



WE BUILD CHAMPIONS

Tonight's Agenda



Greeting / Kick Off

Head Coach Esch Update

Minnetonka Football

Coaches / Captains

Equipment

Spring / Summer Options – Strength, Speed, Football



Touchdown Club

Team Breakouts – Freshman, Sophomore, Varsity

Touchdown Club Registration Needed



**Please register for the
Minnetonka Touchdown Club
TODAY!**

- Communication**
- Volunteering/Buy Out**
- Support**

**Please scan the QR Code to
register today.**

**Minnetonka Football Touchdown
Club Registration**



Minnetonka Football - - We Build Champions



Informational Meeting

Please email questions to: mark.esch@minnetonkaschools.org



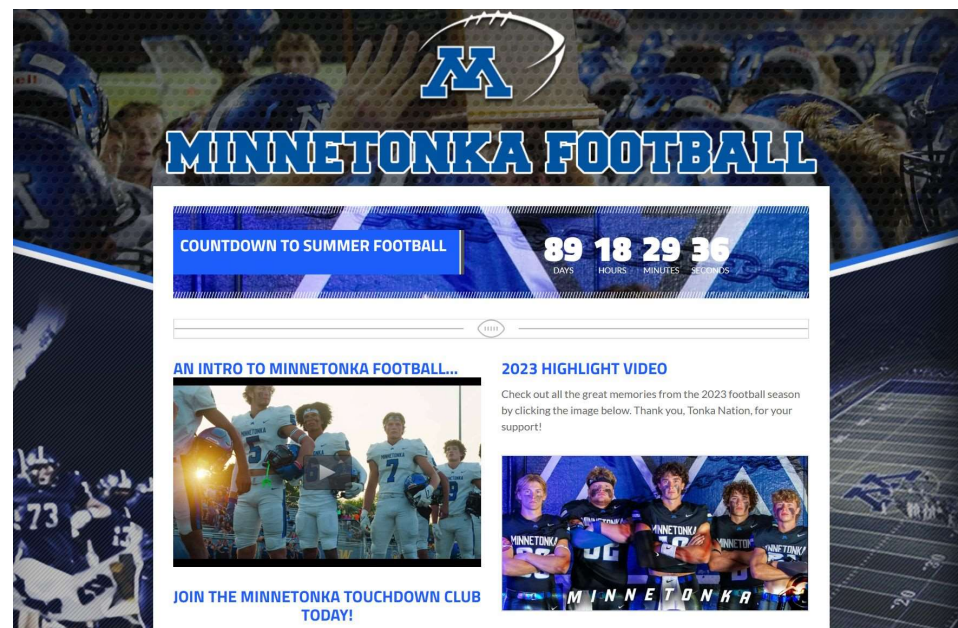
Minnetonka Football Website



www.minnetonkafootball.org

Sign up for our summer camps!

All things Minnetonka Football



2024 Coaching Staff



Freshmen Team

- Head Coach – Jon Westmeyer (D Line), Alex Griffith (LB), Joel Newman (QB's), Dave Bierly (Corners), Nick Doble (LB/Safeties), Fred Cornely (Safeties), Mason Chartier (O Line), Sam Forster (RB's)

Sophomore Team

- Head Coach – John Croyle (QB;s) Jason Bell (“O” Line), Joe Carlson (WR's), Joe Sherry (RB's) , Brennan Dickinsen (Safeties), Dave Shoemaker(D Line), Colin Beil (OLB), Careino Gurley (ILB's),

Varsity

- Head Coach – Mark Esch (QB's), Rodney Francois (RB's), Bryan Dammann(Y's), Jason Opsal (WR's), Jon Christenson (O line), Matt Lombardi (Safeties) Josh Stephan(D-Line), Matt Gorman (Corners), Ryan LaCasse (OLB), Ismail Karon (ILB's).
- Equipment- Connor Wilke
- Strength- Taylor Moon

Varsity Defensive Coordinator



Good Luck to Coach Rod Tolen As He Moves to the Next Phase of His Career.

Welcome to Coach Matt Lombardi As We Look to This Summer and the Fall Season!

