

What is required to play football at Sachse High School?

Players need a current physical dated after April 1 of the current year and Garland ISD athletic forms, available online.

[Click HERE for online GISD forms.](#)

[Click here for Physical and Medical History form.](#)

Other than athletic forms, we are looking for a strong work ethic, positive attitude, and a determination to be successful.

When are tryouts?

There are no tryouts for football. We have high expectations for practice attendance and effort, as well as school behavior and grades. If you meet these expectations, you are welcome to be a part of our program. Freshmen will start practice the week before school starts in August. JV & varsity will start practice the first week of school. If you miss the season, you can potentially join offseason workouts in January or come for after-school workouts in the spring semester. If you are unable to meet attendance or behavior expectations, you may be removed from the program.

Are there summer workouts?

Summer workouts take place Monday through Thursday for eight weeks over the summer. 10th - 12th grades workouts take place at 7:30am with a weight-training segment as well as a speed/agility portion for about 90 minutes. A skill session usually takes place after the morning workout. Our incoming 9th graders start workouts at 9am for a 90-minute workout as well.

What kind of equipment do I need?

Players will need flats (tennis shoes) to work out in the weightroom or on the track. Cleats are needed for practices on the turf or grass fields. All other equipment will be provided. We provide shorts and shirt for practice, as well as sweats during the colder months.

How much does it cost to play football?

There is no cost to play football at Sachse HS. We do ask our players and their families to participate with the two fundraisers that we do in the spring and fall semesters. Optional gear, like T-shirts, sweatshirts, and playoff shirts are available through the Sachse Football Booster Club.

Where can I find information about the Sachse Football Booster Club?

The booster club maintains a Twitter account, [@shsfbc](#), and a Facebook account, [Sachse Football Booster Club](#).

When are practices and games?

Freshmen start practice the week before school in August in the afternoon, typically around 2 hours. During the school year, freshmen practice during the school day as well as after-school practices on Monday and Tuesday with games typically on Thursdays. Some games may be played on Wednesdays if the varsity is scheduled for a Thursday night game.

The JV and varsity start practice the first week of school in August. Both squads use the athletic block for workouts and film with practices taking place after school, typically from 3pm until 5pm, Monday through Wednesday. The varsity practices during the athletic period on Thursdays to free up time for after-school tutorials/academics while the JV is preparing to play on Thursday nights. Just as with the freshmen, sometimes our JV will play on Wednesdays when the varsity has a contest on Thursday.

Do we practice and play during Fall Break or other school holidays?

Yes, the commitment to our program and being successful does not take a break just because the school has a day off. Practices and games will continue on Labor Day or during GISD Fall Break. We always work to practice over Thanksgiving Break as well...that means we are deep in the playoffs!

Where do we play home games?

We play sub-varsity home games at Mustang Stadium on the Sachse HS campus, 3901 Miles Road, Sachse, TX. Mustang Stadium is located behind the school with parking available between the football and baseball stadium.

Varsity home games are played at [Homer B. Johnson Stadium](#), affectionately known as HBJ, and [Williams Stadium](#) if necessary.

Where do we practice?

Mustang Stadium is a turf field available for daily practice, as well as three grass fields, located at the back of the Sachse HS campus.

Who do we play?

Our football district (6A Region II, District 9) consists of six other GISD schools (Garland, Lakeview Centennial, Naaman Forest, North Garland, Rowlett, South Garland) as well as two Wylie ISD schools (Wylie, Wylie East). Additionally, we play two non-district games prior to district schedule each season. We are playing the Coppell Cowboys and Prosper Eagles for the 2022 and 2023 football seasons.

I like football but don't really want to play. How can I help the team?

Our program offers other opportunities if you want to be a part of the team. We have a need for team managers that assist with player equipment, as well as practice and game set-up. We are also looking for tech-savvy individuals to help with filming practice and games. These individuals will operate either stationary cameras, Go-Pro, or flying our practice drones to film. This is a vital part of our program! Please contact **Coach Torrance Williams** if you are interested in filming/flying drones. If you are interested in our trainer program, please contact **Coach Kathy Mihecoby**.

I play other sports. How does that work with football?

We want great athletes and competitors at Sachse HS! We have many players on our team that are contributing members of our basketball, baseball, soccer and track teams. Our football coaching staff communicates with our other Sachse coaching staff in regards to tryouts, workouts, and other opportunities in order to ensure the greatest possible high school experience for our student-athletes. Some athletes are able to be a multi-sport athlete while others focus their time in one area. We will push you to be the best possible version of you!

What are the academic requirements to play?

All student-athletes must meet GISD and UIL requirements in order to participate. This includes promotion to the next grade level as well as gaining the appropriate credit requirements each year. Within the school year, our year is divided into four quarters (much like a football game) and student-athletes need to be passing all classes at the end of the first quarter in order to finish football season. Our coaching staff is committed to tracking grades and behavior and want our student-athletes committed to doing the work necessary to be successful, whether on the practice field, in the classroom or weightroom, or on the game field.

What are the benefits of Sachse football?

The benefits of being a Sachse Mustang is to be part of a group that is committed to excellence, develops positive relationships with peers and coaches, is pushed to develop lifelong skills such as hard work and perseverance, and grows as an individual of character and integrity. That's not to say we won't make mistakes...we look to learn and grow as we move through the high school experience.