



Stillwater Ponies Football

Minnesota State Champions
1975 1982 1984 1995



Stillwater Ponies Football Newsletter

Volume II, Issue 2

Summer 2013

Momentum – Keep it Rollin'!

Over the last two years, our focus and resources have been used to make Stillwater football the most respected program in the state. We strive to do this by instilling four objectives into our student-athletes – to have fun, to represent our school and the valley with class, to become better people, and to become the best team possible. Our young men make it clear that they cherish the experience, the friendships, and the journey. They make us look good with their service to others, dedication on and off the field, and performance on Friday nights. They share reflections about how the experience changes them, and, though far from where they want to go, have shown the ability to play championship football. Simultaneously, off the field, the coaching staff, parents, alumni, and community members have worked via the Ponies Touchdown Club to improve aspects of the program that support those objectives. In just over one year, we have accomplished the following:

- Purchased every 10-12 grade player a 5-Star Rated helmet (Virginia Tech Helmet Ratings)
- Purchased a complete set of Adidas Tech-fit home and away uniforms for the varsity team
- Reconditioned all used shoulder pads, and replaced all shoulder pads purchased before 2005
- Designed and purchased decorative screens to cover almost all the chain link fence at Pony Stadium
- In July 2013, we broke ground on a 580 square foot equipment garage on the practice field

Please know many other smaller – yet significant – initiatives have taken place along the way and can be viewed on our website under the Touchdown Club tab. The projects above total well over \$100,000. Those tasks have been accomplished through the time, talent, and treasure of our stakeholders and community. Furthermore, it is those people we will seek to help us keep moving forward. We will no doubt need support as our current initiative is our largest yet – the Stillwater Area High School weight room.

Stillwater Area High School Weight Room Initiative

In 1993, SAHS opened its doors for the first time. It comes as no surprise that some of the spaces and amenities were the finest in the state. This was true of the weight room, which had been one of the driving forces behind our athletic programs, especially in football. Funding for weight room equipment and repair has waned. Two decades later, despite some limited improvements, our weight room has become dated and worn. More importantly, with improvements in technology, industry, and the science of strength and conditioning, better products exist to help our athletes perform at their highest potential. Therefore, with the help of the PTC, we are aggressively renovating the Stillwater weight room. This plan is devised to make the weight room more functional, effective, efficient, and a space that our athletes can take pride in. In the end, the project will benefit all students and athletes who use the weight room.

It has three phases. Phase I has been ordered – some resources have been delivered while others are en route. This includes five multipurpose racks, dozens of medicine balls, strength bands, plyo jump sets, weighted accessories, and more. This phase was paid with high school donations, high school athletic teams,

and the Pony Power and Performance program (our strength and conditioning program). The cost was \$43,610. The PTC knew the gravity of Phase II, and ordered it immediately. Phase II includes five more multipurpose racks. These racks will replace our older racks while giving us an ability to share the old ones with each junior high to grow their developing weight rooms. Furthermore, it includes new Olympic lifting bars, badly needed bumper plates, and platforms. This phase costs \$49,015. Finally, in the near future, we hope to tackle phase III, which includes replacing dated, rusted, mismatched dumbbells and weights, replacing our leg press, and adding a few pieces of new equipment. Phase III costs \$22,918.

The project meets needs that give us an ability to either improve our curriculum or adjust how our athletes work out. We can adapt to the long overdue changes in the science and technology of fitness.

Please know that a high quality weight room is essential to successful high school programs, especially in football. Many teams who have won recent football state championships have state-of-the-art weight rooms. The reality of financial resources is well documented in a Star Tribune article entitled "Booster Spending Alters High School Athletic Competition" on May 27, 2013. While our work will never be done in the weight room, these phases will be a significant, program-changing improvement.

Please consider joining the PTC or donating to this project. We need funds to make good on Phase II and to prepare to accomplish Phase III. Your contribution will provide 1000s of student-athletes an opportunity to work toward their potential as athletes and healthy individuals. Your contributions will be processed like a PTC membership. Significant donations beyond typical membership levels are needed. This can come with listed incentives or a full tax deduction as the PTC is a 501 (c)(3) organization.

If you have any thoughts or questions regarding this matter or Ponies football in general, please contact Coach Beau LaBore. Please help us continue our efforts to make Stillwater Ponies football the most respected program in Minnesota. We appreciate your consideration.

