

THE POWER OF ONE

Mission Statement:

Our mission is to develop Champions in life, while playing football to win.

Program philosophy - Football is offered to allow coaches to use the game of football to teach positive personal traits, while challenging student-athletes to be the best they can be in all areas of their life.

The Irish Way - Traits of Champions in Life

I am Honest.

I am Kind.

I am Unselfish.

I am a Hard Worker.

I am Responsible.

I am a Bulldog.

I am Proud.

I am Strong.

I am able to show Gratitude.

I am a Good Person.

Rosemount Football



Welcome to our fall meeting for all incoming 9-12th grade football players and parents. Thank you for being here tonight to help your athlete be prepared for the upcoming season. I want to start by talking about one of the most important parts of our program - our culture.

Rosemount Football celebrates diversity, equity and inclusiveness.

Value Statements

Rosemount Football believes that

- We are strong when all members have a voice and are encouraged to contribute.
- Everyone in our program has a contribution to make to the whole. It is our duty to encourage and promote that contribution.
- Equity, diversity, and inclusion are an active process that requires continuous commitment to promote healthy people, healthy communities and the overall success of present and future generations.

Action Statements

Our values are realized by:

- Fostering a culture of open-mindedness, compassion, and inclusiveness among individuals and groups.
- Actively building a community whose members have diverse cultures, backgrounds, and life experiences.



We have athletes that come from all kinds of different backgrounds and experiences and all bring important voices to our program. We are a program that values all and sees diversity as a great asset. We promote inclusion; not exclusion. Because of this belief, we do have a diversity, equity, and inclusion statement for our program that we want people to be aware of!

THE POWER OF ONE



PARENTAL SUPPORT—Help Focus on the Main things

I'd like to take a few minutes to talk about the invaluable role you, as parents, play in your athlete's football journey. Our program is built on three core values: being responsible, tough, and unselfish. These values are critical to the culture we develop and the success we will have.. Student-athletes today have a lot of different ways to be distracted - pressures about college, social media influences, personal/parental/peer expectations - We as the adults can do a lot of good by helping our athletes focus on the Main Things.

Rosemount Football—Together We Thrive

1. Responsible

- able to be trusted to do what is right and to do the things that are expected

Standards

- I am present and on time each day.
- I know my O, D, and SpT assignments.
 - I am at every practice, meeting, lifting session, unless I am absent from school for illness.
 - I know where I am on the depth chart, where I line-up and how to carry out my job on all calls.
 - I communicate with coaches and teammates in a timely manner (less than 24 hours).
 - I read app messages and take action if asked to.

First, let's talk about responsibility. Being responsible means being able to be trusted to do what is right and to meet expectations. We expect our athletes to be present and on time, to know their assignments, and to communicate effectively with their coaches and teammates. As parents, you can help by encouraging punctuality and preparation, making sure they are organized and aware of their commitments. When your child sees that you value these traits, they are more likely to adopt them as well.

Rosemount Football—Together We Thrive

2. Tough

- Mental toughness - the ability to resist, manage and overcome doubts
- Physical toughness - the ability to keep working when being challenged

Standard

- I will attack challenges

Next, we have toughness. This isn't just about physical strength—it's also about mental resilience. Our athletes need to be able to attack challenges head-on, managing and overcoming doubts. You can support your child by fostering a positive mindset and helping them navigate obstacles, whether they are on the field or in their personal lives. Encourage them to push through difficult times and remind them that their team of support can include parents, teachers, extended family or medical professionals. Asking for help isn't weakness, it demonstrates courage on their path to their best self so that they can attack challenges presented.

Rosemount Football—Together We Thrive

3. Unselfish

- willing to put the needs or wishes of others before one's own

Standard

- My actions reflect TEAM first.
 - Willing to play other positions
 - Focus on team wins over individual stats
 - Talk about teammates over self

Lastly, let's discuss unselfishness. This is about putting the team before oneself, being willing to play different positions, and focusing on team victories rather than individual stats. The actions you model at home can significantly influence your child's attitude towards teamwork. Highlight the importance of collective success and celebrate team achievements. Talk about teammates positively and show genuine happiness for the success of others. Our program's motto is "Glory is achieved when the many come together to form that which is invincible, the power of one." This underscores the importance of unity and teamwork. As parents, you are an essential part of our team. Your support, encouragement, and reinforcement of these values create a powerful foundation for your athlete's success. When you embody and promote responsibility, toughness, and unselfishness, you help to form that invincible force we strive to be.

