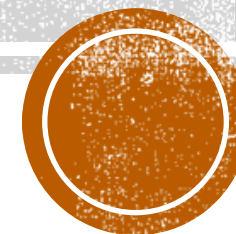




2016 TIGERS FOOTBALL

Spring/Summer Program 2016





NEW RICHMOND FOOTBALL BOOSTER CLUB

The NR Football Booster Club is a group of parents/supporters, dedicated to improving the football experience for all players in the New Richmond Football Program. We will support the needs of the coaches and players to the best of our ability through forward planning, volunteerism, fund raising, and support.





2016 SEASON

- Cool refreshments after fall camp practices (grades 9-12)
- Nutrition after summer lifting sessions
- Team meals on Thursday nights before varsity games (grades (9-12))
- Pizza after every game
- Homecoming bags
- Cancer awareness night
- Team Camp registration
- End of Season banquet
- Communication
- Community Football Night (August 10th, 2016)

**MEETINGS HELD
MONTHLY @ NRHS
COMMONS**

**SECOND WEDNESDAY
OF THE MONTH @ 5:15**

**ALL Club Members ARE
WELCOME**





3RD ANNUAL GOLF SCRAMBLE

 New Richmond Tigers
3rd Annual
Tigers Football Golf Outing

Friday, July 29th, 2016
New Richmond Golf Club - The "Links"

\$75 Per Person

- 12:00pm Start
- Includes: 18 Holes, Cart, Dinner, Welcome Bag

website: nrtigersfootball.com





2016 COACHING STAFF

- KEITH BADGER – HEAD COACH
- JASON ECKERT – OFFENSIVE COORDINATOR/QB'S
- CASH LANGENESS – DEFENSIVE COORDINATOR
- DAVE MEHLS – DEFENSIVE LINE
- TROY CRAN – LINEBACKERS
- LANDEN STRILZUK – DEFENSIVE BACKS
- ROGER STIPPEL – OFFENSIVE LINE
- NICK FILIPIAK – HEAD 9TH GRADE COACH
- JACK FILIPIAK – 9TH ASSISTANT
- BILL SCHOLZ – 9TH ASSISTANT



WEBSITE

- nrtigersfootball.com
- All information will be sent out through the website (Sport Ngin)
- Create an account
- Use 'Tags' for relevant information





TEAM STANDARDS

- BE EARLY
- BE A CLASS ACT
- BE FORWARD THINKERS – “FIND A WAY”





2016 SUMMER CHECKLIST

- Do NOT fail a class!
- Register for Summer TSC
 - 7:30am -9:00am
 - Skills Tuesday/Wednesday – 9:00am-10:00am
- Do *you* want EastBay team order?
- Pay for SDSU Camp – see nrtigersfootball.com
 - \$165/player
 - Grocery Bagging on June 7th & June 14th, 10:00am-6:00pm
 - Get a physical!
 - You'll be sent home one day 1 if you don't have this complete
- Attend Code Night – May 22nd, 2016





2016 SUMMER

- State only allows 5 contact days
- Team Camp @ SDSU
- 2 pre-practices June 20th & June 21st, 5:00pm-8:00pm
- Tuesday/Wednesday skill work 9:00am-10:00am
- Menomonie 7 on 7
- River Falls 7 on 7
- Emphasis on getting in football shape and installing offensive and defensive systems

IT IS THE COACHING STAFF'S EXPECTATION THAT ALL PLAYERS MAKE FOOTBALL A TOP PRIORITY AND ATTEND EVERY STRENGTH/CONDITIONING & PRACTICE SESSION. NO SPOT IS GUARANTEED. EVERY DAY COUNTS!



ACCLIMATIZATION

- State now requires 5 days.
- Days 1 & 2 – Helmets, mouth guards
- Days 3-5 – Helmets, Shoulder pads, Shorts
- If you do not meet these requirements prior to camp, you cannot participate in camp.
- Acclimatization guidelines met during summer conditioning drills & practice prior to camp.



SDSU TEAM CAMP 2016

Camp Objectives:

- Provide individuals and teams to improve their fundamentals in the game of football.
- Develop each team in a variety of situations as they compete in a safe and controlled environment.
- Building team camaraderie with a direct focus on disciplined work and positive feedback.





SDSU TEAM CAMP 2016

- SEVEN scrimmages and FOUR 7-on-7 games.
- 3 hours of position drills. OL/DL players will get an additional 1 ½ hours from college coaches.
- Camp awards: Team awards, Hustle awards, Effort awards.
- SDSU trainers available before, during, and after each practice and scrimmage.
- Limit of 12 teams per session.
- **INVALUABLE TEAM TIME**





SDSU TEAM CAMP 2016

What to Bring:

- Towel, washcloth, soap, sunscreen, personal toiletries, toothbrush.
- Pillow, sleeping bag, sheets.
- Football cleats, tennis shoes, t-shirts, shorts, sweatpants, extra socks, NRHS issued spirit pack.
- Football supporters, full football gear.

