



MARION BULLDOGS

CHARACTER, CLASS, TOTAL EFFORT

July 10th, 2017

To: Marion High School Football Players
From: Bruce Salmon
Re: 2-A-Day Information

Dear Bulldogs,

I hope you are enjoying your summer and this letter finds things going well. It is a great time to be a Bulldog! The month of July is going to be important to your preparation for the upcoming football season. It is important that we are making every effort to get bigger, faster and stronger. I also wanted to take time to give you some upcoming dates so that you can plan accordingly.

WEIGHT ROOM HOURS

As a reminder, the weight room is open Monday through Thursday until 5:00pm. Strength camp continues to run Monday through Thursday 7:00am to 9:00am. Make sure you are getting a lift 3 to 4 times a week with a mix of conditioning. Your commitment and self-discipline in July will make for a smooth transition in August.

PHYSICALS

MISD requires all athletes to have an annual physical. All players must have an athletic physical on file prior to the first practice. Players without physicals will not be allowed to practice and will be required to make up 2 miles for each workout that they miss. Physical paperwork can be downloaded from the school web site at <https://marionisd.rankonesport.com>. The School based clinic is offering physicals throughout the summer for \$10. You must make an appointment by contacting Alicia @ 830.420.2291. Deadline for all physicals to be completed and turned in to the Field House is Friday July 28th.

ONLINE FORMS

MISD requires that all athletes complete their district and UIL forms online at <https://marionisd.rankonesport.com>. Due dates for all forms to be completed is Friday July 28th. All players new to Marion Athletics must contact Coach Jordan Hempkler at jhempkler@marionisd.net in order to be entered into the system prior to being able to complete the online forms.





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IMPORTANT DATES:

- July 24 -27th 6:00 to 8:00pm Bulldog-led Workout (voluntary)
- July 31-Aug 2 9:30 to 12:00pm Football Camp (incoming 3rd through 9th graders)
- July 31-Aug 2 6:00 to 8:00pm Bulldog-led Workout (voluntary)
- Aug 3 6:00 to 7:00pm Mandatory HS Player Meeting @ gym (to hand out equipment)
- Aug 3 7:00pm Bulldog Mom Meeting (after equipment handout)
- ***all workout times will be announced at the Mandatory Equipment Handout ****
- Aug 5th TBA Sausage Supper and Parade for those wanting to participate
- Aug 7-10th Times TBA Helmet Only HS Practices (see the 2-a-day Schedule)
- Aug 11th Times TBA First Full Pad Workout
Picture Day
High School Raffle Kick Off
- Aug 12 8:30 – 10am Intra Squad Scrimmage on the Game Field
10:30 – 12:00 Free Youth Football Clinic provided by HS students
10:00 to 11:00 am Sausage Supper Parade
- August 14-18 2-a-days See the 2-a-day Schedule
- August 19 9 / 10:30 Scrimmage @ Hallettsville
- August-21 First Day of School
- August 21-25 1st Period MS Practice during Athletic Period Only
- August 23 Middle School Raffle Kick Off
- August 24 5 / 6 / 7 Holy Cross Scrimmage @ Marion
- August 25 TBA Athletic Facility Grand Opening / Dedication
- August 30 5:30 / 7:00 Meet the Bulldogs
- August 31 6:00 JV vs New Braunfels
Hold the Raffle at Half Time of Game
- Sept 1st 7:30 Varsity vs Eastside Memorial @ Marion
- Sept 4th 8:00am Mandatory Labor Day HS Workout



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ATHLETIC DEPARTMENT CONTACT INFORMATION

Any further question can be answered by contacting Coach Salmon at bsalmon@marionisd.net or at 830.914.1084. Summer office hours are Monday through Thursday 8:00am to 4:00pm.

EQUIPMENT AND ONLINE STORE

Marion ISD provides all football equipment for the upcoming season. Individual athletes are responsible for providing their own cleats. Even though we are moving to a turf field, we will still be playing opponents on their grass fields, it is recommended the players buy molded cleats (avoid injuries by avoiding detachable screw-in cleat models). Shoes are the preference of the player but must be in school colors (black, green, white or gray). ***Again this year, we will partner with BSN Sporting Goods, who is willing to offer a discounted price on common items to our Bulldog family.*** A order flyer has been included. High School Players will be provided with a padded girdle. If players prefer to buy their own, you may do so at your expense. Middle School Players will be required to purchase a girdle for their own personal use. We have a few available for purchase through the school for \$20.