Tradition Renewed

The recovery of articles related to Stillwater football seasons now includes 1895-1982. The 2001-2013 seasons are available under the Tradition tab on the website. We have the resources to complete 1983-2000, but it will take some time.

2013 Spring Meetings

The junior high and high school meetings were well attended and helped us share information about www.poniesfootball.com, Pony Power and Performance, the Pony Camps, and the 2013 season.

2013 Captains and their Parents

Our captains have served our team and coaches well throughout the winter, spring, and summer. These young men are Jake Olson, David Peterson, Mitchell Schertz, and Trevor Tillett. The Captains' Parents also serve a leadership role connecting the parents to the program. The 2013 captains' parents are: Eric and Patti Olson; Chip Peterson, Jane Reed; Tom and Julia Schertz; Mark Tillett, and Paula Tillett. An article documenting all their duties can be found on the website. **These parents are still in need of the following:**

Junior/Senior Parents/Guardians:

- Friday, August 16 – 5:00-7:00 PM: Grilling and supervising for the Nursing Home BBQ – Need 18 adults, contact Paula Tillett (tillett.paula@gmail.com) or Mark Tillett (Tilletts3@yahoo.com)

- Friday, August 23 – 2:30-4:30 PM: Feed My Starving Children – Need 15 adults, contact Jane Reed (janeehp@comcast.net) or Patti Olson (polson@cghill.com)
- Saturday, September 21 – 1:00-3:00 PM: Adaptive Football Day – Need 3-5 adults, contact Chip Peterson (rthrpeterson@yahoo.com) or Eric Olson eolson@gsm-hvac.com
- Team Dinner – sign up schedule to follow – servers and donations

Sophomore Parents/Guardians:

- The week of September 14 thru September 21: Annual Sophomore Food Drive 4-6 adults contact Patti Olson (polson@cghill.com)
- Wednesday, October 9 – 5:00 PM: Sophomore Team Dinner – Need 3-4 adults, contact Patti Olson (polson@cghill.com)

Tackle Cancer at the Gophers Game – Volunteers Needed

The Tackle Cancer program began in 2012 in partnership with the Minnesota State Football Coaches Association and raises money for the Randy Shaver Cancer Research and Community Fund. Coach LaBore is a member of the main Tackle Cancer Committee. In its first year, this program raised \$121,000 for the Randy Shaver Cancer Research and Community Fund. We are excited for year two as we have added the Gophers, the MIAC, and other college football teams in Minnesota to the list of Tackle Cancer games.

The Gophers are hosting a Tackle Cancer Game on Saturday, September 21 against San Jose State. The game will start at 11:00 AM or 2:30 PM (TBA). Therefore, Coach LaBore is need of 10 volunteers to represent the Stillwater football and man on of the five gates at TCF Stadium.

Each volunteer will get a ticket and a shirt. The expectation is that the 10 person team is at their gate 60 minutes before kickoff, watch most of second quarter, collect donations during halftime, watch the entire third quarter, and finish by collecting outside the stadium beginning halfway through fourth quarter through 30 minutes after the game.

We need a leader of this group and nine more people who want to help the U of M meet their goal of \$25,000 and Tackle Cancer's goal of \$200,000.

This is a nice opportunity to take in some Gopher football while raising funds for a great cancer charity.

Pony High School Camp

We had over 100 10-12 graders attend the camp. We were able to install much of our base offense and defense while working core fundamental skills and drills. Each year we leave wondering how we can get more sophomores to attend as integrating them into the high school program is crucial to their success.

Pony Power and Performance

Our participation has been outstanding. Each year we have ramped up the level of intensity in this program and our athletes keep stepping up. This program is for athletes entering grades 7-12 who are serious about getting bigger, faster, stronger, and better. We accomplish a lot in 90 minutes and know our athletes will be improved and in playing shape in August.

Pony Junior High and Youth Camps

The Pony Junior High Camp will take place at SAHS on Monday, July 29 through Thursday, August 1 from 5:00 PM – 7:00 PM. Coaches from 7-12 grade will install much of the base offensive and defensive schemes for athletes entering grades 7-9. Sign up through the community education website.

The Ponies Youth Football Camp with Coach LaBore and Stillwater High School Players will take place at SAHS on Monday, July 29 through Friday, August 2 from 12:00 PM – 2:00 PM. Sign up forms are available on the VAA website: www.scvaa.org. Walk up registrations are acceptable.

Ponies Serving the Community

We believe that “giving is receiving” and provide numerous opportunities for our players to give back to the important causes in our community and world. Two of them took place in May and June.

