



# ELK RIVER BASEBALL



Presentation QR - SCAN ME





# ELK RIVER BASEBALL



The mission of this program is to prepare our young men to compete at their highest level on the field. Be respectful and honorable young men and to help produce a foundation that will have a positive impact in their lives long after they graduate from Elk River High School.



# BASEBALL

THE NAME  
YOU REPRESENT

TEAMMATES

COACHES

OPPONENTS

UMPIRES

RESPECT





# ELK RIVER BASEBALL



Head Coach: Josh Juntunen

Email: [joshua.juntunen@isd728.org](mailto:joshua.juntunen@isd728.org)

Office Phone: 763-241-3415



# ELK RIVER BASEBALL



## About Me

- 2004 ERHS GRAD
- Played collegiately at Hamline 1 year and Bemidji State 3 years
- 17th year coaching in Elk River
  - ◆ VFW, Legion, 9th Grade, JV, youth baseball, Varsity Head.
- 4th season as Head Coach
- 4 kids: Hudson (7th), Parker (5th), Brooks (4th), EllaMae (2nd)
- Wife: Jess, also a 2004 ERHS grad. Teaches 5th grade at Westwood in Zimmerman
- ISD 728 Accountant
- Board Member: Elk River Youth Baseball, Elk River Youth Hockey





You've been invited to join

## 2026 ERHS Baseball Preseason

Use your **unique access code** below and follow the instructions.

### Access Code

# MNUE-W6VD

#### Join via Website

##### New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

##### Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

#### Join via App

##### New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

##### Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at [www.sportsyou.com](http://www.sportsyou.com)  
or in the app stores





# ELK RIVER BASEBALL



# Communication Moving Forward

From Coaches: sportsYou

From Dugout Club: Emails and Social Media

Team/Program wide updates on any changes will be through sportsYou.

- Spring: Player group & Parent group.
  - Group codes will be sent after team determinations are made.
- 9th grade - weekly email





# ELK RIVER BASEBALL



## Social Media

X: @ElkRiverBasebal

- X- program and player promotion, game/season updates, program updates, not intended for day to day practice updates.

Website: <https://www.elkriverhsbaseball.com/>

Dugout Club Facebook page: Elk River HS Baseball Dugout Club



# ELK RIVER BASEBALL



## 2026 Program Captains/Leaders

Seniors- Tommy Olson

Junior- Cooper Hanson

\*We will vote for 2 more at the Varsity level

\*Players always vote



# ELK RIVER BASEBALL



## Offseason Lifting with Two Brothers Hockey:



11/10 - 2/26 2:30-3:15

Mon, Tues, Thurs (41 days)

This is the preferred offseason lifting program for non multi sport athletes.

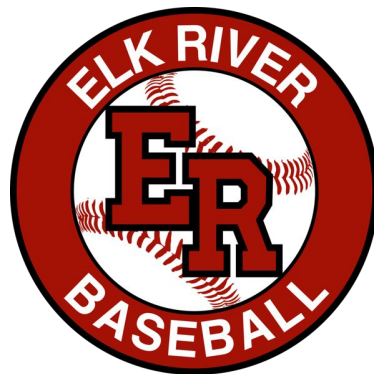




# ELK RIVER BASEBALL



## Offseason Youth Facility Membership



Should be roughly same as last year, a few after school days and 1 or 2 late night. Hoping to keep cost around \$45 again. Some of these hours may be utilized for Captain's practices. More info to come.