STRENGTH AND CONDITIONING CAMP

The Bulldog Strength and Conditioning Camp is running Monday through Thursday until July 16th. This year has been one of the best on record. If your son is not currently involved, it is never too late to start up.

CUSTOM MOUTH PIECE PROGRAM & ATHLETIC PHYSICAL OFFER

The "school based" Methodist Health Clinic will again be sponsoring custom mouth pieces. Each mouth piece will cost \$5 (this is a \$100 plus value). You must contact the Health Clinic to schedule an appointment at 830-420-2291. Physicals are also offered for just \$10. You must call to make an appointment.

FOOTBALL 2-A-DAY WORKOUTS

This year's 2-a-day workouts will be a little different. Everyone will receive a final schedule with times at the mandatory equipment meeting. Each HS player will have a workout each day. The 50 man roster (those competing for a varsity spot) kids will be required to stay on long days. will run from 8am to 12pm each morning. On all long workouts, participants are required to bring a sack lunch, we will provide Gatorade. These players will stay at the field house during the break. We will provide further 2-a-day information at the Thursday, Aug 3rd player meeting.

FOOTBALL CAMP

The week of July 31st – Aug 2nd, 2017, we will be holding our annual Football Camp. This camp is open to incoming 3rd to 9th graders. Participation is highly recommended to incoming 7th, 8th and 9th graders to get a jump on their competition. In addition to the advantage gained through mental learning and physical conditioning, we will also issue pads for the upcoming year as part of the camp. Camp cost is \$45. Registrations can be dropped off any time during the summer at the front office of the High School or on the first day of Camp at the Field House.



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PRACTICE INFORMATION

Middle School workouts will run from 6:45am to the end of first period. This year we will conduct middle school strength and conditioning workouts at the end of 1st period athletics. Middle school athletes will not have practice after school. All middle school tutorials will be conducted after school. All middle school athletes will be released each morning in time to attend a second chance breakfast at the cafeteria.

High School workouts will be conducted during 5th period athletics and after school. All High School tutorials will be conducted prior to school. With the staggered school time, athletes will be expected to be on the field at 4:15pm daily. Practices will run on Mondays and Tuesdays to about 6:45pm. On Wednesday, workouts will last until 5:45pm.

Varsity Team Members will be expected to get a weight workout prior to school Monday, Tuesday & Wednesday mornings. There will be a Varsity scouting report meetings at 7:45 am. Varsity Football players will also have weekly Thursday Team meetings that run from 4:00 to 5:00pm with team meals following on the back patio. Varsity players are expected to be at Saturday morning film sessions beginning at 9:00am.

BULLDOG LED WORKOUTS

We will begin Senior-led workouts which will be held on July 24th -27th and July 31st – Aug 2nd from 6:00 to 8:00pm. This is a Leadership Council led workout time where the high school kids get together to lift and condition as well as work on football agility and skills. This a voluntary workout, but highly recommended for all incoming 8th through 12th grade football players.

MANDATORY HIGH SCHOOL PLAYER MEETING

We will have a mandatory high school meeting on Thursday, Aug 3rd at 6:00pm in the High School Gym. We will meet in the High School Gym as a whole before breaking into small groups. The Coaching Staff has put together a series of 6 information sessions to cover the following topics: Practice Information, Recruiting Information, Insurance and Health Care, Injuries – Strength and Conditioning, Academics and Bulldog Moms. After these meetings we will assign lockers and issue practice equipment. All physicals must be completed by this meeting.

BULLDOG MOM MEETING (After Player Meeting)

On Thursday, Aug 3rd at approximately 7:00pm, following the high school player meeting we will have a brief preseason Bulldog Mom meeting to get organized for the upcoming season. If you are interested in being a Bulldog Mom this upcoming season please contact Coach Salmon bsalmon@marionisd.net.

