



2024 Spring Kick Off Meeting

Agenda

5:30 – 6:00

Check In

6:00 – 6:30

10-12 Football Meeting – ERHS Zabee Theater

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

Head Coach - Steve Hamilton

Email: steven.hamilton@isd728.org

Elks QB Club President – Dave Williams

Email: president@elkriverfootball.com

JV/10th Grade Head Coach – Garrett Ott

Email: garrett.ott@isd728.org

9th Grade Head Coach – Aaron Osterman

Email: aaron.osterman@isd728.org

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

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**

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

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**

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

Follow Elks Football on Social Media:

Website – www.elkriverfootball.com

Facebook Football – www.facebook.com/ElkRiverElksFootball

Twitter – @ElkRiverElksFB

Instagram – www.instagram.com/elkriver_football/

Email – Communications@elkriverfootball.com

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

2024 Summer Strength & Speed

The Elk River Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- * To decrease the chance of injury for each participant
- * To give each participant a greater chance to reach his/her potential
- * To help increase each participant's self-confidence

Program Design

Each session is designed as follows:

- * Warm-up/Flexibility
- * Speed/Agility Work
- * Core Strength/Abdominal work
- * Strength Training

Each strength-training program is individualized and based on each individual's strength level.



The program dates are June 10th to August 1st, not meeting the week of July 1st to 5th (Dead Week).

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

Summer 7 on 7

Thursday July 11th vs Zimmerman 9:30 am - 11:30 am (ERHS Stadium)

Thursday July 18th @ Anoka 9:30 am - 11:30 am

Thursday July 25th vs. Anoka and Minneapolis North 9:30 am- 11:30 am (ERHS Stadium)

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

2024 Summer Mini Camp 1

Practices for 10th-12th:

Monday	June 17th @ 9:30 am - 12:00 pm 12:00 pm - 12:30 pm Throwing
Tuesday	June 18th @ 9:30 am - 12:00 pm 12:00 pm - 12:30 pm Throwing
Thursday	June 20th @ 9:30 am - 2:00 pm
Friday	June 21st @ 9:30 am - 2:00 pm

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

UMD Team Camp 2024 - Session 2

Session II: June 24th, 25th, & 26th

<https://bulldogsfootballcamps.totalcamps.com/shop/product/291854>

Entering Grades: 10th - 12th

Check-In: 12:00 PM, Day 1

Check-Out: 12:00 PM, Day 3

Residential Camper: \$195 for Camp, paid to UMD

TBD for bus paid to QB Club

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

2024 Summer Mini Camp 2

Practices for 10th-12th:

Monday	July 22nd @ 9:30 am - 12:00 pm
Tuesday	July 23rd @ 9:30 am - 12:00 pm
Wednesday	July 24th @ 9:30 am - 12:00 pm
Thursday	July 25th @ 9:30 am - 12:00 pm

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

Community Service

Community Service is activities or events that players help out within 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.

Community Service Award - Given to the player with the most verified community service hours.

As a requirement to letter all varsity football players will need to perform 8 hours of community service.

TEAM 133 - ELK RIVER FOOTBALL



2024 Spring Kick Off Meeting

OTHER IMPORTANT DATES

- **Heggies Pizza Fundraiser:** **Starts June 3rd to 21st, pickup TBD**
- **Senior Leadership Meeting:** **Wednesday June 12th 12:00 pm**
- **Youth Camp:** **July 15th - July 18th 1:00pm - 3:00 pm**
- **Golf Tournament:** **Friday Aug 2nd, 8:30 am start**
- **Registration Night/Fall Meeting:** **July 22nd at 6:00 pm (Tentative)**
- **1st Day of Practice:** **August 12th at 8:00 am**
- **Gold Card Sale:** **July 22nd to 15th**
- **Gold Card Blitz Day:** **August 15th at 11:30-8:00 pm**