Things to do:

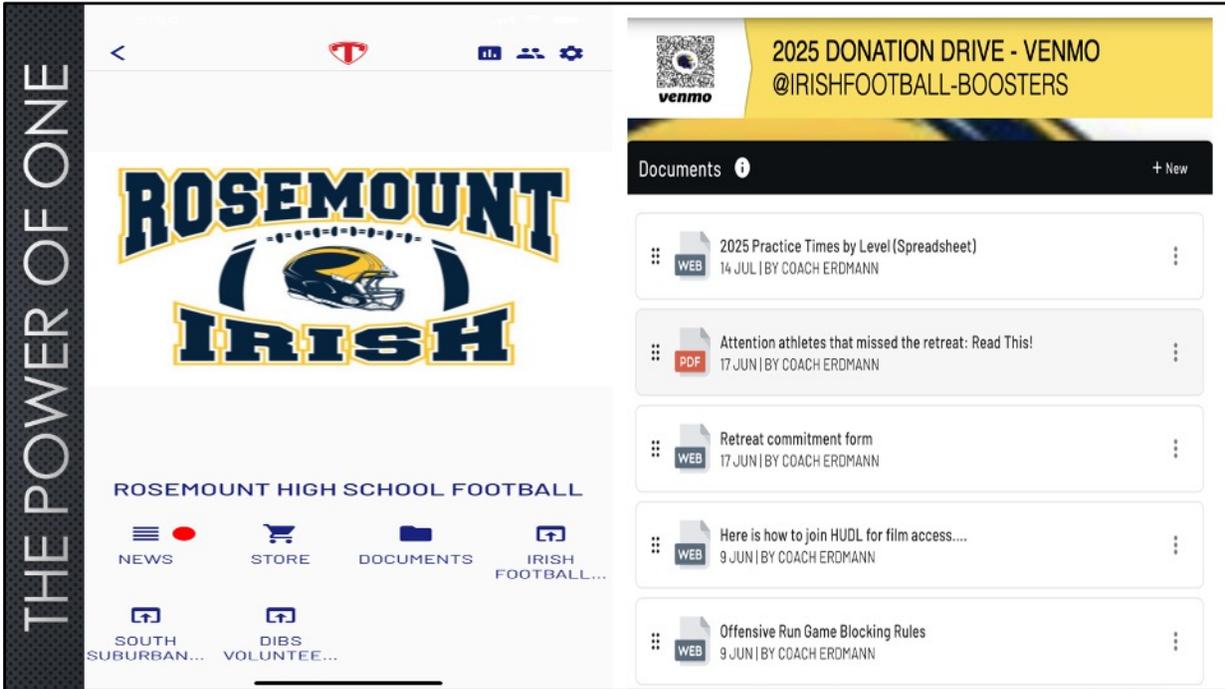
- 1) Download Stack Team app and Join Rosemount High School Football**



Download the app Stack Team App and create an account. Join the Rosemount High School Football Team and select **(incoming 9th Graders would select Class of 2029 team)(Parents of incoming 9th graders would select Class of 2029 Parents/Guardians)** This is the app that we will use for communicating schedules and information with parents and athletes. **It is CRITICAL that every athlete and a parent/guardian have their own account.**

With possibly 200 athletes, 24 coaches, and 6 different teams, communication is critical in our program. We need each athlete and at least 1 parent/guardian to have an account in our app. This is a great tool for our program that is designed to keep all football related business in 1 location for parents/athletes.

Download the app “Stack Team app” - discuss groups to request. Once you have submitted your request to join your specific group, Coach Erdmann will try to approve it a timely manner.



Any documents or links that your group would need access to are put in the documents folder so you can access it at any time.

