

Bingham Bears Football 2019

Bear Up/ Be Elite

Head Coach- Josh Boswell/ Strength and Conditioning @Bingham

Email- josh_boswell@idschools.org

Twitter- [@BMSBEARSBALL](https://twitter.com/BMSBEARSBALL)



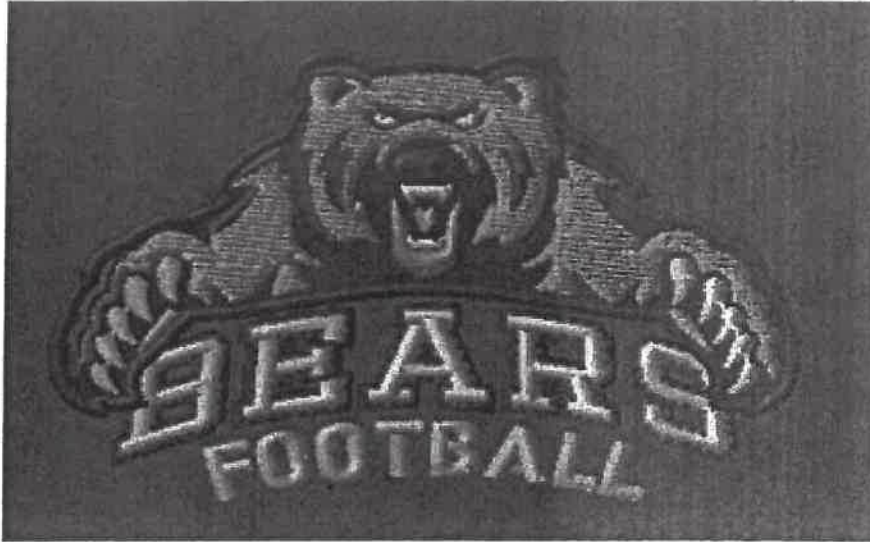
2019 Bingham Bears Football

- **Head Coach-** Josh Boswell (3 Years Defensive Cord and Offensive Line) Overall Record 15-3
- 2016- 4-2 B Team- 4-2 C Team 2-1-1
- 2017- 6-0 B Team- 3-3 C.Team- 1-3
- 2018- 5-1 B Team- 6-0 C Team- 3-1
- **Assistant Coaches-** Mark Monheiser (A Team Offensive Cord) Orban Ramos (C team Defensive Cord) Riley Glasgow (C team Offensive Cord) Zach Stout (Offensive Line)

Becoming a Bingham Bear Football Player.

- Attend Football Meetings @Bingham (Today, Feb, April, and May)
- Full Physical and Uploaded to PRIVIT (WCHS)
- Football Calendar Coming Soon
- Attend Summer Football Activities @Bingham
- Follow @BMSBEARFBALL on twitter
- Turn In Grade Check Form

GO BEARS!



This packet contains very important information for the upcoming Bingham Bears 2019 Football Season. Listed below are things that need to be taken care of ASAP as well as some things about the Bingham Football Program.

- Every player will need an updated physical by August 19th and uploaded to the WCHS Privit account. There is a page in this packet that can walk you through the PRIVIT information. You cannot practice without an uploaded physical to PRIVIT. We have had lots of problems in the past with players not getting all this done in time.
- **PLEASE HAVE THIS DONE BEFORE AUGUST 19TH!**
- You have to have 14 practices to participate in a game.
- Please sign up for Remind. There is a page in this packet that has all the instructions for it. Remind is my key communication tool for the program. Remind sends text messages about upcoming football events (practices, games, and equipment). These messages will start in May!
- Another communication tool is Twitter. I utilize Twitter with game recaps, as well as reminders about football related items.
- **Wcbears.com** is a website for all sports related to Bingham and Chrisman. After all games there is a write up about each game with

stats, individual performances, and records. Please visit this site and register as a fan.


- **PLEASE GET A PHYSICAL AND UP-LOAD IT TO WCHS PRIVIT ASAP!**
- Summer camps are not mandatory! We highly advise that you attend as many camps as possible. Last year when fall practice started, players who had reported to summer functions were way ahead of those that did not attend summer camp. I fully understand that kids play other sports as well as travel. I also want kids to enjoy their time off from school and relax. Football is a very demanding sport and my coaches and I take our program very seriously. Most middle schools do not hold summer functions. I could not imagine seeing kids leave in May and not see them again until the first day of school. Summer camps are non contact and are about teaching and learning our schemes. We only go for about an hour and half on the weeks they are scheduled for 3 nights.
- We will have a parent meeting at the end of the summer during the last camp.
- We will have an on-line Bear Football store for you to purchase football gear once school starts.
- William Chrisman High Football staff will hold a youth camp for our kids in July. I know Head Coach Matt Perry very well and he is an outstanding coach. This camp is 10-15 dollars for all 4 nights. More information to come.
- Our first camp will be June 11th-13th from 6-7:30pm at Bingham. All of my camps are free!