Athletes will check equipment out the week before camp. Fee must be paid or plan in place to check out gear.





SUMMER 2016

1. **VARSITY FOOTBALL LIFTING SESSION: 7:30AM-9:00AM M-T-W-TH *NOT JULY 1-5**
 - a) **THIS IS NOT OPTIONAL**

2. **VARSITY FOOTBALL SKILLS SESSIONS: 9:00AM-10:00AM TUESDAY/WEDNESDAY**
 - a) **IF YOU PLAN ON CONTRIBUTING, IMPROVE YOUR SKILLS**

3. **VARSITY FOOTBALL 7-ON-7 TOURNAMENT: @ UW-RIVER FALLS, JULY 14**

4. **VARSITY FOOTBALL TEAM CAMP: SOUTH DAKOTA STATE UNIVERSITY**
 - a) **JUNE 23-25**
 - b) **\$165 PER PLAYER**
 - c) **TWO OFFICIAL PRE-CAMP PRACTICES, JUNE 20 & 21**
 - d) **FUNDRAISING OPPORTUNITIES TO PAY FOR CAMP OVER THE SUMMER**

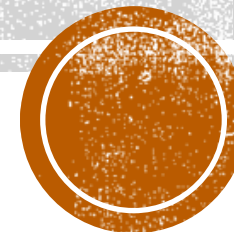
5. **YOUTH FOOTBALL CAMPS: JULY 25-28, 5:30PM-8:30PM; COME MAKE A GREAT IMPRESSION ON A YOUTH PLAYER**





2016 TIGERS FOOTBALL

Incoming 9th Graders 2016





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2016 SUMMER CHECKLIST

- Do NOT fail a class!
- Register for Summer TSC
 - 10:00am-11:30am
 - Skills Tuesday/Wednesday – 9:00am-10:00am*
- Pay for Freshman Camp – see nrtigersfootball.com
 - \$30/player
 - June 19-21
- Attend Code Night – May 22nd, 2016
- Get a Physical!



W.I.N. — WHAT'S IMPORTANT NOW?

The Development of Youth Athletes:

- Value on multiple sport athletes
- Specialization:
 - Limits and prevents the development of transferable sport skills
 - Transferable sport skills allow athletes to participate in a variety of sporting and social situations, which increases the likelihood that they will have a positive and fun experience in sport
 - Overuse injuries - <http://osipt.com/uw-health-sport-specialization-study-preliminary-findings/>
 - Youth who play a variety of sports and specialize at *older* (18+) ages, reach higher performance levels than those who specialize early
 - Late Specialization Sports: baseball, football, lacrosse, ice hockey, basketball, soccer



W.I.N. — WHAT'S IMPORTANT NOW?

- The largest change in a football player's life is 8th – 9th grade. Why? Age.
- Up to this point, Oldest = largest, strongest, more skilled
- Coaches believe they're "better", provided more opportunities, younger quit
- In 2007, greater than 40% hockey players major junior hockey born in first quarter of year
- Kids feel that they won't make the cut because of their developmental age
- Kids who develop late have opportunity to develop movement speed and skills longer
- Football? Oldest = lineman, youngest = skilled





SUMMER 2016

- Freshman Football Camp
 - Sunday, June 19th 6:00pm-8:00pm
 - Monday, June 20th 3:00pm-5:00pm
 - Tuesday, June 20th 3:00pm-5:00pm
 - Cost \$30/player
- Summer Tiger Strength & Conditioning (TSC)
 - M, T, W, TH – 10:00am-11:30am, Friday optional/Make-up





2016 FALL CAMP/SEASON

- Football begins on Monday, August 1st, 2016
- 7:30pm – players report, equipment handout, team meeting
- MIDNIGHT MADNESS – practice under the lights from 12:01am-1:00am
- Freshman practice will be 5:00pm-8:00pm during fall camp
- During the school year 3:30pm-6:00pm
- Practices will taper as the season goes on
- End of Season, start of playoffs



IN-SEASON

1. **Games – 4:30pm, Monday (one Tuesday)**
2. **9th Grade Schedule – Monday – Friday**
3. **Playoffs – freshmen can dress and travel with varsity during this time – great experience so when it's your turn you can just play the game!**
4. **Recover, recover, recover.**
 - **Bodies need adequate time to recover. Rest between games, practices, lifting – play multiple sports, just not at the same time!**