FOOTBALL SCHEDULE

For your convenience, I have included a copy of the 2017 Football Schedule. This year we are looking to have JV and Varsity Team. Depending on the number of players of our opponents, we will



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play a 5th quarter whenever we can. This will allow us to maximize playing time and build playing experience and depth.

TEAM THEME --- "OFF THE CHAIN."

Every year each team is responsible for defining what "their" team will stand for. We have a long running tradition of excellence that we can not take for granted, but instead must respect and cherish and leave it in a better place. All offseason we have been working with a sense of urgency on and off the field to get better today, one rep at a time. This season represents the beginning of our goals and future. **TEAM #50: OFF THE CHAIN**

MARION ATHLETIC BOOSTER CLUB (MABC)

All families are strongly encouraged to join the MABC and become active. The minimum membership cost just \$10 per family with addition options available. A copy of the **MABC Membership and Personal Program Ad form** is included.

SPORTS PROGRAMS

The Marion Athletic Booster Club will be sponsoring the 5th Annual Sports Programs. Something new this year; the MABC will host a Fall, Winter and Spring Sports Program to honor each Bulldog Team. If you are interested in purchasing an ad wishing your son good luck in the upcoming season, we ask that you have it completed and turned in prior to August 8th. The Personal Ad form has been included in this packet. If you have any questions please contact Coach Salmon @ 830-914-1084 or at bsalmon@marionisd.net. All proceeds raised will benefit all of Marion ISD sports.

REMIND 101

Remind 101 is a messaging app we will use to communicate all team information including team reminders and announcements. Please see the attached **Remind Flyer** for details on how to sign up for these reminders.

RAFFLE FUNDRAISER

We will be conducting the Third Annual MABC Bulldog Raffle. Raffle Tickets will be \$15 with 100% of the proceeds going back to the Bulldog teams. All teams are encouraged to participate. Money raised by each sport is deposited to their activity account. Dual sport athlete's money is split between sports. We are collecting prizes for the raffle so if you have a donation or service you would like to include please let me know as soon as possible.

PLAYING TIME & TEAM DESIGNATION

Evaluations began last November, through the spring and summer, will continue through 2-a-days and throughout the football season. There is a large group of kids that are "doing the extra", so competition will be tough. As a reminder, playing time and team designation is at the sole discretion of the coaching staff. As a practice, we base our decisions in the order of the following criteria:

1. Knowledge of Assignments
2. Mental Toughness and Total Effort



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3. Attitude and Work Ethic
4. Hitting Ability and Physical Conditioning
5. Athletic Ability

All kids will get to play, but playing time will not be equal. Playing time is based on practice consistency and performance.

