

Sponsorship Packages range in prices from \$500 to \$5,000. Sponsors on the larger packages receive such items as an autographed helmet or jersey, stadium seats, sideline passes, and more. These large donations to our Booster Club are an enormous part of our success and we are very thankful to the businesses and families around North Texas that have been a part of the program. We can help Sponsorship continue to be successful by keeping our eyes and ears open for businesses or families that might like to participate. Please direct them to our website: www.ldbellfootball.org or have them email us boosterclub@ldbellsports.org

HOME GAME PROGRAMS

The Football Booster Club produces the football program for home games. The program is a fundraiser for the Football Booster Club and is supported by families, school clubs and local businesses. The Football Booster Club raises money by selling advertisements in the program. While each program is unique, player's ads, business ads and team rosters remain constant in each program. Program advertisements are a great way to give a "shout out" to your player or business. If you are interested in buying an ad please visit the football website at www.ldbellfootball.org under the parents tab you will find the information. All program ads must be received no later than July 28th.

One tradition for the senior football players is for their parent(s) to send in a baby picture for the Home Game Football Program. That form is also located on the www.ldbellfootball.org under the parent's tab. (This is free for all Football Seniors)



GETTING READY FOR THE SEASON



Yard Signs/Decals

One way L.D. Bell Blue Raider football families show their support for the players and help raise money for the program is by purchasing Yard Signs in the Spring and Summer before the season begins. Every football player's family can buy one of the awesome-looking signs to keep in their yard, as well as decals for their cars.

Spirit Wear

What better way to show your support for Blue Raider football than to wear spirit wear! Our store features all sorts of spirit wear for all seasons and for all ages. We have several options for purchasing Spirit Wear. Every home JV game and home Varsity game we will be set up and selling all kinds of spirit wear. We also have an option to purchase items through our website: <https://www.ldbellfootball.org/spiritwear>

Thanks to the Spirit Wear Committee there are always lots of choices for sale. Bell Blue Raider families can help by volunteering with sales by signing up through https://www.ldbellfootball.org/dib_sessions

Social Media - Twitter and Facebook -

The LD Bell Football Booster Club manages the LD Bell Football Booster Club Twitter and Facebook pages. Social media has been a great way for us to engage the community and fan base while also recognizing the coaches, players and team for outstanding efforts and accomplishments. Local media outlets, college coaches/recruiters, and the general public consider these pages as an official source of information and communication for the LD Bell football program.

Be sure to like and follow us on Facebook and Twitter: <https://www.facebook.com/ldbellootballboosterclub>
Twitter: @LDBellFootball

Physicals <https://www.ldbellfootball.org/parents>

According to HEB ISD and UIL Policy each of our student athletes will need to complete a physical and fill out the Rank One form online. Each year L. D. Bell Trainers graciously provide a day at the E. Don Brown Activity Center located at L. D. Bell to provide physicals for the athletes. Be sure to check the website for specific details and all necessary forms.

Summer Dedication <https://www.ldbellfootball.org/parents>

Each year the L.D. Bell coaching staff provides an opportunity for a minimal fee a focused program of strength, conditioning and skills. Be sure to check the website for specific details and all necessary forms.

Off Season

Powerlifting

Powerlifting is an integral part of the Blue Raider Football program. We have power lifting workouts usually three days a week before school starting at 7:30. Coaches check roll every morning to see who is attending the workouts. It is not just to get extra workouts, it is also to see who is fully committed to not only the program but to themselves. The workouts last about 45 minutes giving the student-athletes time to shower and get to class. We also provide them with a protein shake or bar when they leave the locker room. Most mornings they still have time after workouts to make it to breakfast in the cafeteria. L.D. Bell participates in 4-5 powerlifting meets a year. L.D Bell Coaching staff believes that powerlifting, along with track and wrestling are the best complementary sports to football.