Captains



Aidan Becker

Malachi Boadi

Dylan Hudgens

Caleb Taylor





WHY?



Teaching Life Skills



Teach Life Skills

Player Led Team

Culture of Character

Trust the Process.

***This is our year.**

Important dates: Equipment Issue



Saturday, June 8th (MHS Locker Room/Team Room) 8 am-11am

Equipment Issue: Lockers and locks will be issued.

Grade 12 – 8:00 AM

Grade 11 – 8:30 AM

Grade 10 – 9:15 AM

Grade 9 – 9:45 AM

Enter West Entrance, report to Team Room

Monday, June 10th (MHS Locker Room/Team Room)

– Make up handout ALL Grades: 9:30-11 am

Spirit Pack (Nike T-Shirt and Shorts) issued (\$45).

Write checks to Minnetonka Touchdown Club or pay in cash.

Helmets- Freshman Fee



**Riddell Speedflex/Vicis helmets
\$75 fee when a player enters the program.**

**With Spirit Pack that's \$120 written out to
Minnetonka football.**

***All 5-Star helmets**

Make checks payable to:

Minnetonka Touchdown Club



The SpeedFlex, features The Flex System, with flexibility engineered into the helmet's shell, face mask and face mask attachment system with hinge clips to help reduce impact force transfer to the athlete.

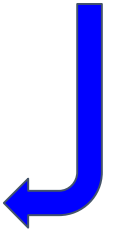
Summer Strength & Speed Training



SUMMER STRONG TRAINING 2024

SUMMER STRONG, Group 1: Summer Strong Training (6/10/2024-8/9/2024)

Please Login



Summer Strength & Speed Training



MINNETONKA
PUBLIC SCHOOLS

ACADEMICS

ACTIVITIES

DISTRICT

SCHOOLS

ENROLL

SHORTCUTS

MY SSO

LET

DISTRICTWIDE

- Celebration of Excellence
- Celebration of Service
- Community Education
- La Copa Minnetonka
- Parenting with Purpose
- Tonka Green
- Tonka Serves
- Winter Concerts

ELEMENTARY SCHOOL

- District Choir
- Tonka Tutoring
- Youth Enrichment
- Youth Recreation

MIDDLE SCHOOL

- Activities - MME
- Activities - MMW

HIGH SCHOOL ATHLETICS

- Calendars
- Contact
- Facilities
- Registration
- Sports
- Sports Update
- Tickets

HIGH SCHOOL ACTIVITIES

- Clubs & Enrichments
- Contact Us
- MHS Fall Activities Fair
- Minnetonka Choir
- Minnetonka Band
- Minnetonka Legacy Project
- Minnetonka Orchestra
- Minnetonka Theatre
- Rec Sports
- Registration
- Student Government

MINNETONKA SKIPPER
ATHLETICS

Minnetonka Pu

Facilities



Summer Strength & Speed Training



Minnetonka Athletics & Activities

[Home Page](#)[Catalog](#)[Contact Us](#)[Forms](#)[Sports Physicals](#)[Scholarships](#)[Sports Packets](#)

SmartSchoolK12 Apps



Websites



Annual Participation Fees

Minnetonka Schools provide a vast array of sports, clubs and activities. Listed below you will find a catalog of all of our Activity offerings for high school and middle school students. Please keep in mind that some activities require that you pay the "Annual Participation Fee" before you pay the actual Activity fee. The "Annual Participation Fee" for High School is \$75 and for the Middle School it is \$50. You will find these fees listed below in the catalog.

Summer Workouts and Calendar



June strength/speed workouts:

Juniors and Seniors: 9-10:30 am (start on upper turf)

Sophomores: 7:30-9am (start on upper turf)

Freshmen: 7:30-9am (start in Pagel weight room)

Download the summer calendar from the website!

<https://www.minnetonkafootball.org/>

The calendar was also sent via email.

Registration for Summer Practices/Activities



All summer activities are optional.

9th grade: Summer 9th grade practice registration \$180

10th-12th grade:

Legends football camp- **Two step process**

\$215 registration on Sanford site

\$60 registration at our website

Scholarships are available!

Forms and Fees – July Email



Registration for the Fall Season:

Begins late July!