R.A.M. details (Rosemount Accountability & Maintenance)										
THE POWER OF ONE	Athlete	Comment	Absence Date	Ex	UnEx	15 Min	RAM 1	RAM 2	RAM 3	Completed?
1st - Sit-ups Mt Climbers Leg Lifts Planks or Walk with Coach (15 Min)				2nd - Hills						
For Excused Absences:										
Meet with your position coach to review missed material and report this to Coach Erdmann at the end of practice.										
For Unexcused Absences:										
Meet with your position coach to review missed material and report this to Coach Erdmann at the end of practice.										
Complete a 15-minute conditioning session at the end of your first practice back.										
Be assigned to the next 3 R.A.M. details (Rosemount Accountability & Maintenance) squad for cleanup/setup duties at team events.										
Coaching Actions & Consequences										
Parent Notification: An email will be sent to the athlete's parents after every absence.										
R.A.M. Detail Assignment: Athletes with unexcused absences will be assigned to team service duties.										
Three-Absence Rule: After three unexcused absences, a meeting will be scheduled with the athlete, their parents/guardians, and Coach Erdmann. Additional absences will result in reduced playing time in games.										

Attendance policy -

Excused Absences:

Unexcused Absences:
 Illness (if absent from school)
 other non-emergencies
 Family emergencies
 support should be done before school

Haircuts, dental visits, and
 Academic

THE POWER OF ONE



ROSEMOUNT HIGH SCHOOL FOOTBALL

NEWS
STORE
DOCUMENTS
IRISH FOOTBALL...

SOUTH SUBURBAN...
DIBS VOLUNTEE...

South Suburban Conference RSchool Today Game Schedules

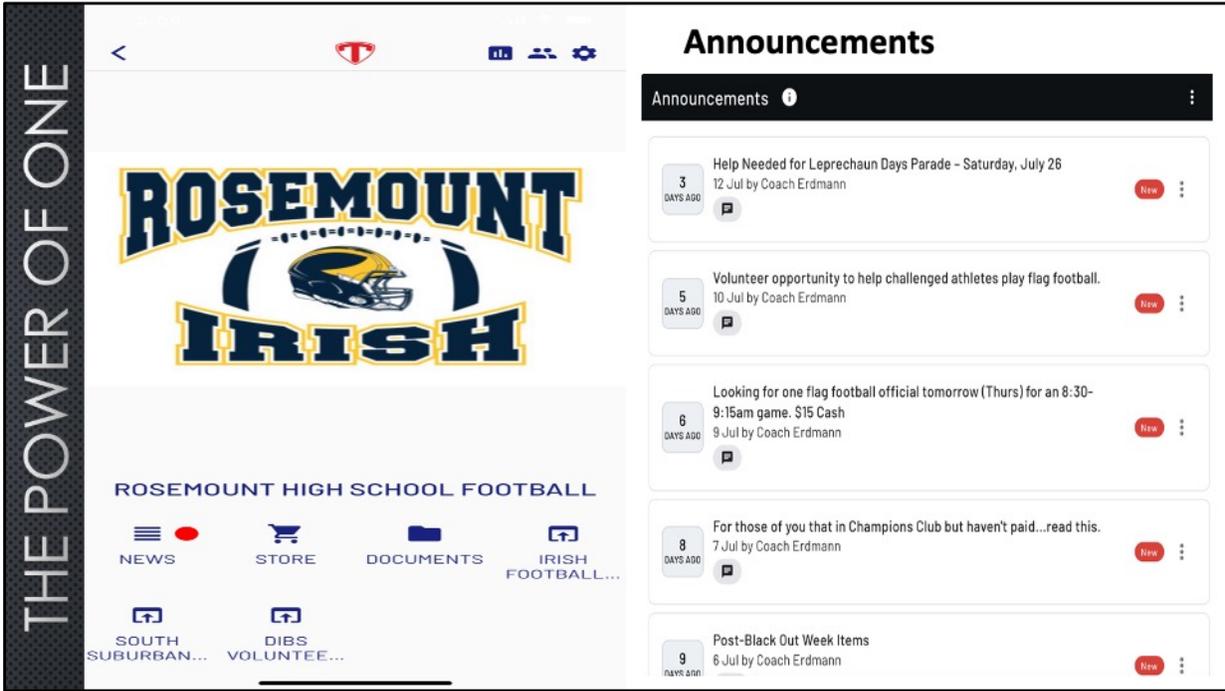
Rosemount

Multiple-Activity Schedule (as of 07-15-25)

