



# **ELK RIVER FOOTBALL**

## **2022 Fall Kickoff Meeting**

### **TEAM 131**

#### **Agenda**

- |                    |  |
|--------------------|--|
| <b>5:30 – 6:00</b> | <b>Check In</b>  |
| <b>6:00 – 6:45</b> | <b>9-12 Football Meeting – Zabee Theater<br/>QB Club Info</b>  |
| <b>6:45 – 7:30</b> | <b>Team Meetings</b> <ul style="list-style-type: none"><li>•Freshmen: Room 105</li><li>•Sophomores: 168</li><li>•Varsity/JV: Zabee Theater</li></ul> |





# **ELK RIVER FOOTBALL**

## **TEAM 131**



**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 131**



## **Follow Elks Football on Social Media:**

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

Facebook – [www.facebook.com/ElkRiverQuarterbackClub](https://www.facebook.com/ElkRiverQuarterbackClub)

Twitter – @ElkRiverElksFB

Email – [elkriverelksfootball@gmail.com](mailto:elkriverelksfootball@gmail.com)

Parents of Team 130 - Facebook –

<https://www.facebook.com/groups/2348350275439062>



# ELK RIVER FOOTBALL

## TEAM 131



### Remind - Text Messaging Service for Parents

**\*\* Parents (9th)** - Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2209-par

**\*\* Parents (10th)** - Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2210-par

**\*\* Parents (11th)** - Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2211-par

**\*\* Parents (12th)** - Text following code to 81010 or use this phone number  
(763) 515-0807 - Code: @2212-par



# ELK RIVER FOOTBALL

## TEAM 131



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

**\*\* Players (9th)** - Text following code to 81010 or use this phone number (763) 515-0807 -  
Code: @2209player

**\*\* Players (10th)** - Text following code to 81010 or use this phone number (763) 515-0807 -  
Code: @2210player

**\*\* Players (11th)** - Text following code to 81010 or use this phone number (763) 515-0807 -  
Code: @2211player

**\*\* Players (12th)** - Text following code to 81010 or use this phone number (763) 515-0807 -  
Code: @2212player



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***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. Earn a high school diploma***
- 2. Represent themselves, family, teammates, school, coaches and community with class.***
- 3. Learn to compete on and off the field.***



# ELK RIVER FOOTBALL

## TEAM 131



## 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.



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**The fun begins Monday – August 15<sup>th</sup>!**

### **Varsity/JV Practice Schedule**

**Monday, August 15th** - V/JV - 8:00 am to Noon

**Tuesday August 16th** - V/JV - 8:00 am to Noon, **Picture Day at 1:00 pm**

**Wed., August 17th** - V/JV - 8:00 am to Noon

**Thursday August 18th** - V/JV - 8:00 am to Noon – **Gold Card Blitz Day (Money due by 8 pm)**

**Friday, August 19th,** - V/JV - 8:00 am to Noon

**Monday, August 22nd,** - V/JV - 8:00 am to Noon

**Tuesday August 23rd** - V/JV - 8:00 am to Noon - **Varsity Lift at 7:00 am**

**Wednesday August 24th** - V/JV - 8:00 am to Noon

**Thursday August 25th** - V/JV - 8:00 am to Noon - **Varsity Lift at 7:00 am**

**Friday, August 26th** - V/JV - 8:00 am to Noon

**Saturday, August 27th,** - Scrimmages at Spring Lake Park – JV at 8:00 am, Varsity at 10:00 am

**Week of August 29th** – Will start afternoon practices - 2:45 to 5:45

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

**Freshman Schedule is listed on the web-site**





# ELK RIVER FOOTBALL

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What we will Teach:

- Discipline
  - Toughness (Physical and Mental)
  - Accountability
- 
- “The harder you work, the harder it is to surrender.”  
Vince Lombardi



# ELK RIVER FOOTBALL

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### 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)
4. Be honest and upfront, we will always do the same in return.
5. Read and sign the players/parent handbook
6. **HELP** the Quarterback Club.



# **ELK RIVER FOOTBALL**

## **TEAM 131**



### **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

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Violations of team rules may result in the following:

- **Black 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 jersey and PPC until off probation.



# ELK RIVER FOOTBALL

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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.



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### **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

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## ATTENDANCE

All in season functions are mandatory.

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 if possible.

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.



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### 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.





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### **Practice Site:**

- All Practices will take place either on game field or behind ice arena
- Practices after school will begin at 2:30
- Plan on pick-ups back 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



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### **JV**

**JV is made up of any 10th graders and upperclassmen that did not play in the previous Varsity game.**

**JV will play their games on Mondays, with the exception of week 1 vs. Cambridge.**

**The games will be played on the Game Field (unless it is unavailable due to other games). The times may vary depending upon whether there are Varsity Soccer games that day or not. We are trying to get as many 7:00 pm games as possible.**



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### **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.**

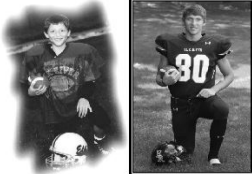


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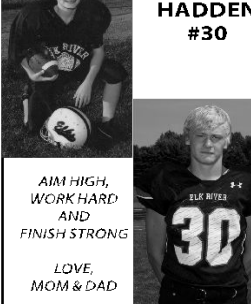


**BRYAN EDWARDS**



You have grown into a wonderful young man. Your hard work and dedication on and off the field will carry you far. We couldn't be more proud!  
**WE LOVE YOU!**  
Mom, Dad, Tayler, Dani & Brad  
**Make this a memorable year!!!**

**TERRY HADDEN  
#30**



**AIM HIGH,  
WORK HARD  
AND  
FINISH STRONG**


**LOVE,  
MOM & DAD**

**MATT**  
This **IS** your year!



We can't explain the **EXCITEMENT** and **PRIDE** we feel watching you under the lights every Friday Night!

We love you,  
**YOUR BIGGEST FANS!**  
Mom, Dad & Nick  
*Nick's cheering in your dreams*



You've worked so hard for this Bud, this **IS** the year!  
We are so proud of you, your accomplishments and the hurdles you've overcome!

**Love you Garrett!**  
Mom, Dad and Kayli

**Senior Ads - More Information  
will be coming from Dave Williams**