

COUGAR FOOTBALL NEWS

WEEKLY IN -SEASON
MONTHLY OFF-SEASON



WESTERN HILLS HIGH SCHOOL FOOTBALL

VOLUME 1

JANUARY 10, 2020

NEED TO KNOW

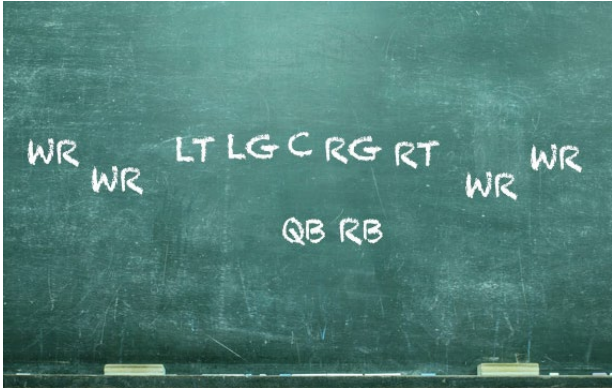
DON'T MISS OUT ON THESE IMPORTANT DATES:



JANUARY CALENDAR OF EVENTS
COUGAR FOOTBALL

- January 6 – 24 – Phase 1 of Off-season Workouts continue
- January 17 – FAMILY FRIDAY
- January 27 – 28 – Re-Test Weight room lifts

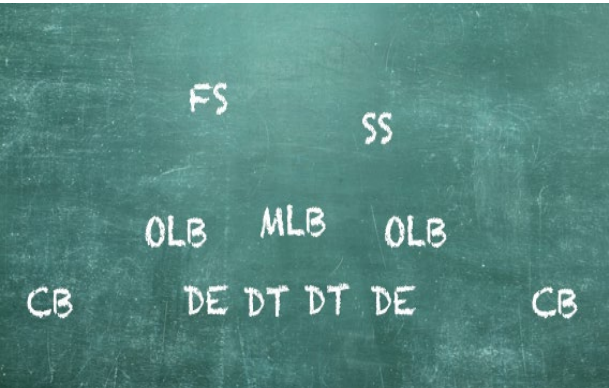
Weight room is open
Monday – Thursday
3:45 – 5:00 pm



OFFENSIVE PLAYER(S) RECOGNITION

Angel Ortiz

Angel is an A honor roll student for the third six weeks. Angel is dual sport athlete participating in soccer as well as football. Angel earned second team all-district honors at center. Angel is a leader of the offensive line often helping to direct the o-line blocking assignments. He is a mainstay in the weight room and is working hard to get bigger, faster, and stronger!



DEFENSIVE PLAYER(S) RECOGNITION

Caleb Clark

Caleb started at middle linebacker as a sophomore this season. This is a tough position to play as a young varsity player. Caleb finished the year with 57 tackles. Caleb is a manager on the basketball team and a dual sport athlete competing in track and field. Caleb is in the weight room just about everyday and understands that he must continue to get bigger, faster, and stronger daily.



FOOTBALL COACH RECOGNITION

Coach Bill Rock is a great asset to the Cougar football program. Coach Rock serves as offensive line coach and head powerlifting coach. His enthusiasm in the weightroom is contagious and he helps the program tremendously by putting extra hours in the weightroom daily. Coach Rock teaches English / Language Arts and has his college degree from State University of New York Cortland.



WEEK 1 – 2020

The Cougars will have a new schedule next season. Week 1 will see the Cougars taking on Carrollton Creekview. We have been scrimmaging Creekview for the past two seasons and we are looking forward to a great matchup.



Week 2 – 2020

The Cougars will see the Mineral Wells Rams for week 2 of the 2020 season. We know that the Rams were a young team last year and will be a tough opponent for us.

THIS IS THE SECTION THAT WE WILL RECAP GAMES IN WEEKLY DURING THE SEASON. RE-ALIGNMENT FOR THE 2020-2021 FOOTBALL SEASONS WILL OCCUR IN FEBRUARY. WESTERN HILLS OFFICIAL ENROLLMENT NUMBER TURNED INTO THE UIL WAS 916 STUDENTS. THIS WILL PLACE US A 4A DIVISION 1 SCHOOL. WE WILL HAVE OUR 2020 SCHEDULE IN THE FEBRUARY COUGAR MONTHLY FOOTBALL.

CONFERENCE CUTOFFS

Conference	Enrollment	Number of Schools	Number of Schools (Basketball)	Number of Schools (Football)	Number of Schools (Volleyball)
6A	2220 and above	245 schools	245 (Basketball)	245 Schools (Football)	243 (Volleyball)
5A	1230 – 2219	255 schools	254 (Basketball)	253 schools (Football)	255 (Volleyball)
4A	515 – 1229	205 schools	201 (Basketball)	186 schools (Football)	200 (Volleyball)
3A	230 – 514	235 schools	235 schools (Basketball)	211 schools (Football)	222 (Volleyball)
2A	105 – 229	201 schools	201 schools (Basketball)	190 schools (Football)	137 (Volleyball)
1A	104.9 and below	218 schools	217 schools (Basketball)	153 schools (Football)	118 (Volleyball)



ARE YOU A QUILIFIER?