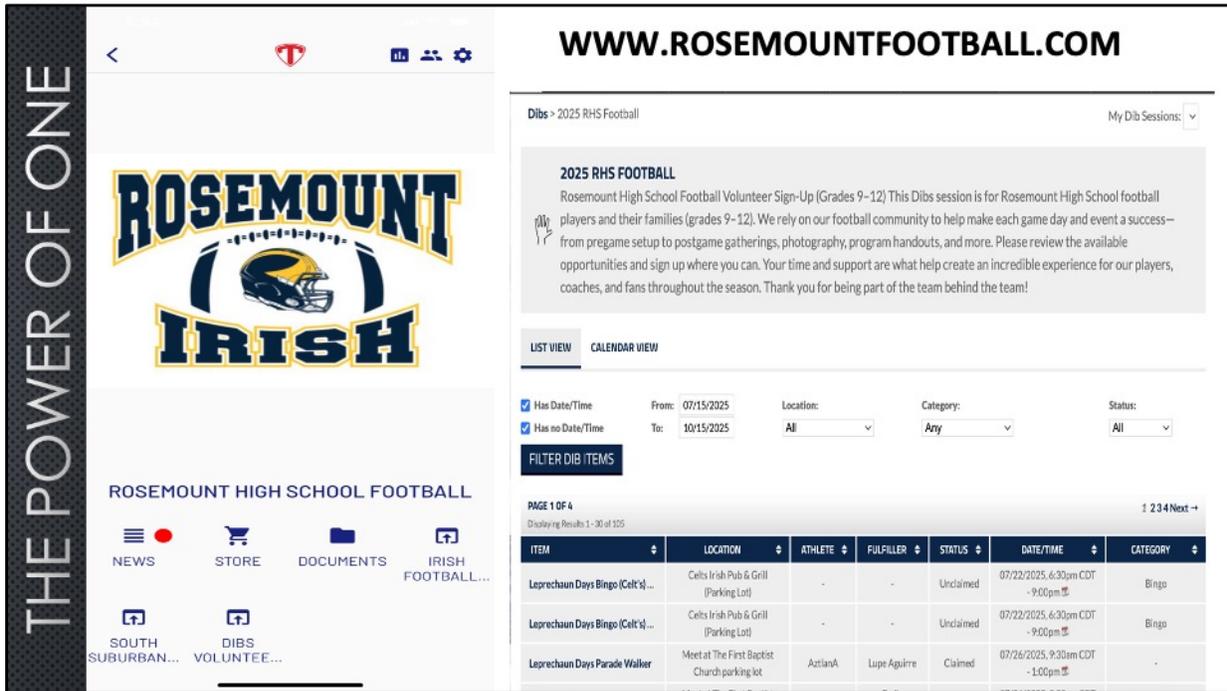
Activity	Time	Opponent	Location
Saturday, Aug 23, 2025			
● Football: Varsity Scrimmage	9:00AM	Multiple Schools	Rosemount High School Field 1 - Turf
● Football: 10A Scrimmage	9:00AM	Multiple Schools	Rosemount High School Field 2 - Turf
Wednesday, Aug 27, 2025			
● Football: 10B Game	5:00PM	Centennial MN	Rosemount High School Field 2 - Turf
● Football: 9A Game	5:00PM	Away vs. Centennial MN	Centennial High School
● Football: 10A Game	7:00PM	Centennial MN	Rosemount High School Field 2 - Turf
● Football: 9B Game	7:00PM	Away vs. Centennial MN	Centennial High School
Thursday, Aug 28, 2025			
● Football: Varsity Game	7:00PM	Centennial MN	Rosemount High School Field 1 - Turf
Thursday, Sep 4, 2025			
● Football: 10A Game	4:30PM	Away vs. Eastview	Eastview High School
● Football: 9A Game	5:00PM	Eastview	Rosemount High School Field 2 - Turf
Friday, Sep 5, 2025			
● Football: Varsity Game	7:00PM	Away vs. Eastview	Eastview High School
Saturday, Sep 6, 2025			

The RHS athletic department encourages all families to have access to the South Suburban scheduling system called RSchoolToday. We have a direct link to that app in ours and it is labeled South Suburban Conference Calendar.

10



The announcements feature of the app is where communications are sent ensuring you are informed of important news within our program. Thank you for reading these and allowing notifications to be on.