Parents,

Bingham no longer has a PRIVIT account. Bingham and Wm Chrisman High School will now share PRIVIT accounts. This means, if you had a Bingham account, you will need to log into the Wm Chrisman PRIVIT account site – <https://wcbears-mo.e-ppe.com/index.jspa> to update your information. All of your information should have forwarded as long as you log in under the same email and password you had with the Bingham site. The only thing that will not transfer will be you students physical form.

You can also go to wcbears.com, select the MORE tab and then select Physical Forms and Info (first item in second row) Under PRIVIT Physical Form and Info. This will take you to the Wm Chrisman PRIVIT site as well.

If you do not have a copy of the students physical to upload on the Wm Chrisman site any longer, feel free to contact Danita Pointer at 521-5427 and she should be able to help you with obtaining a copy from the Bingham site.




Welcome to Privit Profile!
This document provides instructions to students, athletes, parents and/or guardians on completing the Privit Profile process. The information can be completed on your mobile device, laptop, tablet or any device connected to the internet.

Steps to complete within Privit Profile™:

- Register an account in a parent's name here:
<https://wcbears-mo.e-ppe.com/index.jspa>
- Add athlete(s) to your account by selecting Add Member.
- Complete all relevant athlete information and forms
 - Personal Details
 - Pre-Participation History
 - Parent Permission
 - Student Agreement
 - MSHSAA Concussion Materials
 - Athletic Handbook
 - Emergency Contact Information
- Apply parent electronic signature
- Join Appropriate Team(s)
- Print Physical and Health History for athlete's physical
- Upload signed physical form
- Apply athlete electronic signature

Once the required information has been completed and e-signatures have been applied to the necessary forms, the signed document will become available automatically for the appropriate staff member for review and approval. A staff member at the school will update the Clearance Status, the status is not automatically updated. If you click Sign next to Signed Documents, there should be all green check marks next to all signatures on all forms listed.

If you need assistance with Privit Profile™, please contact the Help Center at 844-234-4357 or visit www.support.privit.com



**PRE-PARTICIPATION PHYSICAL EVALUATION
PHYSICAL EXAMINATION FORM**



BINGHAM

Name: _____ Date of Birth: _____

Physician Reminders:

- Consider additional questions on more sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplements?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Questions 5-14).

EXAMINATION:

Height:	Weight:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP: / (/)	Pulse:	Vision: R 20/ L 20/	Corrected: <input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL: _____ **NORMAL** _____ **ABNORMAL FINDINGS:** _____

Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/Ears/Nose/Throat • Pupils equal • Hearing		
Lymph Nodes		
Heart* • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal pulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only)**		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		

MUSCULOSKELETAL: _____ **NORMAL** _____ **ABNORMAL FINDINGS:** _____

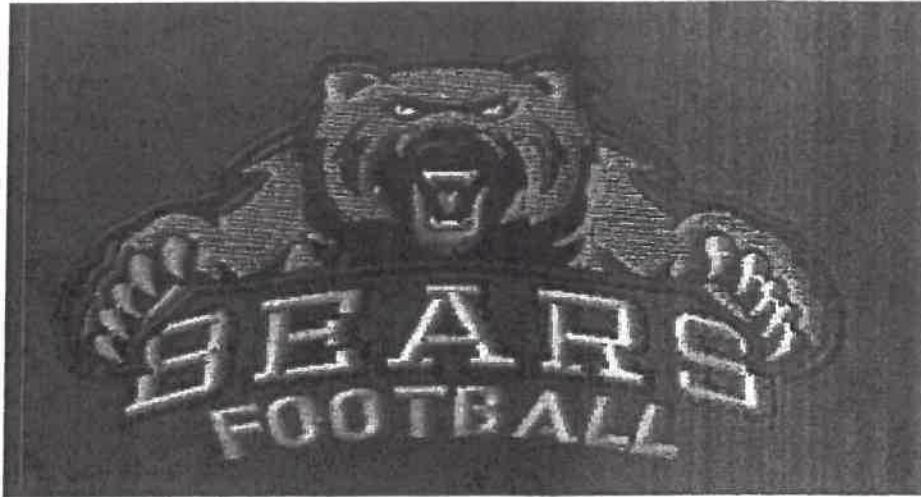
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Hip/thigh		
Knee		
Leg/ankle		
Foot/oes		
Functional • Duck-walk, single leg hop		

* Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam; **Consider GU exam if in private setting. Having third party present is recommended. ***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

