



**ELK RIVER FOOTBALL**  
**2024 Fall Kickoff Meeting**  
**TEAM 133**



**Agenda**

- 5:30 – 6:00**    **Check In**
- 6:00 – 7:00**    **9-12 Football Meeting – Little Theater  
Strength and Nutrition**
- 7:00 – 7:30**    **Team Meetings**
- **Freshmen: Room 230**
  - **Sophomores: Room 354**
  - **Varsity/JV: Little Theater**



# ELK RIVER FOOTBALL TEAM 133



**Head Coach - Steve Hamilton**

**Email: [steven.hamilton@isd728.org](mailto:steven.hamilton@isd728.org)**

**Elks QB Club President – Dave Williams**

**Email: [president@elkriverfootball.com](mailto:president@elkriverfootball.com)**



# ELK RIVER FOOTBALL

## TEAM 133



### Coaching Staff

**Steve Hamilton - Head Coach**

**Mike Cross - Defensive Coordinator (Corners)**

**Ryan Lapointe - Offensive Coordinator (RBs)**

**Luke Nowinsky - Sp. Teams/Recruiting (Safeties)**

**Ben Gustafson - Offensive Line (Guards/Centers)**

**Bryan Cook - Offensive Line (Tackles)**

**Chad Westberg - Tight Ends**

**JT Langlais - Quarterbacks**

**Brad Olson - Inside Linebackers**

**Garrett Ott - Outside Lbs/ Head B Squad**

**Brad Cochran - Assistant Linebackers**

**Mike Breyen - Head Strength**

**Jason Snoddy - Defensive Line**

**Levi Kleffman - Defensive Line**

**Aaron Osterman - Head 9th Grade**

**Mike Miller - Assistant 9th Grade**

**Mark Angstman - Assistant 9th Grade**

**Chris Cushenberry - Assistant 9th Grade**

**Sam Rodin - Assistant 9th Grade**

**Landon Henjum - Assistant Special Teams**

**Dave Williams - Booster Pres. Assistant DB**



# ELK RIVER FOOTBALL TEAM 133



## Follow Elks Football on Social Media:

**Website:** [www.elkriverfootball.com](http://www.elkriverfootball.com)

**Facebook:** [www.facebook.com/ElkRiverElksFootball](http://www.facebook.com/ElkRiverElksFootball)

**Twitter:** [@ElkRiverElksFB](https://twitter.com/ElkRiverElksFB)

**Email:** [info@elkriverfootball.com](mailto:info@elkriverfootball.com)



# ELK RIVER FOOTBALL

## TEAM 133



### Remind - Text Messaging Service for **Parents**

**Parents (9th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2409-par

**Parents (10th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2410-par

**Parents (11th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2411-par

**Parents (12th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2412-par



# ELK RIVER FOOTBALL

## TEAM 133



### Remind - Text Messaging Service for **Players**

**Players (9th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2409player

**Players (10th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2410player

**Players (11th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2411player

**Players (12th)** : Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2412player



# ELK RIVER FOOTBALL

## TEAM 133



### Mission Statement

*The Mission of the Elk River football program is to impact the lives of the student-athletes who participate in the program. Our goal is to help transform the boys who enter this program into young men ready to accept the challenges of life.*

#### *Our student athletes will:*

- 1. Be the best **student** they can be.*
- 2. **Represent** themselves, family, teammates, school, coaches and community with class.*
- 3. Learn to **compete** on and off the field.*



# ELK RIVER FOOTBALL

## TEAM 133



Who We Are:

- Discipline
- Toughness (Physical and Mental)
- Accountability
- Consistency

[Tom Brady: “Why everyone should play football”](#)





# ELK RIVER FOOTBALL

## TEAM 133



### What **WE** need from parents

1. Allow your student-athletes to **PLAY** the **GAME**.
  - Avoid **reverse dependency** phenomenon
2. **Share** your child (Allow them to be coached)
3. Be **positive** toward the players and the program.
  - **Conduct** at games matters (players, parents, coaches, officials, opponents)
  - You are part of the **culture** of the program
4. Be **honest**, we will always do the same in return.
5. **Read** the [players/parent handbook](#)
6. **HELP** the Quarterback Club.