Cub Foods Grocery Bagging: On Saturday, May 25, a group of then sophomores and juniors donated about three hours of their Memorial Day weekend to bag groceries at Cub Foods. These young men represented our program with class and pride. The players raised \$1,550, which included Nick Blonski, Nick Brevitz, Ben Edgar, Ryan Floen, Nick Gray, Joe Knapp, Zach Knox, Oliver O’Keefe, Jake Olson, David Peterson, Johnny Randazzo, Mitchell Schertz, and Trevor Tillett.

Special Olympics Power Team: From Wednesday, June 19 through Saturday, June 22 our 10-12 grade football players served as the Power Team to a very successful state Special Olympics event at SAHS. A special thank you goes to committee chairs Patti Olson and Jane Peterson who were our link to the Special Olympics staff for a second year. In all, our players and parents served for 450 hours at the Special Olympics event and another 20 hours planning. While our team was paid a stipend, we took on this challenge to give back to Special Olympians and our community.

We filled 86 volunteer slots with eight parents. This includes the vast majority of our varsity football team.

Each player signed up for a five or six hour shift. They checked in at the high school and were paired with another teammate, a walkie-talkie, and a golf cart. We sent five teams of two out every shift. Two shifts covered the track and field, two shifts covered Olympic Town, and one shift was a floater. They took instructions from AJ Menden, an experienced Special Olympics representative. AJ would walkie-talkie instructions to certain teams and the boys would complete the task. The teams worked very well together, covering each other’s back and responsibilities in a respectful, pleasant manner. The tasks varied from garbage detail, filling water containers, bringing bottled water to events, setting up the soccer and football expo, distributing ice, distributing lunches, moving tables and chairs, and in the heat of the work day, taking the time to cheer on Special Olympics athletes.

We also hosted a football clinic for Special Olympic athletes. This is the second year of this event which took place in the Olympic Village and spawned other similar events in year two. The clinic allowed the Special Olympic athletes to do some passing, catching, and the gauntlet (running through the team with blocking dummies in hand). A ton of smiles and laughter was shared by all.

In its second year at SAHS, it is likely the Special Olympics Minnesota Summer Games have found a home. Furthermore, it is clear the Power Team leadership is impressed with our young men. “These young men worked very hard though some tough work,” Said AJ Menden, who directed our players. “They were organized, took initiative, and represented the football program well. We are appreciative of their service.”

The event was more than a warm-up for our annual Adaptive Football Day in this fall in which our varsity team plays football with special needs athletes from our area.

2013 Important Dates – July and August

The Season Calendar will be made available on the website at the end of the month. Below are the key dates for the remainder of the summer and the beginning of football:

Pony Power and Performance at Stillwater Area High School for Grades 9-12

July 22, 23, 24, 25, 29, 30, 31 / August 1

Pony Power and Performance at Stillwater Area High School for Grades 7-8

July 22, 24, 25, 29, 31 / August 1

Pony Junior High Camp at Stillwater Area High School

Monday, July 29 through Thursday, August 1 from 5:00 PM – 7:00 PM

Ponies Youth Football Camp with Coach LaBore and Stillwater High School Players at SAHS

Monday, July 29 through Friday, August 2 from 12:00 PM – 2:00 PM

Sunday Night Football for 10-12 Grade Football Players at Stillwater High School Practice Fields

July 21, 5:00PM and July 28, 5:00 PM

2013 Stillwater Ponies Fall Sports Registration

Monday, August 5 – Friday, August 9 from 7:00 AM – 3:30 PM

Grade 10-12 football practice begins Monday, August 12

2013 Stillwater Ponies Football Equipment Handout at Stillwater Area High School

To get equipment players MUST BE REGISTERED

Tuesday, August 6: Seniors at 9:00 AM, juniors at 9:45 AM, and sophomores at 10:30 AM

First Day of 2013 Season

10-12 Grade at SAHS:

August 12 at 8:30 AM

Players must have football cleats, gym shoes, five piece girdle (hips, tail, and thighs), a bag lunch and plenty of fluids (lunch must be on site), and consider a second set of dry clothes for the second practice

OLJH & SJHS 9 at SJHS:

August 12 at 9:00 AM

Players must have football cleats and payment slip

Pictures and Mandatory Parent Meeting for All Players in Grades 10-12

Friday, August 23 at 6:00 PM at The Stable and Pony Stadium

Chipotle Fundraiser

The Stillwater Chipotle will host a fundraiser for Ponies football on Tuesday, July 23 from 4:00 PM to 8:00 PM. Half of all receipts will be donated back to the football program. Please have dinner at Chipotle and tell them you are there for Ponies football.

