



2021 Spring Kick Off Meeting 130th Year of Elks Football

Agenda

- 5:00 – 5:30** **Check In with QB Club**
- 5:30 – 6:30** **10-12 Football Meeting – ERHS Zabee Theater
QB Club / Fertilizer Meeting**
- 6:30 – 7:00** **Freshmen – Check-In with QB Club**
- 7:00 – 8:00** **Freshmen Football Meeting – ERHS Zabee Theater
QB Club/ Fertilizer Meeting**

TEAM 130 - ELK RIVER FOOTBALL



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Head Coach - Steve Hamilton

- Email: steven.hamilton@isd728.org

Elks QB Club President – Dave Williams

- Email: djw62563@hotmail.com



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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: **@2109-par**

**** Parents (10th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2110-par**

**** Parents (11th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2111-par**

**** Parents (12th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2112-par**



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Remind - Text Messaging Service for Players

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

or use this phone number **(763) 515-0807** - Code: **@2109player**

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

or use this phone number **(763) 515-0807** - Code: **@2110player**

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

or use this phone number **(763) 515-0807** - Code: **@2111player**

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

or use this phone number **(763) 515-0807** - Code: **@2112player**

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Follow Elks Football on Social Media:

Website – www.elkriverfootball.com

Facebook Football – www.facebook.com/ElkRiverElksFootball

Facebook QB Club - www.facebook.com/ElkRiverQuarterbackClub

Twitter – @ElkRiverElksFB

Email – elkriverelksfootball@gmail.com

Parents of Team 130 Facebook –

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

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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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HOW WILL TEAM 130 BE REMEMBERED?



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Most Wins in Minnesota Since 2016

(Note: There are 361 schools in Minnesota that play football)

1.	Caledonia (2A)	57 Wins
2.	Pierz (3A)	55 Wins
3.	Minneapolis North(2A)	52 Wins
4.	Bold (1A)	52 Wins
5.	Elk River (5A)	49 Wins
6.	Owatonna (5A)	49 Wins
7.	Eden Prairie (6A)	48 Wins
8.	Rochester Lourdes (3A)	43 Wins
9.	Lakeville North (6A)	42 Wins
10.	Jackson County (3A)	42 Wins



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What Will it Take to Get Back?



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2021 Summer Strength & Speed

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.

The three primary goals of the program are:

- * 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

Program Design

Each session is designed as follows:

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

Each strength-training program is individualized and based on each individual's strength level.



The program dates are June 7th to July 30th, not meeting the week of July 4th to 11th (Dead Week).

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2021 Senior Leadership Camp

**June 15th & 16th, 3:00 - 5:00 pm
Coach Hamilton's Room (354)**

“Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile.” -- Vince Lombardi

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Equipment Handout (Start in Lockerroom)

Tuesday June 1st (After School):

Seniors: 2:15 - 2:40

Juniors: 2:40 - 3:05

Sophomores: 3:05 - 3:30

Freshmen: 3:30 - 4:00

Wednesday June 2nd @ 6:00 pm

This is make up time if you can't make Tuesday!

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2021 Summer Mini Camp 1

Practices for 10th-12th:

Monday, June 14th	6:00 pm - 8:30 pm
Tuesday, June 15th	6:00 pm - 8:30 pm
Wednesday, June 16th	6:00 pm - 8:30 pm
Thursday, June 17th	6:00 pm - 8:30 pm

Practices for 9th Grade:

Monday, June 14th	8:00 am - 9:30 am
Tuesday, June 15th	8:00 am - 9:30 am
Wednesday, June 16th	8:00 am - 9:30 am
Thursday, June 17th	8:00 am - 9:30 am

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UMD Team Camp 2021

Session II: June 21st, 22nd, 23rd

https://football.umdbulldogsportcamps.com/high-school-team-camp_session-ii.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

\$50 for bus paid to QB Club

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2021 Summer Mini Camp 2

Practices for 10th-12th:

Monday, July 26th	10:00 am - 12:30 pm
Tuesday, July 27th	10:00 am - 12:30 pm
Wednesday, July 28th	10:00 am - 12:30 pm
Thursday, July 29th	10:00 am - 12:30 pm
Thursday, July 29th	6:00 pm Alumni 7 on 7

Practices for 9th Grade:

Monday, July 26th	8:00 am - 9:30 am
Tuesday, July 27th	8:00 am - 9:30 am
Wednesday, July 28th	8:00 am - 9:30 am
Thursday, July 29th	8:00 am - 9:30 am

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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 14t to 25th, pickup April 10**
- **Heggies Pizza Fundraiser – Starts May 31, more info TBA**
- **Youth Camp – July 26, 27, 28, & 29 at 6:00 to 8:00 pm**
- **Golf Tournament Fundraiser – Friday Aug 6, 8:30 am start**

- **Registration Night – August 9th at 6:00 pm**
- **1st Day of Practice! - August 16th at 7:00 am**
- **Gold Card Sale – August 9th to 19th**
- **Gold Card Blitz Day - August 19th at 11:30-8:00 pm**

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