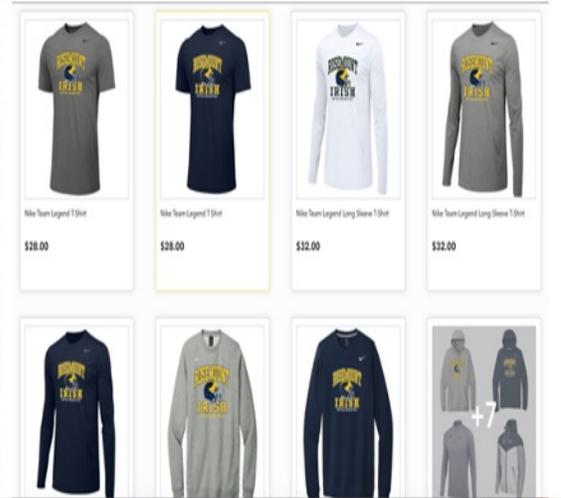
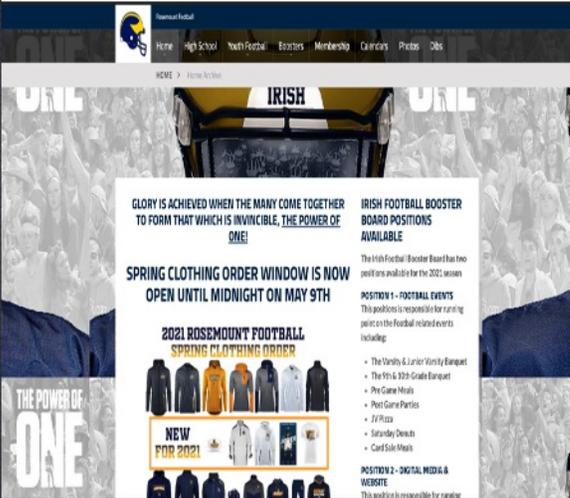


Another important use of the app is for parents to sign up for volunteer opportunities we need fulfilled within the program. Our program website at www.rosemountfootball.com has a tab called DIBS where parents can create an account and sign up for volunteer opportunities. We ask all families to **fulfill 1 DIBs items per year per athlete** The “DIBS Volunteer link” on the app will take you directly to our website so you can see what volunteer sessions are available and you can claim them from that site. Our program benefits from having as many doers as possible. All participants benefit from the work laid out by those that came

before you and we hope you will honor that by stepping up to help out where you can. Your involvement in this way sends a message to your athlete about the importance of investing in the programs you are involved! Thanks for being champions when we call out for help in the future. Some Volunteer opportunities for the fall are already live and can be claimed now! WE DON'T ASK for a check. We trust you will step up and fill positions.

Things to do:

**2) Clothing Sale - Ends August 4 - Links in Documents Folder
X-Grain GAME ONE**



Our pre-season clothing order is open until midnight Tuesday, Aug 4 (tomorrow). We have 3 different orders: X-Grain orders are collected on our website and all items are shipped to RHS and handed out through the athletes. X-Grain has quality items that allow customization and very reasonable prices. We also offer a Game One store to have access to screenprinted clothing and some embroidered items. These are packaged and sent to RHS as well for distribution through the athletes to avoid shipping charges.

Champions Club Strength & Nutrition Coaches

Bre Kunkel



Jake Del Pino



Courtney Syverson - MS, LAT, ATC



Supplementation

er recovery

I want you to be aware of three really incredible assets to our program. Coach Bre and Coach Del Pino are the strength trainers that have built Champions Club into what it is today. We are blessed to have these incredibly knowledgeable coaches that have and are continuing to grow the culture in our weight room. Courtney is our athletic trainer and does a great job assessing our athletes' injuries, treating them, and helping them get the medical attention they need to recover completely and return to action. I'd like to invite Courtney to say a few words and introduce Dr. Charlson.

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T1 Champions Club
Mon/Wed/Fri 6:10
7:10am



Champions Club registrations are open for T1. Your athlete has received notice about registering. We do have a process for registering and wait lists being created once we reach our capacity.

New Registration Portal - EduTrak Connect



DISTRICT 196
One District. Infinite Possibilities.

