



# **2022 Spring Kick Off Meeting**

## **131<sup>st</sup> Year of Elks Football**



### **Agenda**

**6:00 – 6:30      Check In with QB Club**

**6:30 – 7:00      9-12 Football Meeting – ERHS Zabee Theater**  
**QB Club / Fertilizer Meeting**

**7:00 – 7:15      Break Out Meetings**  
**Varsity – ERHS Zabee Theater**  
**B Team - Health Room**  
**Freshman – Room 105**

**7:20              College Recruiting Discussion**

## **TEAM 131 - ELK RIVER FOOTBALL**



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## 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



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**\*\* Players (9th)** - Text following code to **81010**

**\*\* Players (10th)** - Text following code to **81010**

**\*\* Players (11th)** - Text following code to **81010**

**\*\* Players (12th) - Text following code to 81010**

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

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

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

Facebook QB Club - [www.facebook.com/ElkRiverQuarterbackClub](https://www.facebook.com/ElkRiverQuarterbackClub)

Twitter – @ElkRiverElksFB

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

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#### **What We Teach**

- 1. SELFLESSNESS**
- 2. TOUGHNESS**
- 3. DISCIPLINE**

#### **What We Expect**

- 1. STUDENT FIRST**
- 2. COMMUNITY INVOLVEMENT**
- 3. COMMITMENT TO THE PROGRAM**
- 4. WIN EVERY DAY**
- 5. HAVE FUN!**

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# **Most Wins in Minnesota Since 2016 (5A)**

<b>1. Elk River</b>	<b>56</b>
2. Mankato West	55
3. Owatonna	55
4. St. Thomas	52
5. Chaska	47
6. Mahtomedi	46
7. Spring Lake Park	45
8. Robbinsdale Cooper	45
9. Andover	39
10. Chanhassen	38



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# What Will it Take to Get Back?



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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.

- \* 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

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

**The program dates are June 13th to August 4th, not meeting the week of July 4th to 8th (Dead Week).**

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**Equipment Handout (Start in Lockerroom)**

**Monday June 6<sup>th</sup> (After School):**

**Seniors: 2:15 - 2:40**

**Juniors: 2:40 - 3:05**

**Sophomores: 3:05 - 3:30**

**Freshmen: 3:30 - 4:00**

**Wednesday June 8th @ 6:00 pm**

**This is make up time if you can't make Monday!**

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### **2022 Summer Mini Camp 1 (June 13th - 16th)**

#### **Practices for 10th-12th: (Lifting prior to camp)**

<b>Monday, June 13th</b>	<b>9:30 am - 12:00 pm</b>
<b>Tuesday, June 14th</b>	<b>9:30 am - 12:00 pm</b>
<b>Wednesday, June 15th</b>	<b>9:30 am - 12:00 pm</b>
<b>Thursday, June 16th</b>	<b>9:30 am - 12:00 pm</b>

#### **Practices for 9th Grade:**

<b>Monday, June 13th</b>	<b>10:00 am - 12:00 pm</b>
<b>Tuesday, June 14th</b>	<b>10:00 am - 12:00 pm</b>
<b>Wednesday, June 15th</b>	<b>10:00 am - 12:00 pm</b>
<b>Thursday, June 16th</b>	<b>10:00 am - 12:00 pm</b>

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**UMD Team Camp 2022**

**Session II: June 20th, 21st, & 22nd**

**<https://football.umbulldogsportcamps.com/team-camp.cfm>**

**Entering Grades: 10th - 12th**

**Check-In: 12:00 PM, Day 1**

**Check-Out: 12:00 PM, Day 3**

**Residential Camper: \$185 for Camp, paid to UMD**

**TBD for bus paid to QB Club**

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### **2022 Summer Mini Camp 2**

#### **Practices for 10th-12th:**

<b>Monday, July 25th</b>	<b>9:30 am - 12:00 pm</b>
<b>Tuesday, July 26th</b>	<b>9:30 am - 12:00 pm</b>
<b>Wednesday, July 27th</b>	<b>9:30 am - 12:00 pm</b>
<b>Thursday, July 28th</b>	<b>9:30 am - 12:00 pm</b>
<b>Thursday, July 28th</b>	<b>6:00 pm Alumni 7 on 7</b>

#### **Practices for 9th Grade:**

<b>Monday, July 25th</b>	<b>8:00 am - 9:30 am</b>
<b>Tuesday, July 26th</b>	<b>8:00 am - 9:30 am</b>
<b>Wednesday, July 27th</b>	<b>8:00 am - 9:30 am</b>
<b>Thursday, July 28th</b>	<b>8:00 am - 9:30 am</b>

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### **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.**

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**OTHER IMPORTANT DATES**

- **Fertilizer Fundraiser – March 6th to 24th, pickup April 9th**
- **Max Days - May 31st, June 1st, 2nd (Before and After)**
- **Heggies Pizza Fundraiser – Starts June 6th, more info TBA**
- **Youth Camp – July 25, 26, 27, & 28 at 6:00 to 8:00 pm**
- **Golf Tournament Fundraiser – Friday Aug 5, 8:30 am start**
  
- **Registration Night/Fall Meeting – August 8th at 6:00 pm**
- **1<sup>st</sup> Day of Practice! - August 15th at 7:00 am**
- **Gold Card Sale – August 8th to 18th**
- **Gold Card Blitz Day - August 18th at 11:30-8:00 pm**

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