Offseason Shirt Incentive

This incentive is based on a formula we call the R.P.M. (Raider Performance Measure). Our Coaches got this formula from a very successful football program and have included it into our offseason program. Our athletes will test six metrics that we plug into the formula and it comes out with a rating (height, weight, squat max, bench max, vertical jump and 40 yard dash). Our shirts are based off of reaching a standard in the R.P.M. Shirts are awarded based on performance. The shirts are dark gray compression shirts with a "B" on the chest. The levels are Navy, Columbia and Gold (in that order with Gold being the top).

Parents Sign up to Volunteer for a session or more at:

https://www.ldbellfootball.org/dib_sessions

1. Spirit Wear Sales at the annual Raider Rally
2. Spirit Wear and Concession Sales at all home JV games
3. Spirit Wear and Program Sales at all Varsity home games
4. Concession Sales at 7 on 7 Tournaments hosted by LD Bell
5. Locker Decorations for all games – JV and Varsity
6. Raider Helmet/Tunnel put up and take down at all games
7. Spirit Wear Sales at LD Bell during lunch for the “Blue Out” Shirt
8. L.D. Bell Craft Fair – Football Booster Club Booth
9. Saturday Coaches Meals
10. Keep checking the website, new opportunities will continue to arise. ☺



TYPICAL GAME WEEK

JV games are typically on Wednesday or Thursday nights, with home games being at the Raider Bowl or Pennington Field. Varsity games are typically on Thursday or Friday nights, with home games being at Pennington Field. Always check the webpage for any updates and schedule changes as well as directions to home and away game.

Booster Club Meeting (Monday)

General Booster Club Meeting will start at 7:00 upstairs in the E. Don Brown Activity Center located on the LD Bell High School campus.

Polish and Prayer- (Night to be determined)

This is a great weekly opportunity to clean out your athletes locker, leave words of inspiration from friends and family, polish the helmet for game day battle and for those who would like to participate a time to pray.

JV Pre-Game Meals (Game Day)

The booster club provides the opportunity for your student athlete to have a game day meal before all non-scrimmage games of the season. All costs for the meal plan are passed along directly to you from the restaurant. The Booster Club makes this available as a convenience to players and parents to reduce stress on game days and make sure our players are fed prior to their performance on the field of play. Forms can be found at <https://www.ldbellfootball.org/parents>

Varsity Pre-Game Meal (Night before Home Games)

The varsity team meal is an opportunity for players to break bread and bond with their teammates in a relaxed environment away from the school. Booster club members volunteer their time and provide the meal for the players at someone's home or nearby location. This event occurs the day before home games.

Character Building Activity (Game Day)

Scott Gilcrest will work with all of the student-athletes each week on a variety of important character development topics. He will present a character building lesson and activity to the student athletes before they go to the pep rally.

Campus Pep Rally (Game Day)

Pep Rallies in Texas are the best! Full of tradition and opportunities for building school spirit for the student athletes and the entire Raider Nation. Parents and family are welcome to attend.

Varsity players Meal (Game Day)

Booster club sponsors provide a meal to the varsity players on every game day. The meal is served in the team room located upstairs in the E. Don Brown Activity Center located on the LD Bell High School campus.



Run Through Helmet/Tunnel (Game Day)

Before every game and after half-time, the Raider Helmet is inflated along with the tunnel. The team fills them both, waiting for the pre-game introductions and hype video. As the Blue Raider Band plays the fight song, the team charges out of the Helmet down the middle of the Raiderettes with our flags waving. Make sure you arrive early to see this high energy start to game day. Parents can sign up to help with putting this up before games and taking it down after halftime. https://www.ldbellfootball.org/dib_sessions

High Five Fridays (Friday)

This is always a big hit with the elementary and junior high students. Student-athletes greet as many of the elementary and Jr high feeder campuses as possible on Friday mornings in the Fall. Due to the staggered start for the schools in our district, the athletes can greet students and still be on time to L. D. Bell for any and all activities.

Recovery Saturday (Saturday)

Saturday morning the athletes are encouraged to go through a recovery workout and work with the trainers if necessary to help with full body recovery.