# ELK RIVER FOOTBALL

## TEAM 133



### Purpose/Playing Time

#### Freshman Football Expectations

- **Purpose** - Teaching players the basic rules and strategies of football. Build the players' knowledge of football to a level that will allow them to progress to the B Squad level.
  - Winning freshman games **IS NOT** priority #1.
  - All players should receive playing time unless they are physically or mentally unprepared.
  - Playing time will not be 100% equal.

#### B Squad Football Expectations

- **Purpose** - Teach players the intermediate rules and strategies of football and prepare them for varsity football.
  - Winning B Squad games **IS NOT** priority #1
  - All players should receive playing time unless they are physically or mentally unprepared.
  - Playing time will not be 100% equal.

#### Varsity Football Expectations

- **Purpose** - Teach players the advanced rules and strategies of football.
  - Winning varsity games **IS** the emphasis
  - Players may not receive playing time.



# ELK RIVER FOOTBALL

## TEAM 133



### Team Rules/Expectations

#### 1. Be Early

"It's all about being organized and showing respect."

#### 2. Protect the Team

"Are you helping or hurting the team? Every decision has an impact."

#### 3. No Whining, Complaining, Excuses

"Positive attracts positive. Negative attracts negative."

➤ **Players are expected to know all the information in the players' handbook and the MSHSL rules.**



# ELK RIVER FOOTBALL

## TEAM 133



### Violations of team rules may result in the following:

- **Black Practice Jersey (Coaches will talk to you)**
- **Field Clean up**
- **PPC: Post Practice Conditioning**
- **Repeat violations of team rules may result in the following:**
- **PPC: Post Practice Conditioning**
- **PROBATION:** After repeat offenses the player cannot start if on probation. Athletes will be in a black practice jersey and PPC until off probation.



# ELK RIVER FOOTBALL

## TEAM 133



### Violations of team rules may result in the following cont.:

- **SUSPENSION:** Cannot play in games, PPC.

- **EXCLUSION:** Removed from team

\*\*\*Major violations of team rules including use of alcohol, other drugs, violation of state law, etc., will result in a two game suspension. Second offense will result in removal from the team.



# ELK RIVER FOOTBALL

## TEAM 133



### Social Media Policy

1. **Assume nothing is private!** (You write it you own it)
2. **The audience is vast:** Parents, players, classmates, teachers, administrators, college coaches, employers, family members... anyone could potentially be in your audience.
3. **NEVER POST PICTURES FROM THE LOCKER ROOM!**
4. **Complaining** will not solve the issue. Talk to teammates or coaches directly.
5. Do not talk **negatively** about opponents – do not trash talk!
6. If you retweet something, you agree with it.
7. Do not discuss injuries

**Student - athletes that violate the Elk River Football Program Social Media Policy may be disciplined. This could include permanent or temporary suspension from the team, as determined by the Athletic Director and the Head Coach.**



# **ELK RIVER FOOTBALL**

## **TEAM 133**



## **ATTENDANCE**

**All in season functions are mandatory! Practices, Meetings, Weights, Team Events**

**Each absence will result in a reduction of playing time. Three unexcused absences will result in removal from the team. Only your Head Coach may excuse your absence. Contact them prior to the absence.**

**Each absence (excused or unexcused) will result in loss of playing time. In addition, upon return the player will wear a black jersey and have PPC.**

**School functions are excused absences.**

**Parental contact before the absence or after an “emergency” situation may be excused.**

**“Try to schedule dentist/doctor appointments around practice/school. Lost practice time will result in lost playing time.**



# ELK RIVER FOOTBALL

## TEAM 133



### **Detention/ISS/OSS**

Any student-athlete that receives **Detention, ISS, or OSS** will not be able to practice on those days, therefore they will have either a reduction of playing time or will not be allowed to play depending on the length of the suspension. In addition, they will have PPC and field clean up when they return to practice.