NCAA Division I Full Qualifier:
Requirements for Athletics Aid, Practice and Competition

- Students will need to meet the following requirements to receive **athletics aid**, **practice** and **compete** their first year:
- ▶ 16 core courses in the following areas:
 - 4 years English;
 - 3 years math at Algebra I level or higher;
 - 2 years natural or physical science (one lab if offered at any high school attended);
 - 1 year additional English, math or natural/physical science;
 - 2 years social science; and
 - 4 years additional from areas above or foreign language, philosophy or comparative religion.
 - ▶ Minimum required GPA:
 - Minimum GPA of **2.300** required for competition in those 16 core courses.
 - ▶ Graduate from high school.

Division I Sliding Scale Changes

Old			New		
Core GPA	SAT (critical reading/ math only)	ACT Su m	Core GPA	SAT (critical reading/ math only)	ACT Sum
2.725	730	59	2.725	730	60
2.700	730	60	2.700	740	61
2.675	740-750	61	2.675	750	61
2.450	840-850	70	2.450	840	70
2.425	860	70	2.425	850	70
2.150	960	80	2.150	960	81
2.125	960	81	2.125	970	82
2.100	970	82	2.100	980	83
2.075	980	83	2.075	990	84
2.050	990	84	2.050	1000	85
2.025	1000	85	2.025	1010	86
2.000	1010	86	2.000	1020	86

The full sliding scale can be found at www.eligibilitycenter.org under Resources.

DIVISION II FULL QUALIFIER SLIDING SCALE		
USE FOR DIVISION II BEGINNING AUGUST 2018		
CORE GPA	SAT*	ACT SUM
READING/MATH		
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
USE FOR DIVISION II BEGINNING AUGUST 2018		
CORE GPA	SAT*	ACT SUM
READING/MATH		
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61

SAT Test Dates

www.collegeboard.org

Test Date	Registration Deadline	Late Fee Required
Aug 24, 2019	July 26, 2019	Aug 13, 2019
Oct 5, 2019	Sept 6, 2019	Sept 24, 2019
Nov 2, 2019	Oct 3, 2019	Oct 22, 2019
Dec 7, 2019	Nov 8, 2019	Nov 26, 2019
Mar 14, 2020	Feb 14, 2020	Mar 3, 2020
May 2, 2020	April 3, 2020	April 21, 2020
June 6, 2020	May 8, 2020	May 27, 2020

ACT Test Dates

www.actstudent.org

Test Date	Registration Deadline	Late Fee Required
Sept 14, 2019	Aug 16, 2019	Aug 17-30, 2019
Oct 26, 2019	Sept 20, 2019	Sept 21-Oct 4, 2019
Dec 14, 2019	Nov 8, 2019	Nov 9-22, 2019
Feb 8, 2020	Jan 10, 2020	Jan 11-17, 2020
April 4, 2020	Feb 28, 2020	Feb 29- Mar 13, 2020
June 13, 2020	May 8, 2020	May 9-22, 2020
July 18, 2020	June 19, 2020	June 20-26, 2020



LEONARD LONGHORN FOOTBALL NEWS

The Longhorn football program is currently working on their off-season. They are working hard in the weight room and on speed and agility.

We will Highlight players and games starting in August 2020!

Football Staff

Toddrick Hall
Brandon Kelsey
Bobby Cowen
Humberto Aguiniga

HIGHLIGHTED COLLEGE
TARLETON STATE UNIVERSITY

<u>LOCATION:</u> Stephenville, Texas <u>COST:</u> \$21,676 before Financial Aid <u>TYPE:</u> PUBLIC <u>ESTABLISHED:</u> 1899 <u>ENROLLMENT:</u> 13,176 (Undergraduate and Graduate) <u>COLORS:</u> PURPLE AND WHITE <u>MACOT:</u> TEXANS <u>RATIO:</u> 19:1 – student/teacher 61% male / 38% Female <u>WEBSITE:</u> www.tarleton.edu	<u>ATHLETIC LEVEL:</u> Division II Football – Division I FCS Independent <u>ATHLETICS OFFERED:</u> MENS: Football, Baseball, Basketball, Cross Country, track and Field Women’s: Basketball, Cross Country, Golf, Softball, Tennis, Track and Field, Volleyball <u>MAJORS OFFERED:</u> 100 Undergraduate degrees in these 7 colleges: ▪ Agricultural and Environmental Sciences ▪ Business Administration ▪ Education ▪ Graduate Studies ▪ Health Sciences and Human Service ▪ Liberal and Fine Arts ▪ Science and Technology <u>NOTABLE ALUMNI:</u> Ryan Bingham, singer/songwriter, Grammy /Academy Award winner Richard Bartel, NFL quarterback Chad Fox, MLB player Bob Glasgow, Texas State Senator Millie Hughes-Fulford, chemist and astronaut George Kennedy, actor Chris Kyle, U.S. Navy Seal
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