# ELK RIVER BASEBALL



\*MUST BE REGISTERED AND  
HAVE A CURRENT PHYSICAL ON  
FILE TO ATTEND ARM CARE  
SESSIONS

\*9th - 12th GRADE SHOULD PLAN  
TO ATTEND THE SAME  
TIMESLOTS

\*PLAYERS WILL BE BROKEN INTO  
THROWING AND WEIGHT ROOM  
GROUPS

\*WEAR ATHLETIC CLOTHING  
AND SHOES (IF NOT DRESSED  
APPROPRIATELY YOU WILL NOT  
PARTICIPATE)

\*IF WEATHER ALLOWS WE WILL  
GO OUTSIDE TO THROW (HAVE A  
SWEATSHIRT AND SWEATPANTS)

**MONDAY**  
**3/10**

4-5:15 MEET IN MAIN GYM

**TUESDAY**  
**3/11**

5-6:15 MEET IN MAIN GYM

**WEDNESDAY**  
**3/12**

3:15-4:30 MEET IN FIELDHOUSE  
GYM

**THURSDAY**  
**3/13**

5-6:15 MEET IN FIELDHOUSE  
GYM

**FRIDAY**  
**3/14**

OFF DAY- ARM CARE & AB WORK  
AT HOME

**\*Week of March 9th, 2026 (The above schedule is a sample from a past year)**



# ELK RIVER BASEBALL



## TRYOUT WEEK

If your player is unable to tryout this week due to injury or other reasons, you must contact Coach Juntunen in advance. Players can be given a chance to be evaluated and placed on a team or cut at a later date given the circumstances merit this option.

**MONDAY 3/16 DAY 1:** All groups will have tryout evaluations

**TUESDAY 3/17 DAY 2:** All groups will have tryout evaluations

**WEDNESDAY 3/18 DAY 3:** Varsity/JV group will have further evaluations. 9th grade and Sophomores meet with coaches about team placement, cuts.

**THURSDAY 3/19 DAY 4:** Team practices and gear handout. JV and Varsity cuts made.

**FRIDAY 3/20 DAY 5:** Team practices and gear handout, team meetings **(9th Grade and Bsquad)**





# ELK RIVER BASEBALL



## First 3 Weeks

**Week of March 16th (Tryout Week):** Turf and gym space in 2025 from 3 pm - 6 pm, hoping for roughly the same time frame.

**Week of March 23rd:** 9th grade practice at Salk 3 pm - 5 pm. Bsquad and Varsity/JV group could practice any time between 3-8 pm for a 2 hour practice. Will depend on gym/turf schedule prepared by AD.

**Week of March 30th (Spring Break):** 9th grade practice at Salk 3 pm - 5 pm (outside if fields are ready) Bsquad and Varsity/JV group could practice any time between 3-8 pm unless outside. Will depend on gym/turf schedule prepared by AD. Returning 2025 Bsquad and Varsity/JV players in Florida (pending final commitments).



# ELK RIVER BASEBALL



## Spring Break Policy

Practices will be held over Spring Break. Players that choose to attend a family trip and miss any portion of practice will sit the first game of the season. This is program wide.



# ELK RIVER BASEBALL



## Playing Levels We Offer

- 9th grade: 9A we would look to add 9B if we have enough registered. 12-15 at this level for one team 11-13 per team if we have two.
- B Squad: 10th grade level, some 9th graders could be brought up to this level. 12-15 at this level.
- Varsity/JV: Practice together, we will typically keep 25-27 players here. Could consist of all grade levels.





## Summer Baseball Opportunities

VFW – 9th and 10th graders

Junior Legion – 9th, 10th and 11th graders (birthdate dependent)

Senior Legion – outgoing seniors and top players in the program

\*20-30 games, depending on playoff success

VFW and Senior Legion for sure, goal is to also have Junior Legion each summer

\*Goal is 12-14 rostered, committed players. Sr. Legion may carry more players

\*More information will be available as we get closer to the HS season.