Edutrak Connect Apps



Websites



Welcome to the District 196 EduTrak Connect Portal

We recommend that you use Firefox or Chrome as your web browser during registration. Instruction links are included below. Parents/Guardians will need the student ID and birthdate to connect student accounts to parent/guardian accounts. Users will not need a family key.

District 196 is excited to partner with EduTrak to create the District 196 EduTrak Portal. District 196 will process transactions for athletics/activities registrations, various school fees and fines, and school store purchases through the EduTrak Connect portal.

[CLICK HERE TO LOGIN to District 196 EduTrak Connect](#)

The formal registration for football is now live with the new system called EduTrack Connections. Instructions were sent via the app for how to register. This needs to be done by this Wednesday! We will provide all the equipment for your athlete except shoes. We encourage you to purchase shoes that are black or white/navy white/black combinations. We don't want athletes wearing yellow/gold shoes or orange or other non-uniform type color.

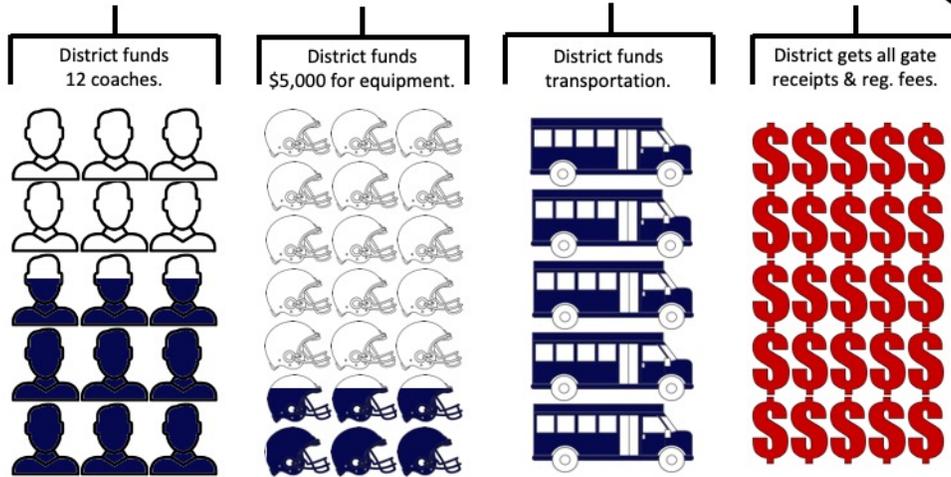
Fall Registration Requirements

- Ensure physical is up-to-date and on file in the RHS athletic office:
 - Every 3 years needs to be renewed
 - Lindsay.Dougherty@district196.org if you are not sure about your physical.
- Register and pay the sports participation fee:
 - Register through EduTrak Connection Portal - Instructions in announcements on the app.
- Have proper gear:
 - Shorts, T-shirts, running shoes, football shoes
 - Be ready for August 11 first practice:
 - shoes, shorts, t-shirts (workout clothing)

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BOOSTER CLUB

District 196 Funding



This slide is shared so you are aware of the financial reality for our program and understand why we need to raise additional funds. We have 3 significant revenue streams in our program and we need all 3 to keep our budget in place and not have to cut aspects to how we do business. 1) Charitable gambling, 2) Card Sales 3) Our membership drive.

Your 2025 Booster Club

CORI
Young
President



LISA
Jackson
Secretary



TONYA
George
Special Events



BRAD
Webster
Print/Program Director



STACY
Ratzlaff
Gambling Manager



CARLA
Blume

MAGGIE
Wielinski
Vice President



CORI
Young
Communications



GRETTA
Holder
Special Events



NANCY
Lipke
Website Coordinator



LAURA
Ronay
Food Coordinator



JAKE
Rath
Treasurer



ALLI
Bakke
Membership Director



JOHN
Alexander
Social Media Coordinator



TOM
Mosher
Photography



NATE
Wood

Our Booster Club is a vital part of our program. The Boosters are here to provide the financial support for the BASICS of our program (Equipment, Uniforms, Balls, coaches, storage) and the EXTRAS (food, team building events, PGGs, sheds, etc). The booster club is our “formal” group for enhancing the experience of our participants. You can do “informal” things to enhance the experience - Junior OL guys started having dinner together and it has turned into a special bond that enhances not only their football world but personal situation. Every one of you in here is an important part of our team. We need your help and humbly ask for your

support. Whether that is financial, your volunteering, or both. Most sport teams ask for a “volunteer” check that parents write out at the beginning of the season and if parents don’t step up and fulfill a role, they cash the check. I would prefer NOT doing that and trusting that our “TEAM” - you all will step up and be part of the Power of One. We have one of the most costly sports programs and one of the largest in regard to scope and I think most of you understand the need we have as a 6A football program.