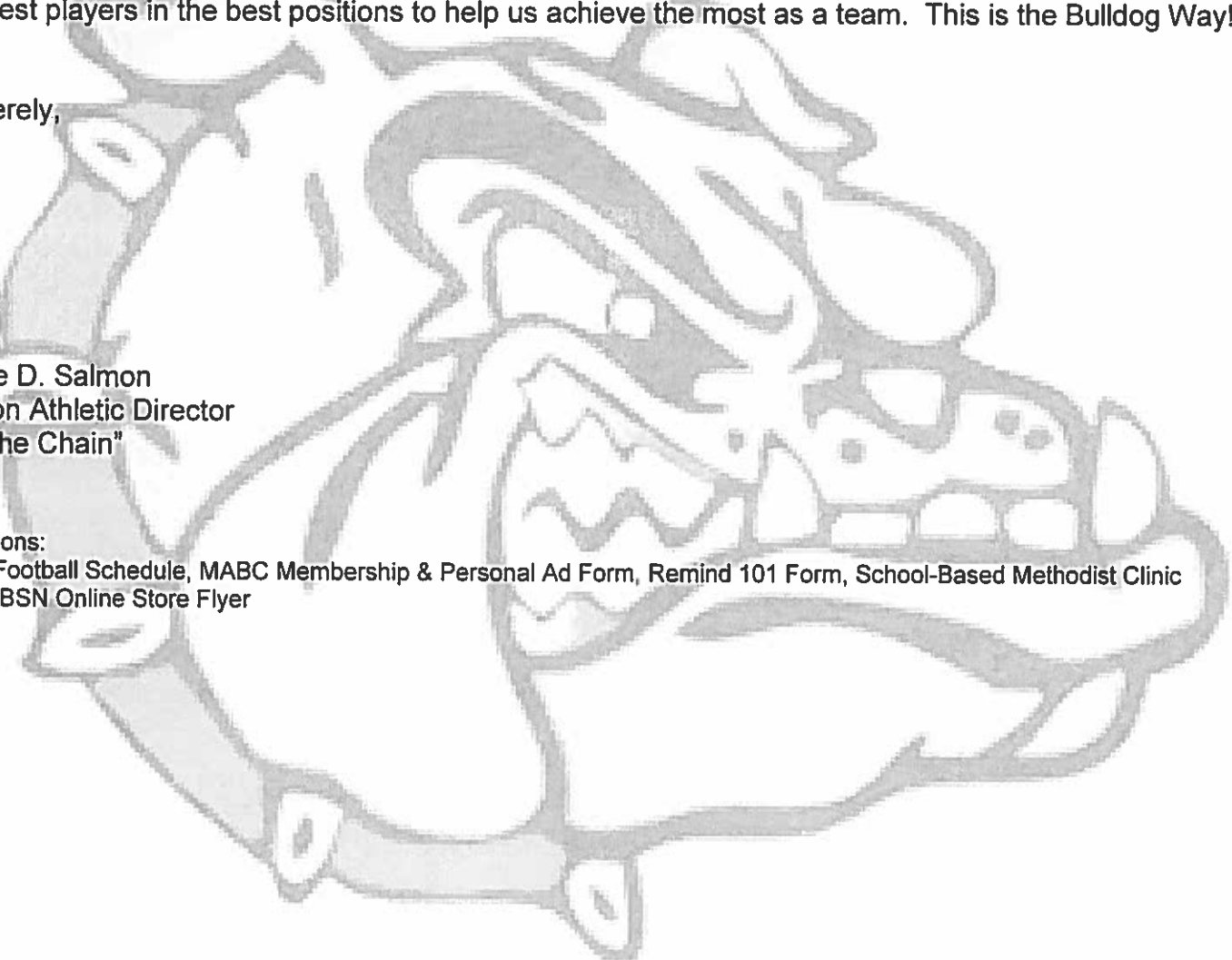
Remember that all evaluations are on-going. Do not become complacent and never miss out on an opportunity to increase your "Stock". If, at any time you want to know where you are at, what you need to be doing, just ask! If you do not agree with our evaluation then prove us wrong. We will play the best players in the best positions to help us achieve the most as a team. This is the Bulldog Way!

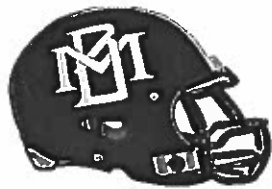
Sincerely,

Bruce D. Salmon
Marion Athletic Director
"Off the Chain"

Inclusions:

2017 Football Schedule, MABC Membership & Personal Ad Form, Remind 101 Form, School-Based Methodist Clinic Flyer, BSN Online Store Flyer





2017 BULLDOG FOOTBALL

"Character, Class & Total Effort"