Cleared for all sports without restriction.
 Cleared for all sports without restriction with recommendations for further evaluation or treatment for.
 Not Cleared
 Pending further evaluation
 For any sports
 For certain sports (please list):
 Reason: _____

Recommendations:
 I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of Physician (type/print): _____	Date: _____
Address: _____	Phone: _____
Signature of Physician (MD/DO/ARNP/PA/Chiropractor): _____	



2019 Bingham Bears Football Schedule A and B Team All Games 4pm Start

- Tuesday September 17th vs. Grain Valley @Bingham
- Tuesday September 24th vs. Brittany Hill @BHMS
- Tuesday October 1st vs Raytown @RMS
- Tuesday October 8th vs. Smith Hale @Bingham
- Tuesday October 15th vs. Nowlin @Bingham
- Tuesday October 22nd vs. Pioneer @Bingham

All games will start at 4pm with A team playing first. B team will play as soon as A game is completed. C team schedule is yet to be finalized. I will send the address to away games that week.



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WCHS Football OTA's 5:50	2	3	4
5	6	7	8 WCHS Football OTA's 5:50	9	10	11
12	13 8 th Camp with WCHS	14 8 th Camp with WCHS	15 8 th signing day @WC	16	17	18
19	20	21	22 WCHS Football OTA's 5:50	23 Football Meeting	24 Last Day of school!	25
26	27 Memorial Day	28 Teacher Work-day	29 Off	30 Off	31 Off	



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Summer School Begins.	4 Off	5 Off	6 Off	7 Off	8
9	10 Off	11 Team Camp 6-7:30 @Bingham	12 Team Camp 6-7:30 @Bingham	13 Team Camp 6-7:30 @Bingham	14 Off	15
16	17 Off	18 Off	19 Off	20 Off	21 Off	22
23/30	24 Off	25 Lineman Camp 6-7:30 @Bingham	26 Lineman Camp 6-7:30 @Bingham	27 Lineman Camp 6-7:30 @Bingham	28 Off	29



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dead Week	1 OFF	2 OFF	3 OFF	4 Happy 4th	5 OFF	6
7	8 OFF	9 OFF	10 OFF	11 OFF	12 OFF	13
14	15 WCHS Youth camp @WCHS 6:30-8pm	16 WCHS Youth camp @WCHS 6:30-8pm	17 WCHS Youth camp @WCHS 6:30-8pm	18 WCHS Youth camp @WCHS 6:30-8pm	19 OFF	20
21	22 Off	23 Team Camp 6-7:30 @Bingham	24 Team Camp 6-7:30 @Bingham	25 Team Camp 6-7:30 @Bingham	26 Off	27
28	29 Off	30 Off	31 Off	Off	Off	



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Dead Week	5 OFF	6 OFF	7 OFF	8 Teacher PD OFF	9 Teacher PD OFF	10
11	12 Teacher PD	13 Teacher PD	14 1 st day of school!	15 OFF	16 OFF	17
18	19 1 st official practice 3:40-5:15	20 Practice 3:40-5:15	21 Practice 3:40-5:15	22 Practice 3:40-5:15	23 Practice 3:40-5:15	24
25	26 Practice 3:40-5:15	27 Practice 3:40-5:15	28 Practice 3:40-5:15	29 Practice 3:40-5:15	30 Practice 3:40-5:15	31



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO Practice	3 Practice 3:40-5:15	4 Practice 3:40-5:15	5 Practice 3:40-5:15	6 Practice 3:40-5:15	7
8	9 Practice 3:40-5:15	10 A and B home game vs. GV 4pm. C practice	11 Practice 3:40-5:15	12 Practice 3:40-5:15	13 Practice 3:40-5:15	14
15	16 Practice 3:40-5:15	17 A and B game vs. BH @BH/ C practice	18 Practice 3:40-5:15	19 Practice 3:40-5:15	20 Practice 3:40-5:15	21
22	23 Practice 3:40-5:15	24 A and B game vs. RMS @RMS/C team practice	25 Practice 3:40-5:15	26 Practice 3:40-5:15	27 Practice 3:40-5:15	28
29	30 Practice 3:40-5:15					



October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 A and B game vs. Smith Hale @BMS/C prac	2 Practice 3:40-5:15	3 Practice 3:40-5:15	4 Practice 3:40-5:15	5
6	7 Practice 3:40-5:15	8 A and B game vs. Nowlin @BMS/C Prac	9 Practice 3:40-5:15	10 Practice 3:40-5:15	11 Practice 3:40-5:15	12
13	14 Practice 3:40-5:15	15 A and B game vs. Pioneer/ C practice	16 Off	17 Equipment Check In/Party	18	19
20	21	22	23	24	25	26
27	28	29	30	31		