Football Activity & Annual Participation

Fee: \$200 + \$75 transportation fee

Registration Process:

Online- Minnetonka Activities

Forms Required:

Sports Physical, Eligibility Form, Emergency Card



2024 Football Physical



- ✓ **Go to:** minnetonkaschools.org
- ✓ Click on the SSO option (not sure if the parent has to have a separate login than their student to access this)
- ✓ Click on Student Skyward option
- ✓ Click on the Health Info option on the left side
- ✓ Choose Physical
- ✓ Once in the Physical page, all the dates will show with likely the latest physical date on top. To make sure they are cleared for sports participation, please click on the blue icon next to the date of the physical which will note whether they are cleared.

VERY IMPORTANT TO NOTE ABOUT THE SPORTS CLEARANCE: If a player's physical will expire at any time during the football season (August 15 – November 28, 2024) then our registration system WILL NOT allow them to register for football until they supply the activities office with an updated sports physical clearance form.

Do you have a need?



- ✓ We have people who are ready to help out.
 - Do you need cleats?
 - Compression gear
 - Gloves
 - Etc.
 - Never let lack of finances keep you from joining us!

Injuries



- Hopefully they don't occur.
- Toughness with common sense
- We contract through Allina health.
- Parents make decisions on where the athlete goes, but we recommend Allina.

Our Athletic Trainer:
Cassie Arrington
cassandra.arrington@allina.com

Advice To Parents



- 1. Help your student/athlete be accountable academically and with behavior.**
- 2. Guide your athlete to our strength program.**
- 3. Be a multi-sport athlete as long as possible.**
- 4. Prepare *your child for the path, not the path for your child.***
- 5. Don't tie success on the football field to your love.**
- 6. Release your athlete to athletics.**

Social Media Guidelines



- ★ Everything that is posted to social media or online is there forever.
- ★ You can serve a MSHSL penalty for bullying and fighting, online included.
- ★ Use the “newspaper” test before posting.
- ★ We will not give other teams stuff to hang in their locker room.
- ★ Kidding around with your friends has a fine line.
- ★ If you don’t help a situation... you hurt it.

In short, make good choices, and stand up for good.

Be the sheepdog and not the wolf.

Final Checklist



- ✓ Summer football sign-up... 9th grade
- ✓ Legends football camp at Augustana and summer football registration (10-12 only)- register by May 15 if possible.
- ✓ Summer Weight Training (School registration site)
- ✓ Set a calendar reminder for equipment handout (June 8)
- ✓ Fall football sign up (reminder this opens in July)
- ✓ No workouts or team activities July 1st-9th or Juneteenth (June 19th)
- ✓ Fees at equipment handout \$45 for 10-12 spirit pack. 9th grade= \$45 for spirit pack and \$75 helmet fee total \$120
- ✓ All checks go to Minnetonka Touchdown Club
- ✓ Plan to sell salt and help with delivery.

Minnetonka Touchdown Club



IT TAKES A TEAM OFF THE FIELD, TO SUPPORT ONE ON THE FIELD...

Mission Statement:

As parents and community members with a common love of football, we provide and recruit support for Minnetonka football and foster community through football and related activities in order to enhance the experience of football and advance the program's exceptional culture and values.



Minnetonka Touchdown Club



Minnetonka Touchdown Club



We provide resources to assist with:

1. Equipment
2. Uniforms
3. Incremental Coaching Staff
4. Training
5. Team Building
6. Team Meals
7. Facilities

Enhance the Game Day Experience!



Get Involved.....Donate your resources

1. Salt Sales - 2x per year
2. Sponsorship
 - Scoreboard / Game Day Program
 - Team Meals
3. Apparel
4. Concessions
5. Gold Cards
6. Golf Tournament
7. Support Minnetonka TD Club