5/16/2017

		Varsity	Jr Varsity	Mid. School (7th / 8th)
Scrim 1		HALLETTVILLE SCRIMMAGE Saturday, Aug 19 Home -- TBA		Marion Team #50 Rising
Scrim 2		HOLY CROSS SCRIMMAGE Thursday, Aug 24 Home		
Week 1		EASTSIDE MEMORIAL HS Friday, Sept 1st Home -- 7:30 pm	NEW BRAUNFELS HS Thursday, Aug 31st Home -- 6:00pm	
Week 2		NAVARRO HS Friday, Sept 8 Home --7:30 pm		Intra Squad Scrimmage Thursday, Sept 7 Home -- 4:30 (7th), 5:30 (8th)
Week 3		DEVINE HS Friday, Sept 15 Away --7:30 pm		Devine MS Thursday, Sept 14 Away -- 5:00 (7th), 6:30 (8th)
Week 4		GOLIAD HS Friday, Sept 22 Away --7:30 pm		Goliad MS Thursday, Sept 21 Away -- 5:00 (7th), 6:30 (8th)
Week 5		FLORENCE HS Friday, Sept 29 Home -- 7:30pm		Florence MS Thursday, Sept 28 Home -- 5:00 (7th), 6:30 (8th)
Week 6		OPEN WEEK Friday, Oct 6		Luling MS Thursday, Oct 5 A -- 5:00 (7th), 6:30 (8th)
Week 7		**INGRAM TOM MOORE HS** <i>Homecoming</i> Friday, Oct 13 Home -- 7:30pm		Ingram MS Thursday, Oct 12 Home -- 5:00 (7th), 6:30 (8th)
Week 8		**RANDOLPH HS** Friday, Oct 20 Away --7:30 pm		Randolph MS Thursday, Oct 19 Away -- 5:00 (7th), 6:30 (8th)
Week 9		**LULING HS** Friday, Oct 27 Home -- 7:30pm		Luling MS Thursday, Oct 26 Home -- 5:00 (7th), 6:30 (8th)
Week 10		**LAGO VISTA HS** <i>Parent's Night</i> Friday, Nov 3 Home -- 7:30pm		Lago Vista MS Thursday, Nov 2 Home -- 5:00 (7th), 6:30 (8th)
Week 11		**COLE HIGH HS** Friday, Nov 10 Away --7:30 pm		Cole MS Thursday, Nov 9 Away -- 5:00 (7th), 6:30 (8th)

Bruce Salmon, AD / Head Football Coach

Kelly Walters, Superintendent

Stacia Snyder, HS Principal

District Games

Susan Thetford-- MS Principal



PO Box 622, Marion, TX 78124

Please complete this form for membership dues and personal ads. All monies benefit the Marion Athletic program. Please return form and payment to school front office, Coach Salmon, any Booster Club Officer or mail this form to the Marion Athletic Booster Club.

MEMBERSHIP APPLICATION



Parent / Guardian Name

Home Address

Parent Email Address

Student Athletes Name (s) / Grades

	Yes	No
Cell Phone		
	Texting OK?	

Payment

Cash

Check

Annual Membership

Varies

Please write checks to
MABC

Membership

New

Returning

Service Interest

Committees

Sport Liason

Concessions

PROGRAM PERSONAL ADS



Fall Program
Cross Country, Volleyball,
Football

Winter Program
Boys & Girls Basketball,
Powerlifting

Spring Program
Baseball, Softball, Track,
Tennis, Golf

Corporate Sponsorship has a separate process, but a business may sponsor a personal ad.

FULL -- \$200

HALF -- \$100

QUARTER -- \$75

EIGHTH - \$50

Personal Ad

Full Page

Half Page

Quarter Page

Eighth Page

Payment

Cash

Check





























































Amount Paid

Please write checks to
MABC

Personal ads can be e-mailed to Phillip Fields at phillipfields@sbglobal.net or Coach Salmon at coachsalmonmabc@gmail.com. Questions can be directed to Coach Salmon at 830.914.1084. All personal ads must be in pdf or jpeg form.

MARION ATHLETIC BOOSTER CLUB MEMBERSHIP 2017-2018

MEMBERSHIP LEVELS

	Basic \$10	White \$25	Black \$50	Green \$75	Jr Bulldog \$100	Bulldog VIP \$150
Voting Right (One)						
Remind Updates						
Cinchbag						
Lanyard						
Concession Stand Meal Ticket (1 meal ticket \$6 value)						
Shirt (Men or Women's) S M L XL XXL						
Water Bottle						
Concession Stand Meal Ticket (1 meal ticket \$6 value)						
Cap or Visor						
Blanket						
Program						
Concession Stand Meal Ticket (1 meal ticket \$6 value)						
Polo Shirt (Men or Women's) S M L XL XXL						
Program						
Concession Stand Meal Ticket (1 meal ticket \$6 value)						
Backpack or Jacket						
Printed Name in All Sport Programs						
Concession Stand Meal Ticket (1 meal ticket \$6 value)						

*Memberships are accepted throughout the year

*MABC Student Athletic Scholarship Program awards 10 students \$500 please see MABC Facebook site for details



Sign up for important updates from Coach B. Salmon.