# ELK RIVER BASEBALL



## Equipment and Team Apparel

We provide:

- Uniforms: Hat, jersey, pants, socks, belt
- T shirts and other level specific team gear
- Catchers gear if players do not have their own
- We have a limited supply of helmets for players if they do not have one

What you need to provide:

- Helmet, bat, glove, cleats, sunglasses and anything else your player would typically outfit themselves with



# ELK RIVER BASEBALL



## 3rd Annual Youth Clinic

**\*February 28th 3-8 pm**

**\*All returning players 10th-12th grade should expect to help, please plan your work schedule accordingly. 9th graders are welcome to help as well.**

**\*All proceeds go to the next Spring Training trip**





# ELK RIVER BASEBALL SPRING TRAINING



**BASEBALL**



**BILMAR  
BEACH RESORT**



**TAMPA BAY  
SPRING TRAINING**

**SPRING 2026**

**TAMPA/ST. PETE BEACH**





- Every other year is the goal, **2026 trip pending School Board approval on 11/10.**
- **2026 trip need 22-24 players**
  - **2 teams getting 4-6 scrimmages for each team.**
- 2028 would be next potential trip year.
- Spring Break, Coach availability, and District approval dependent
- Intention is to prepare our players but also give them a memorable experience.
- We need parent help to make these trips happen!





# ELK RIVER BASEBALL



- BSN Team Apparel Store- Pre Christmas, look for a link soon

# ELKS

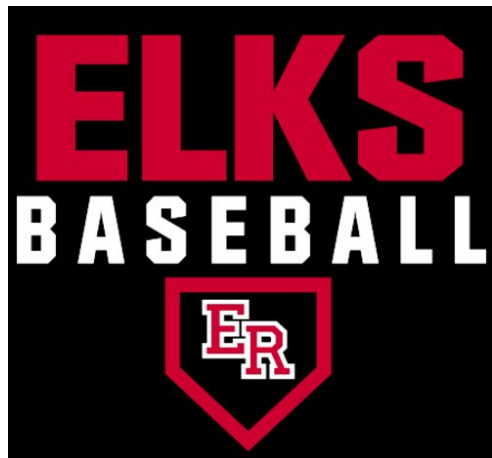
## BASEBALL



## ELK RIVER



## BASEBALL



ORDER BY FEBRUARY 19

ELK RIVER AREA SR HIGH SCHOOL  
ELK RIVER BASEBALL APPAREL '24

 \$39.95 Nike Team Performance V-neck Available in 2 other colors.	 \$49.95 SportLink Sports-Black Fleece Short Sleeve Hooded Pullover Available in 2 other colors.	 \$59.95 Nike Club Fleece Hoodie Available in 2 other colors.	 \$59.95 Nike Club Fleece Pant	 \$37.00 Nike Dri-FIT Flex Woven Short Available in 2 other colors.
 \$24.95 Badger Backout Packaged Short Available in 2 other colors.	 \$39.95 SportLink Sports-Black Fleece Anorak Available in 2 other colors.	 \$62.95 Port Authority Packable Puffy Vest	 \$79.95 Worcan-Made Women's Puffy Vest Available in 1 other color.	 \$44.95 BSN SPORTS Men's Cotton Rib Fleece 1/4 Zip

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\* UPCHARGES APPLY FOR LARGER SIZES    † ITEM INCLUDES ADDITIONAL LETTERING

BSNSPORTS

MTS Customer Support - ref # 11192650  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator Josh Juntunen joshua.juntunen@td728.org

Access Code  
**ERBASE24**  
www.bsnteamsports.com

Click Here To  
**SHOP NOW**  
Order 1/24 to 2/19

No orders will be accepted after the deadline.



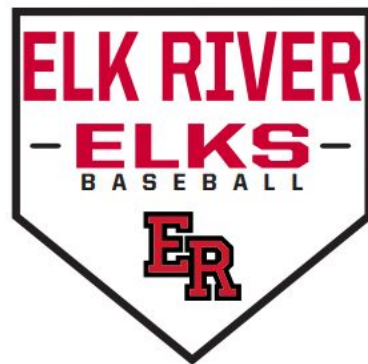
# ELK RIVER BASEBALL



## Geared Up Apparel Store- Coming in March

# ELKS

## BASEBALL



ELK RIVER  
**ER**  
BASEBALL

ELK RIVER  
**ER**  
BASEBALL





## Key Dates

- February 9th (tentative): ERHS Spring sports registration opens (make sure your physical is up to date)
- February 24th 6:30 pm: Program Wide Mandatory Meeting 9th-12th
- February 28th 3-8 pm: 1 Day Youth Clinic
- March 9th: Arm Care Week.
- March 16th: Tryouts Begin.
- March 21st -22nd: Youth Tryouts - all players
- May 1st - 3rd: Icebreaker Tournament field work - all players