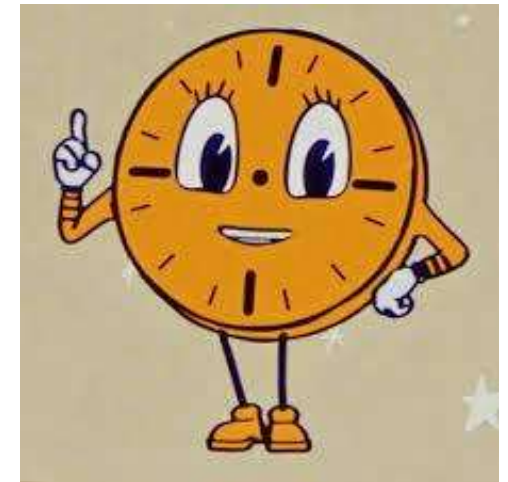


Minnetonka Touchdown Club



Get Involved...Donate your time:

1. Assistant Treasurer
2. Gameday Apparel Sales
3. Sponsorship Committee
4. Golf Committee
5. Website Maintenance
6. Food Truck / Plaza Game Night
Coordinator(s)



Many Hands Makes For Light Work

Support the Minnetonka Touchdown Club Today!



TOUCHDOWN CLUB MEMBERSHIPS					
REGISTER VIA SPORTSENGINE @ MINNETONKAFOOTBALL.ORG					
MEMBERSHIP BENEFITS	SKIPPER (\$50 - \$150)	VARSITY (\$250)	LETTERMAN (\$500)	MVP (\$1000)	COACH'S CLUB (\$5000)
CAR DECAL & HOME GAME PROGRAM RECOGNITION					
\$15 COUPON FOR TONKA MERCH AT HOME GAMES					
2 SEASON TICKETS FOR HOME GAMES					
RESERVED PARKING PASS FOR HOME GAMES					
JOIN THE TEAM ON THE SIDELINE AND HALFTIME MEETING FOR ONE HOME GAME <small>(MUST BE OVER THE AGE OF 18)</small>					

All Donations Are Tax Deductible
<https://www.minnetonkafootball.org>

Minnetonka Football Golf Classic – Deer Run



We Need You!

Golf Committee Members.
Interest?

See Jake Vogel - Chair

Update your calendar....

Plan to enjoy the day...

Registration will open soon:

www.minnetonkafootball.org



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TODAY!**

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- Volunteering/Buy Out**
- Support**

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**Minnetonka Football Touchdown
Club Registration**



Minnetonka Football 2024 Varsity Schedule



8/29 Thursday – Away



9/27 Friday – Home
Homecoming / Tackle Cancer



9/6 Friday – Home
Salute to Service



10/4 Friday - Away



9/12 Thursday – Home
Senior Night



10/11 Thursday - Away



9/20 Friday - Away



10/17 Thursday – Home

Breakout session- 10-12th grade



Varsity Head Coach:

Mark Esch- mark.esch@minnetonkaschools.org

Sophomore Head Coach:

John Croyle- john.croyle@minnetonkaschools.org

Stay Connected. Remind.

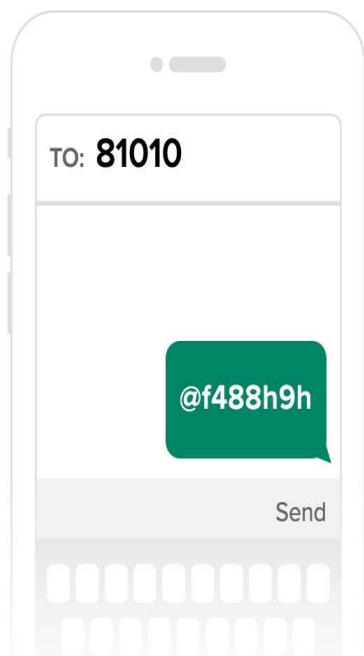


Varsity players- Juniors and Seniors

Tell people to text @f488h9h to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @f488h9h to (901) 466-8785.

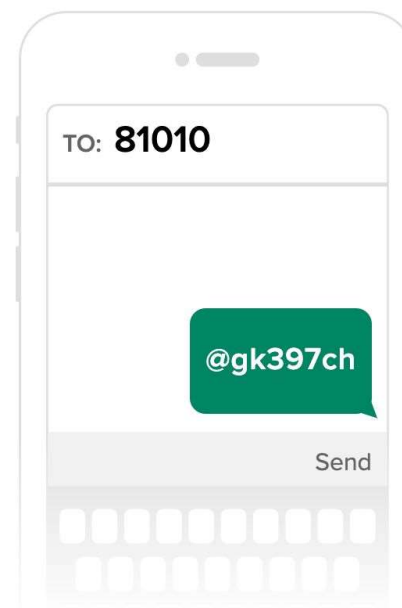


Sophomore players

Tell people to text @gk397ch to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @gk397ch to (901) 466-8785.



