



2020 GWL SEASON 2021

PARENT MEETING

27 OCTOBER



WELCOME

COACH REAGAN

COACHING

30 + YEARS OF COACHING EXPERIENCE

**FOOTBALL / TRACK / WRESTLING /
WEIGHTLIFTING**

HIGH SCHOOL WGT. LIFTING MEDALIST

COLLEGIATE ATHLETE

USAW LEVEL 2 COACH

COACHED NATIONAL MEDALIST [USAW]

STATE CHAMPION / 5 STATE MEDALISTS

PHILOSOPHY

❖ **DO NO HARM!**

❖ **TRUST THE PROCESS**

❖ **THERE IS NO MAGIC
DUST ...**

WORK + RECOVERY

EXPECTATION

1. FAITH

2. FAMILY

3. ACADEMICS

4. LIFTING

**NO PRACTICE =
NO MEET**

ROSTER

27 athletes on the roster

[15 Cty\conf. / 20 District]

**Training times posted on
website / calendar in Wgt. Room**

ATHLETIC DEPARTMENT

VICTORY WITH HONOR

[FORMS “HOME CAMPUS”]

SOCIAL OUTINGS

DRUGS / ALCOHOL – EPIC

PRIVILEGE TO PARTICIPATE

- **PAY TO PLAY - \$150 DUE NOV. 1ST**
[SCHOOL PAY LINK ACTIVE SOON]
- **INJURY – SHELLY VANN**
- **TRANSPORTATION - \$70,000**
- **ELIGIBILITY – STUDENT 1ST**
- **COMMUNICATION LINE**
[COACH / ATHLETE / PARENT / AD]

STUDENT CODE OF CONDUCT

*** Actual consumption of alcohol or use of drugs is not a prerequisite to establish a violation of this rule. Any student found to have voluntarily remained in the vicinity of a gathering prohibited by this section shall be found guilty of a violation of this rule whether or not he or she consumes or uses any prohibited substances.**

- **Athletic Participation**
- **Educational component**
- **Athletic Probation**

★ This policy is communicated to each Program ★



B A R T R A M T R A I L H I G H S C H O O L
ATHLETICS

COMMUNICATION PROTOCOL

1. Athlete communicates with coaching staff
2. Parent communicates with coaching staff
3. Parent communicates with Athletic Director



- 24 hour Rule
- Aggressive Dialogue with coaches
- Do NOT Address Officials
- Drive Home Conversation



B A R T R A M T R A I L H I G H S C H O O L
ATHLETICS

BOOSTER CLUB

\$75 MINIMUM
FAMILY
MEMBERSHIP
DUE NOV. 13TH

[CARRIES OVER
TO OTHER
SPORTS]

**Monthly Meetings –
Liaison / members**

Best Athletic Facilities

Bartram Boogie [spring]



INJURIES



Injuries reported to Coach Vann [Athletic Trainer]

If you visit a Doctor, A note Clearing athlete MUST be turned into Coach Vann Prior to returning to Participation.

The SJCSD has an insurance policy for student athletes who sustain an injury while participating in a school sponsored activity.

❖ You have 90 days from injury to file.

WE DO NOT HAVE A TEAM DOCTOR. However, Sports Medicine doctors want to return athletes as quickly as they can safely.



**BARTRAM TRAIL HIGH SCHOOL
ATHLETICS**

BARTRAM TRAIL FOCUS POINTS

HUMILITY

1

Humility is elusive.
As soon as you think you
have it, you've lost it.

THANKFULNESS

2

Gratitude is not only the
greatest of virtues, but the
parent of all others.

-Marcus Cicero

SERVANTHOOD

3

Opportunity is missed by
most because it's dressed
in overalls and looks like
work.

- Thomas Edison



BARTRAM TRAIL HIGH SCHOOL
ATHLETICS

PROGRAM NEEDS

TRANSPORTATION



SPIRIT NIGHTS

Taps

PDQ

MOE's

NEW BUMPER PLATES



BARTRAM TRAIL

GWL

SOCIAL MEDIA

Twitter:

BT Bears Strength: @BTGWL

Instagram:

BT bears strength

BARTRAM TRAIL

BWL

APPAREL

BT GWL WEBSITE

BSN athlete online shop

[10/31] Closes

**Game Day Shirt Required:
Long sleeve**

TRUST THE PROCESS AND BECOME A CHAMPION



LADY STRENGTH
BARTRAM TRAIL

Contact:

Coach Reagan: Ronald.Reagan@stjohns.k12.fl.us

Team email: bthsgwl@gmail.com