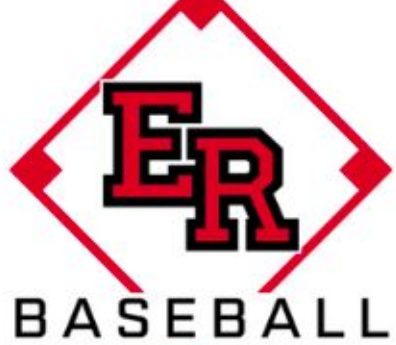




**ELK RIVER BASEBALL**



# Dugout Club



# ELK RIVER HIGH SCHOOL BASEBALL

## Elk River High School Dugout Club

### What is the Dugout Club?

- Parent booster club for ERHS Baseball
- Supports the ERHS Baseball program through volunteer and financial resources

## What does the district pay for?

- 1 coach / team
- School bus travel to / from games
- Game Umpires
- Game balls
- Splits field clay expense with Dugout Club
- Various equipment requests submitted but not guaranteed



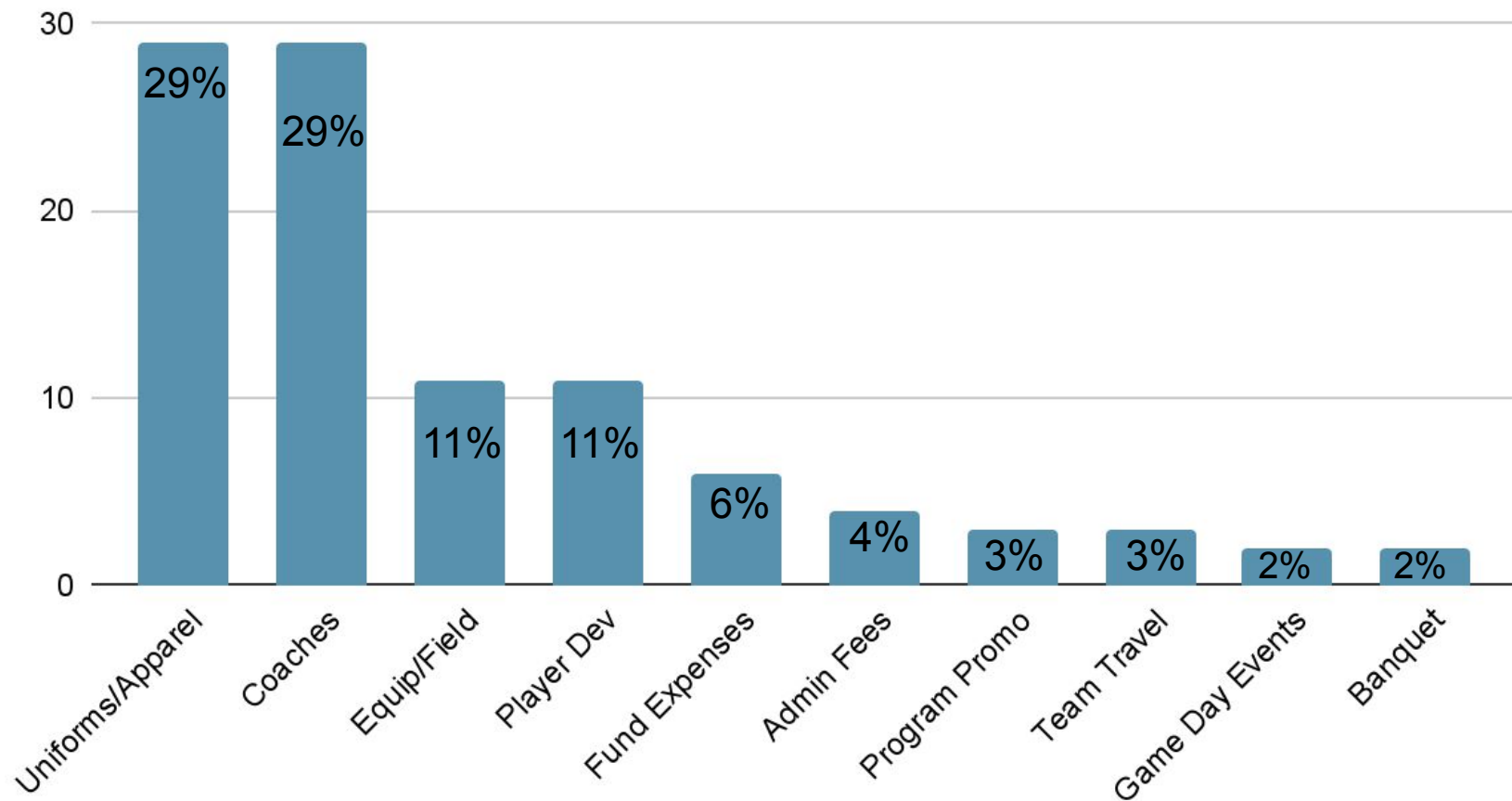
# What does the Dugout Club Fund?