There will also be a competition in this fundraiser – offense versus defense:

1. Overall: There will be two buckets at the register. One for O and one for D. The bucket that has the most entrées (burritos, burrito bowl, and tacos equal 1 entrée) will finish the last Sunday practice without the planned conditioning.
2. Fastest: Though the players are yet to be determined, there will be three O versus D competitions for who can eat the fastest burrito. One player will be selected by his position group to take down a burrito in record time – or at least faster than the other side of the ball!
 - 5:00 PM – Offensive Backs versus Linebackers
 - 6:00 PM – Wide Receivers versus Defensive Backs
 - 7:00 PM – Offensive Line versus Defensive Line

2013 Football Schedules

The Suburban East Conference provides an outstanding website that can give you everything you need to know about team schedules. This website, www.suburbaneast.org provides the schedule for all junior high and high school teams and will be updated regularly up until the first games.

Player Equipment and Apparel

As part of our new jerseys, supported by the Ponies Touchdown Club, we have an apparel contract with BIG Athletics. This provides us some incentives, which includes football cleat savings passed onto you.

Shoes: Our 7-12 grade football players have access to the 2013 Adidas line at 50% off the retail price. On Thursday, July 11, our Pony Power and Performance athletes had the opportunity to see, fit, and access the order form which is on the website. All transactions will be online. Regardless of the brand or style of shoe, each player is expected to have black as the primary color.

Apparel: On the back side of the shoe form is the apparel form. It is also available on the website. The team sweatshirt, sweat pants, shirts, and more are available. All apparel is available to our players, parents, and community members.

Girdle: All 10-12 players are required to purchase a built-in girdle. BIG Athletics has a model available on the apparel website for \$37. Riddell has a model that can be purchased at equipment handout for \$28. Players can also purchase this equipment at retail stores.

Other: Each varsity player who meets the required Pony Card sales will be equipped with a team shirt, a short sleeved compression shirt, a pair of practice shorts, and game socks. Each sophomore player who does the same will be equipped with a team shirt and game socks. Other incentives will be continued from last year.

Coaching Staff News

Visit the website to learn more about the new coaches hired for the 2013 season. At OLJH district DAPE teacher Ryan Bartosiewski replaces Tim Obr. At SJHS, district PE and Health teacher Lancer Lumber replaces Nate Schwarz who moved to Texas. For the sophomore team, Coach Oswald moved on to coach his son's football team and will be replaced by Adam Yaeger. Finally, Alex Ballweg will replace Brian Ritchie on the varsity team helping the defense.

ACT 2013-2014

Interested in going to college? The following dates are open for taking the ACT. Notice the registration dates. ACT information can also be found at www.act.org. The coaching staff would appreciate players not taking the test in October as it is during a potential playoff practice.

Test on September 21, 2013 ... Register by August 23, 2013
Test on October 26, 2013 ... Register by September 27
Test on December 14, 2013 ... Register by November 8, 2013
Test on February 8, 2014 ... Register by January 10, 2014
Test on April 12, 2014 ... Register by March 7, 2014
Test on June 14, 2014 ... Register by May 9, 2014

PowerUp for Pony Football

In June, our Pony Power and Performance athletes in grades 9-12 took in a 20 minute presentation on how to fuel their bodies for football while enjoying some healthy, ideal snacks and beverages. The presentation was sponsored by the PTC and featured a task force from Lakeview Health's PowerUp initiative. Each player left with a nutrition playbook for how to eat when training. A similar presentation was made available to all Stillwater athletes, parents and guardians on July 17, 2013 at SAHS which was also sponsor by the PTC. The PowerUp staff will meet with the 10-12 grade players one more time on August 26 to discuss how to eat during a regular school day during the football season.

We take the safety and health of our football players very seriously. While we promote that our athletes get bigger, faster, and stronger, we want them to do it in a healthy, responsible fashion. If players, and their parents or guardians, use these guidelines they can ensure their son is well-nourished for academic and athletic growth and development. Simultaneously, they are learning how to take care of themselves in the present and future.

Words of Wisdom

"The finest compliment that anyone can pay a person is to say he is a complete team player. To deserve this tribute, your every thought, action, and deed should be one you are doing for the team."

-Jack Pardee (College Football Hall of Famer, College and Professional Coach)

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