Cori Young is the President of the Booster club and will share information on behalf of the booster club.

Get involved – We need you!

- Many of our current booster leaders are junior and senior parents. We need **9th and 10th grade parents** to start stepping into roles to shadow current members to ensure the long-term success of the program.
- **CRITICAL NEED – Graphic Design Help**
We are actively seeking someone to take on the **Graphic Design** role for this season. This includes designing our printed game programs and other visual materials. *If this role is not filled soon, we may have to scale back to a basic one-sheet roster!*
- **DIBS Are Live!** Check out **DIBS** on the Rosemount Football website to claim your volunteer shifts. Volunteering is vital to our events and our team's success! Each family is required to fill one shift per player.

Intro in the current Board

Support the Rosemount Football Program through Booster involvement

THE POWER OF ONE

Football Booster Membership

Irish Football Donation Levels	Superfan \$25	Blue \$50	Gold \$100	Letterman \$500	Coach \$1000+
- Yard Sign					
- Recognition in Game Program					
- Car Sticker					
- Reserved Parking Pass					
- Irish Football Blanket					
- Special Recognition During the Game					
- (2) Irish Football Seat Cushions					

Our booster club does incredible work at providing ways to enhance the football experience for our participants. From providing funds for coaches, equipment, uniforms, post game gatherings, meals, team bonding events, and so much more....our booster club is critical to our success. This success doesn't just happen, we need people. Just like a football team needs all different kinds of skill sets, so does our booster club. We will be announcing positions we need to fill via the app in the near future. Please considering joining our board or coming to a meeting to learn more about where you might be able to assist! Each year we also run a

membership drive when you can become a member of the booster club with any sized donation. This diagram outlines different levels of contributing that earn special member benefits as outlined here. If these don't work for you but a contribution of \$5, 10, \$25 can work, we would welcome that help as well. To contribute you can send a check to katie Kostecka or use the venmo QR code on the next slide.

All things food: Post Game Gatherings & nutrition

Senior Parents – Host a Post Game Gathering (PGG)!

Help carry on this special tradition after each home game!

- ✓ **Booster Club reimburses up to \$750** for food costs
- ✓ Hosting with 2-3 other families is encouraged
- ✓ We especially welcome **junior parents** to help and learn for next year

Questions? Dietary needs or allergies? Hosting help?

Contact our Food Coordinator:

Laura Ronay – lauraronaywellness@gmail.com

Host one of the PGGs after a home game. The Booster Club will reimburse up to \$500 for food costs involved with hosting. We encourage having 1-2 other parents helping and prefer junior parents that can see how it works for next year. The Boosters will have 10 six foot tables and up to 60 chairs available for hosts to use. Pick-up of the tables and chairs would need to occur sometime after 5:30pm (the day before the game) and 3pm on Game Day. A code will be provided to access the football shed for pick-up and return the day after the event.

State Tournament

2022 6A Finalists
2020 Undefeated Season
2013 6A Finalists
2010 5A Finalists
2012 6A Semi-Finalists
2008 5A Semi-Finalists
2006 5A Semi-Finalists

Section Champions

2023, 2022, 2020, 2019,
2016, 2014, 2013, 2012,
2010, 2008, 2006



District Champions

2022, 2020, 2019, 2017,
2016, 2015, 2014, 2013,
2010, 2008

Glory is achieved when the many come together to form that which is invincible—the Power of One!

Thank you for the incredible role you play in our power of one. With the conclusion of the meeting, you can exit down here to sign up for volunteer opportunities, turn in card sales, or get help to make a contribution to our membership drive.

THE POWER OF ONE



Rosemount Football works to provide your athlete with the greatest team experience of their athletic careers.