Get information for Marion High School right on your phone—not on handouts.


Pick a way to receive messages for High School Football:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/coachbsal

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @coachbsal to the number 81010.

If you're having trouble with 81010, try texting @coachbsal to (830) 267-4646.

**Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/coachbsal on a desktop computer to sign up for email notifications.



School Based Health Center

MEDICAL

- Diagnosis and treatment of simple illness or injury
- Immunizations
- Physical exams for school sports, cheerleading, dance team, Boy Scouts and camp
- Well child exams
- Health promotion and education
- Prescription assistance
- Referral to primary care providers, specialists and resources within the community

DENTAL

- Primary dental care including examinations, x-rays, cleanings, fluoride treatments and sealants
- Dental treatment including fillings, extractions and endodontic treatment available
- Referral to other dental specialists as necessary

SOCIAL SERVICES

- Individual and family counseling as well as case management services
- Information and referral to community resources
- Assistance with Medicaid and CHIP applications



TO SCHEDULE AN APPOINTMENT, CONTACT:

School Based Health Center
Schertz Elementary
757 Curtiss Avenue, Schertz, TX 78154
Phone: (210) 658-4875

School Based Health Center
Krueger Elementary
217 West Otto Street, Marion, TX 78124
Phone: (830) 420-2291

Services are offered on a sliding-fee scale based on annual household income.

Methodist Healthcare Ministries' School Based Health Centers offer a comprehensive range of services to children enrolled in the Marion and Schertz-Cibolo-Universal City Independent School Districts, as well as their siblings up to age 21.

Methodist Healthcare Ministries is the largest, faith-based, not-for-profit funding source for community health care services to low-income families and the uninsured in South Texas.

MHM.ORG





Sports Mouthguards



Schedule an appointment for a custom-fit sports mouthguard. Represent your school by sporting a mouthguard in your school colors or choose from an assortment of colors.

Sports mouthguards are \$5 each.



Call today to make an appointment!

Marion Clinic
830-420-2291

Schertz Clinic
210-658-4875



School Based
Health Center





MY TEAM SHOP FREQUENTLY ASKED QUESTIONS

- NO ITEMS WILL SHIP UNTIL THE SHOP CLOSES.
- ALL ITEMS WILL SHIP TO THE SCHOOL TO THE ATTENTION OF THE TEAM COORDINATOR.
- ALL ITEMS ON THE SHOP HAVE BEEN CHOSEN BY THE COACH OR THE TEAM COORDINATOR.
- PLEASE CAREFULLY READ THE PRODUCT DESCRIPTION. YOUTH AND WOMENS ARE LABELED ACCORDINGLY. IF NO GENDER IS LISTED, THE ITEM IS MENS. **IF A SIZE OR COLOR IS NOT MARKED, IT WAS NOT AVAILABLE FROM THE MANUFACTURER**
- ONCE THE SHOP CLOSES, DECORATED ITEMS WILL SHIP TO THE DECORATORS BLANK. ONCE THE DECORATED ITEMS HAVE BEEN COMPLETED, ALL ITEMS ORDERED WILL BE BAGGED AND SHIPPED TO YOUR TEAM COORDINATOR FOR DISTRIBUTION. PLEASE ALLOW 3-4 WEEKS, ONCE THE SHOP CLOSES TO RECEIVE THESE.
- IF YOU HAVE A PROBLEM OR ISSUE WITH YOUR ORDER, PLEASE SHARE THIS INFORMATION WITH YOUR TEAM COORDINATOR WHO WILL CONTACT YOUR SALES PRO AND WE WILL GLADLY HANDLE ANY ISSUES THRU YOUR TEAM COORDINATOR.
- **ONCE ITEMS HAVE BEEN DECORATED, SCREEN PRINTED OR EMBROIDERED, RETURNS OR CREDITS CAN NOT BE ISSUED. PLEASE MAKE SURE YOU HAVE ORDERED THE CORRECT SIZE AND COLOR.**
- CREDIT CARDS WILL BE CHARGED IMMEDIATELY AT THE TIME OF ORDER CHECK OUT ON THE SHOP.
- PLEASE MAKE SURE TO COMPLETE CHECK OUT ON THE SHOP WHICH WILL ENSURE YOUR ORDER HAS BEEN PLACED AND DUPLICATE ORDERS ARE NOT GENERATED. IF YOU PLACE AN ORDER MORE THAN ONCE ON THE MY TEAM SHOP YOUR CREDIT CARD WILL BE CHARGED TWICE.
- PLEASE MAKE SURE TO ORDER DURING THE DATES THAT THE MY TEAM SHOP IS OPEN. **NO ORDERS WILL BE ACCEPTED AFTER THE SHOP CLOSES.**