Sophomore & Varsity Summer Practice Schedule



Football Week

Tuesday, June 13th (1 practices) 7 on 7 in the evening
Wednesday, June 14th (2 practices)
Friday, June 16th (2 practices)

Tuesday, June 13th (2 practices)
Wednesday, June 14th (1 practices)
Thursday, June 15th (2 practices)

Location:
Stadium/Vets

Team Camp June 19 – 21

Legends Football Camp



June 24-26

Augustana University

Sioux Falls, SD

Grades 10-12



Busses will depart at approximately 7:00 am June 24

Arrive back at MHS about 5-6 pm the 26th.

Legends Football Camp



What should I bring to camp?

- ✓ Bed linens, sheets or sleeping bag, pillow
- ✓ Towel for showering
- ✓ Extra snacks
- ✓ Extra drinks
- ✓ A small amount of spending money
- ✓ Toothbrush, toothpaste, etc.

If you need a scholarship for team camp fill out the form ASAP!

Summer Calendar



June 2024

Minnetonka Varsity Football – We Build Champions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6- Last Day of School!	7-	8 Equipment handout 8-11 am
9	10 Summer workouts Grades 9-12 (7:30-10:30 AM) Varsity Walk through 8 am	11	12 Summer workouts Grades 9-12 (7:30-10:30 AM) Varsity Walk through 10:40 am	13 1 Practice 7:30-8:30 am meetings and film 8:45-10:45 Practice Vets	14	15
16	17 Summer workouts Grades 9-12 (7:30-10:30 AM) Make up equipment handout-9:30-11 7v7 10:30-11:30	18 1 Practice 8-9 am meetings and film 9:30-11:30 Practice At central middle school EP	19 Juneteenth no contact day.	20 2 practices 7:45 am team meeting 8:00 Position meetings 9-11:00 practice break Practice #2 11:45-1:45 pm practice At central middle school EP	21 1 Practice 8-9 am meeting and film 9:30-11:30 practice At central middle school EP	22
23	24 Team Camp Depart 6:30 am for Sioux Falls South Dakota. Augustana Univ.	25 Team Camp	26 Team Camp return approx 5 pm or so	27	28	29 MSHSL "No Contact" Period

Summer Calendar



July 2024

Minnetonka Varsity Football – We Build Champions.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
June 30 MSHSL "No Contact" Period	July 1 MSHSL "No Contact" Period	2 MSHSL "No Contact" Period	3 MSHSL "No Contact" Period	4 MSHSL "No Contact" Period	5 MSHSL "No Contact" Period	6 MSHSL "No Contact" Period
7	8 Summer workouts Grades 9-12 (7:30-10:30 AM) 7v7 10:30-11:30	9	10 Summer workouts Grades 9-12 (7:30-10:30 AM)	11 Summer workouts Grades 9-12 (7:30-10:30 AM)	12	13
14	15 Summer workouts Grades 9-12 (7:30-10:30 AM) 7v7 10:30-11:30	16	17 Summer workouts Grades 9-12 (7:30-10:30 AM)	18 Summer workouts Grades 9-12 (7:30-10:30 AM)	19	20
21	22 Summer workouts Grades 9-12 (7:30-10:30 AM) TD Club Golf tournament	23	24 Summer workouts Grades 9-12 (7:30-10:30 AM)	25 Summer workouts Grades 9-12 (7:30-10:30 AM)	26	27 Salt sale delivery