- **Theft:**

Any student-athlete caught stealing (not hear-say) from the team or their teammates will be removed from the program. We are the Elk River Football Family. If we can't trust each other we will never be successful.

- **Any conduct that is considered detrimental to the program can and will be dealt with on a case by case basis by the head coach, and could result in removal from the team.**





# ELK RIVER FOOTBALL

## TEAM 133



## Lettering Policy

Any **varsity** football player that makes it through the **entire** season in good standing (no violations to the athletic or team rules) **and performs 8 hours of community service** shall receive a letter. Community Service is activities or events that players help out with in our community, not team related activities, and must be approved by Coach Hamilton and a verification sheet must be turned in. Hours performed from end of last football season till the end of this years season will count for the current year. Varsity players will receive a helmet sticker for every 8 hours of community service.

Any **sophomore or freshman** wishing to letter is **at the coach's discretion**. They must have participated in at least 80% of the summer football activities, and must appear in at least half of the quarters in at least three regular season varsity football games. Players that join the varsity only during the playoffs will not receive a letter, unless they play in over half of the quarters during the playoffs. Community Service hours will also apply.



# ELK RIVER FOOTBALL

## TEAM 133



### Varsity/JV/10th Practice Schedule

<u>Monday, August 12th :</u>	V/JV/10th 8:00 am to Noon
<u>Tuesday August 13th :</u>	V/JV/10th 8:00 am to Noon - <b>Picture Day at 12:00 pm</b>
<u>Wednesday August 14th :</u>	V/JV/ 10th 8:00 am to Noon
<u>Thursday August 15th :</u>	V/JV/10th 8:00 am to Noon – <b>Gold Card Blitz Day (Money due by 8 pm)</b>
<u>Friday, August 16th. :</u>	V/JV /10th 8:00 am to Noon
<u>Monday, August 19th :</u>	V/JV/10th 8:00 am to Noon
<u>Tuesday August 20th :</u>	V/JV/10th 8:00 am to Noon - <b>V/JV/10th Lift at 7:00 am</b>
<u>Wednesday August 21st :</u>	V/JV/10th 8:00 am to Noon
<u>Thursday August 22nd :</u>	V/JV/10th 8:00 am to Noon - <b>V/JV/10th Lift at 7:00 am</b>
<u>Friday, August 23rd :</u>	V/JV/10th 8:00 am to Noon
<u>Saturday, August 24th :</u>	Scrimmages at Spring Lake Park – 10th at 8:00 am, Varsity at 10:00 am
<u>Week of August 26th :</u>	Will start afternoon practices - 2:30-5:30

Look at the calendar on our website: [www.elkriverfootball.com](http://www.elkriverfootball.com)

Freshman Schedule will be listed on the website



# ELK RIVER FOOTBALL

## TEAM 133



### Practice Site

- All Practices will take place either on game field or practice field behind the ice arena
- Practices after school will begin at 2:30
- Plan to pick up your student-athlete at the high school if your student-athlete will be using the locker room.
- Pick up times will vary depending on which level your student-athlete plays



# ELK RIVER FOOTBALL TEAM 133



## ATHLETIC TRAINING – Karina Brass

HEAT MANAGEMENT

CONCUSSIONS

MRSA/INFECTIONS

MINOR INJURIES

MAJOR INJURIES

**WE HAVE AN INCREDIBLE TRAINER! PLEASE HAVE YOUR STUDENT-ATHLETES SEE KARINA IF THEY HAVE ANY ISSUES. KARINA WILL BE ABLE TO DETERMINE IF IT IS AN ISSUE THAT REQUIRES FURTHER ATTENTION.**