Meals for Coaches (Saturday)

The coaches continue to work into the weekend, meeting to discuss last week's game and to continue the game planning for the upcoming game the following week. Parents sign up for the opportunity to provide Saturday lunches for the coaches. It is a chance to further support the coaches and their efforts to put the team in the best position for success on the field. Sign-up sheets for Saturday meals begin to be available at https://www.ldbellfootball.org/dib_sessions; so, families can schedule a date that works for them and maybe pair up with a friend to provide a nice meal for our hard-working coaches.

Varsity Room Decorations (Saturday)

Football Booster Club Parents take on the job of decorating the football locker room for both Varsity and JV. The volunteers are allowed into the locker room to leave decorations and small surprises for each of the football players. Locker room decorations are a small way to show the Raiders our team spirit. Volunteer to help with this https://www.ldbellfootball.org/dib_sessions



SPECIAL RAIDER NATION TRADITIONS:

Bedford Splash Day (August – prior to the start of school)

All JV and Varsity football players are invited to Bedford Splash for Pizza and fun. Bedford Splash located at the Boys Ranch in Bedford is reserved just for the LD Bell Football team and is a great relaxing evening for the players to unwind and enjoy some team building.

Raider Rally – (Around the Start of School)

This is a community wide event held at the Raider Bowl on the campus of L.D. Bell to welcome all new sophomores and others to the Raider Nation. This will be very similar to an outdoor pep rally with food and spirit wear for sale. This is an exciting time to be a part of the Raider Nation.

Homecoming Parade (Monday of Homecoming Week)

All JV and Varsity football players participate in the Homecoming Parade, which is typically on Monday night of Homecoming Week. The parade route is on Bedford Euless Road between Norwood and Hurstview. The JV and Varsity will each have their own flatbed that they ride in for the parade. This is a longstanding tradition and is always a lot of fun.

Caring for the Community

A big part of the L.D. Bell football program is giving back to the community. We are so fortunate to have Coaches that believe in teaching our players to be good men and caring community members. We have amazing support from local businesses, schools and families. One of the ways the program gives back is at Christmas, when our coaching staff, identify local families, classmates or teammates that might need our help. For whomever is selected, the team helps out by making donations, collecting donations, purchasing gifts, gift wrapping and sometimes even delivering the donations and gifts. This tradition is a wonderful way to help out a neighbor or friend and has been such a rewarding one for everyone involved.

Black and Blue Can Food Drive

During the weeks prior to the annual Bell vs Trinity game campuses across the district bring in can goods. The Black and Blue Showdown is a friendly competition between the Trinity (Black) and LD Bell (Blue) sides of HEB ISD. All food donations go to food pantries right here in our community to help the economically disadvantaged.

Blue Out Shirts

During the weeks prior to the annual Bell vs Trinity game the Football Booster Club will sell special t-shirts for the annual Rivalry Football Game, which is on a Thursday night. We want to “Blue Out” Pennington Field!! Be on the lookout on the website and on campus for the selling of this special t-shirt.

Football Banquet

Normally in the month of December, the Annual L.D. Bell Blue Raider Football Banquet is held at an area facility. Most years, this annual “dress up” event attracts well over 500 attendees. The event celebrates the seasons for Junior Varsity (Blue and White) and Varsity teams. Dinner is served followed by awards and recognition at every level of play. There’s also a time to celebrate the departing senior players and the trainers and managers.

Senior Tradition- Parent/Son Picture Day -

On picture day, incoming senior football players and their parent(s) get together to take their pictures both as a group and individually. Players and their parent(s) wear jerseys. Not only are the pictures a great keepsake, but they will also be used in the program for the final home game along with a baby picture of the senior players.

Team Field Trip

The team will travel to a special location selected by the Coaching Staff, such as SMU for a campus visit, a tour of the facilities, lunch and a special talk from the Universities Head Football Coach.

A listing of a few additional community events that the LD Bell Football Team are a part of:

- LD Bell Craft Fair
- Snow Hill with the City of Hurst annual Christmas Tree Lighting
- Feeder Elementary Campus Readers
- Feeder Elementary Campus Field Day Helpers



Welcome to Raider Nation!