Summer Calendar



August 2024

Minnetonka Varsity Football – We Build Champions

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
28	July 29 Workouts 9-10:30 7v7 10:30-11:30	July 30	July 31 Workouts 9-10:30 PAC meeting- HS cafeteria 6:30-7:30	August 1 Workouts 9-10:30	2	3
4	5 Workouts 9-10:30 Developmental and Youth camp 4-8 pm	6 Developmental and Youth camp 4-8 pm	7 Workouts 9-10:30 Developmental and Youth camp 4-8 pm	8 Workouts 9-10:30	9	10
11	12 Equipment handout 6:45 am (for those that have not received theirs) 8:00-8:20 Team Meeting 8:30-8:50 "O" & "D" Meetings 9:00-11:00 Practice #1 11:30-11:45 Punt meeting 5 pm team meeting 5:15 pm O and D meetings 6-8 pm Practice #2	13 8:00-8:10 Team meeting 8:15-8:45 Meetings 9-11:00 Practice #3 11:15-noon Lunch noon-12:15 Kickoff Meeting 12:30-1:30 Walk thru 2:00-2:40 LIFT 2:30 Pro 3 solutions	14 8:00-8:20 Gold Card meeting 8:30-8:50 "O" & "D" Meetings 9:00-11:00 Practice #1 11:30-11:45 KOR 5:00 Team meeting 5:15 pm O and D meetings 6-8 pm Practice #2	15 7:00-7:40 LIFT 8:00-8:30 Meetings 8:45-10:45 Practice #6 11:00-11:45 Lunch 11:45-12:00 XP FG 12:15-1:00 Walk thru Pictures- 2:00 pm 5:15-9:00 TFA weigh-ins. Player volunteers needed. Pizza provided.	16 8:00-8:30 Men of Character 8:30-50 Meetings 9-11 Practice #7 11:30- Punt return meeting 3:00 Damman 3:15 O and D meetings 4:00-6:00 Practice #8	17
18	19 8:00-8:20 Team meeting 8:30-8:50 "O" & "D" Meetings 9:00-11:00 Practice #9 11:30-11:45 Punt meeting Lunch DL/RB/QB 5:00- Men of Character 5:20pm O and D meetings 6-8 pm Practice #10	20 8:00-8:30 Meetings 8:45-10:45 Practice #11 Snack/Lunch in transition 11:00-12:15 Humanex meeting (forum) 12:15-1:00 Lunch 1:00-2:00 Walk thru 2:15-3:00 LIFT Gold Card Blitz Details coming soon Gold Card turn in 7-8 pm	21 8:00-8:20 Team meeting 8:25-8:50 O and D Meetings #12 11:00-11:20 pre-game routine on the field 11:30 Lift Kickoff Night TFA on the field 4 pm Scrimmage – 7:00-8:30 PM Social – 8:30-9:30 PM	22 7:00-7:45am - LIFT 8:00-8:10 Team Meeting 3 minutes with Jocko 8:15-50 O and D Meetings 9:00-11:00 Practice #13 11:00-11:45 Lunch 11:45-Noon KOR 12:15-1:15 Walk thru 1:30 LB/WR- Chick-a-fila- Meet at Chick-a-fila	23 8:00-8:15 Team Meeting 8:15-8:35 O and D Meetings 9:00-11:00 Practice #14 11:00-11:30 lunch 11:45-noon Punt Return meeting 12:30 Lift DB-OL- Food	24 8-12 Scrimmage at Wayzata
25	26 2 pm Strength Train 2:45 Team meeting 3:00 Position meetings 3:30-5:30 pm Practice Pre-game walk through if needed.	27 Teacher Workshop 1:45-2:30 LIFT 2:45-3:05 "O" & "D" Meetings 3:20-5:20 Practice	28 Teacher Workshop 2:45-3:25 lift 3:30 meetings 3:45-5:00 Practice Team meal to follow	29 Teacher Workshop 8:30 am walk through 7:00 PM at White Bear Lake	30 10 am film 4:30 pm JV Game	31 No Practice- Off



Community Service Initiative

Be on the lookout

Starting Late Spring/Summer

WE BUILD CHAMPIONS

Contact Information

Mark Esch

Head Football Coach

mark.esch@minnetonkaschools.org

John Croyle

Sophomore Head Coach

john.croyle@minnetonkaschools.org

www.minnetonkafootball.org





WE BUILD CHAMPIONS