BSN SPORTS

MY TEAM SHOP

ORDERING INSTRUCTIONS

BSN SPORTS



Contact Us FAQ View Cart \$0.00

[View Product Catalog](#)

MY TEAM SHOP

Enter Your *Access Code*
From Your Team Flyer

SIGN IN »

Don't know your Team's Access Code?
Contact your Team Coordinator or [email us](#)



Discounted Pricing

Save on custom apparel, footwear, and more



Easier Than Ever

Shop with ease from your computer, phone, or tablet



24/7 Access

Order when it's convenient before the shop's close date

- Step 1** Go to www.bsnteamssports.com on your computer, phone, or tablet.
- Step 2** Enter the Access Code located on your team flyer and click "Sign In".
- Step 3 Shopping:** Add items to your cart and checkout when ready.
Click "View Cart" at the top right of the page to start the checkout process.
- Step 4 View Cart:** After reviewing your cart, click "Check Out" to proceed to the next step.
If available, you will be prompted for personalization options on the next screen.
- Step 5 Player/Student Info:** Enter the contact name of the player/student the order is for to ensure proper delivery.
*Note: Please enter a parent's or guardian's email address and phone number.
The email address will be used for the order confirmation and any additional updates.*
- Step 6 Place Order:** Enter your Payment Information and click "Place Order".
Note: The site accepts Visa or MasterCard only.

Questions?

myteamshop@bsnsports.com

IMPORTANT INFORMATION



For all decorated items, returns are accepted for damaged or defective items only.



Debit and credit cards will be processed at the time of order as payment.



For non-decorated items, there is a \$20 fee for exchanging sizes after delivery.



The delivery estimate is 3-4 weeks after the shop closing date. All items will be shipped to your team coordinator for distribution.

Thank you for shopping with BSN SPORTS!

ORDER BY
JULY
24

MARION HIGH SCHOOL
BULLDOG FOOTBALL 2011



\$96.00 UNDER ARMOUR
UA CC Spotlight
Shoes
Available in 1 other
color.



\$26.00 UNDER ARMOUR
UA Men's F5
Gloves
Available in 3 other
color(s).



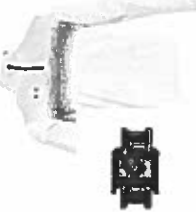
\$80.00 UNDER ARMOUR
UA Nitro Mid D
Shoes
Available in 1 other
color.




\$40.00 UNDER ARMOUR
UA Combat V FF
Gloves



\$10.95 UNDER ARMOUR
UA Unrivaled
Crew Socks
Available in 1 other
color.



\$49.95 UNDER ARMOUR
Under Armour®
Grind Novelty
Men's Loose 1/4-
Zip Pullover
Available in 1 other
color.



\$18.25 UNDER ARMOUR
UA Gameday
Armour Arm
Sleeve
Available in 1 other
color.



\$46.00 UNDER ARMOUR
UA Tech 1/4-Zip
Hoody



\$17.00 UNDER ARMOUR
UA Locker III
Slide



\$26.00 UNDER ARMOUR
Under Armour®
HeatGear® Armour
Men's Long-Sleeve
Compression Crew
Neck T-Shirt
Available in 1 other
color.



BSN SPORTS

Contact MTS Customer Support: myteamshop@bsnsports.com
Team Coordinator Bruce Salmon: bsalmon@marionisd.net

ORDER ONLINE

www.bsnteamssports.com
Enter Access Code To Login



Access Code

bulldo3X4W

Order 717 to 7124

No orders will be accepted after the deadline.