## Everything else...

- Assistant Coaches (all levels)
- Coach Trainings
- Uniforms (all levels)
- Hats, t-shirts, pants, socks, belts (all levels)
- On and off-field training equipment (all levels)
- Enhanced field maintenance
- On & off-season player development (open to all)
  - Captains Practices
  - Other off-season training opportunities
  - Lifting program opportunities
- Team Functions, Banquet, & Trophies
- Special Game Events
- Programs, Pictures, Announcers
- Team building opportunities
- Travel & double header meals
- Coach bus trips
- Stadium rentals
- Senior scholarships



## This is where dollars were spent for the 2025 season





## Dugout Club Income/Fundraising Sources:

- **Sponsorship:** \$25,000 sponsorship drive goal for 2026
- **Raffle:** Each player sells a minimum of 30 raffle tickets - \$10/raffle ticket with various cash prizes
- **ERYBA Income:** High school players volunteer at tryouts and Ice Breaker
- **Membership Dues:** \$200/Player

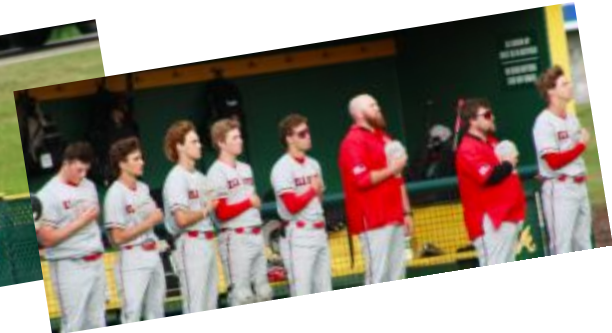
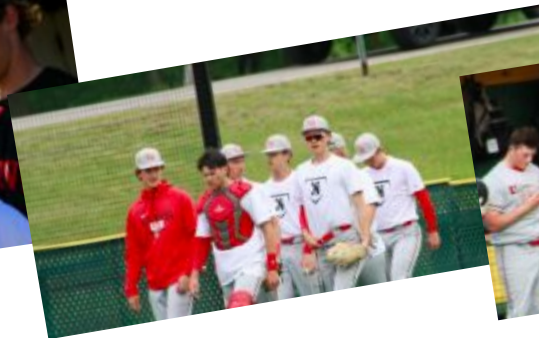
# Off-season Lifting Program

- Three-day/week lifting program at Two Brothers Hockey, located within the Furniture and Things Community Center
- Training dates run November 10 - February 26 for a total of 41 sessions
- Per player cost of optional lifting program determined by number of registered players. Final fee will be determined and communicated to participants once registration forms are finalized
- If your player is a winter sport athlete and needs to wait until after winter sports tryouts, please reach out if spots are still open at that time, we can look to add your player
- Check your email for registration Google Form

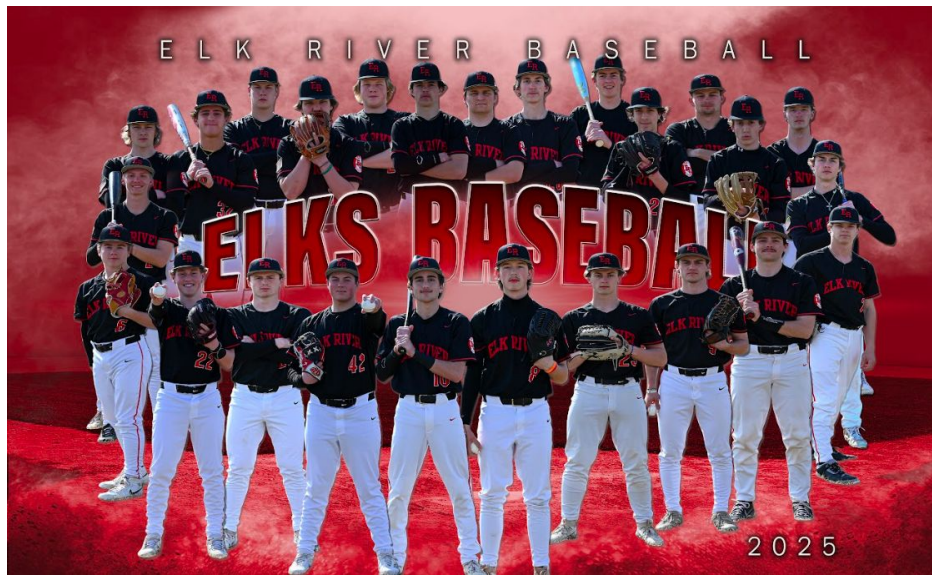


# Player Promotion and Support

- We love to celebrate our players via Social Media - share your information with us!
  - ◆ College commitment
  - ◆ Academic honor
  - ◆ Athletic celebrations
- Seniors: Apply for a Dugout Club Scholarship
  - ◆ 2 Scholarships awarded at \$500 each
  - ◆ ERHS Baseball Seniors with an intent to play baseball at the next level are invited to apply
  - ◆ Apply during the ERHS Scholarship Drive







## It Takes a Village!

### Get Involved & Make a Difference

#### Dugout Club Executive Team

President: Heather Stockman | [hatstockman@gmail.com](mailto:hatstockman@gmail.com)

Co-treasurers - Jay Reilly | [jkrlandscaping@gmail.com](mailto:jkrlandscaping@gmail.com)

Secretary - Sarah Trushenski | [sarah.trushenski@gmail.com](mailto:sarah.trushenski@gmail.com)

Vice President: Kristin Hanson | [kristinm217@gmail.com](mailto:kristinm217@gmail.com)

Bob O'Brien | [badenickel5@gmail.com](mailto:badenickel5@gmail.com)

Member at Large - VACANT

# Types of Volunteer Activities:

Join the Executive Team: Member at Large - VACANT

## **Fundraising Planning** (pre/early season):

- Sponsorship Drive
- Raffle

## **Program Promotion** (throughout the season):

- Photos & Printed Program
- Website & Social Media
- Sports/candid photos

## **Season Preparation:**

- Off-season training

## **Planning Event Games:**

- Youth Day
- Staff Appreciation
- Strike Out Cancer
- Senior Night

## **Support Home Games:**

- Youth Spotlight Teams
- Game announcer
- Sports/candid photos

## **Team Support & Planning:**

- Team Liaisons (1 parent per team)
- Team Dinners (1 parent per team)
- End of Season Celebrations
- Varsity/JV Banquet

## **Off-season Activities:**

- Pancake Breakfast
- Youth Clinic
- Restaurant % back programs

# Mark your calendars!

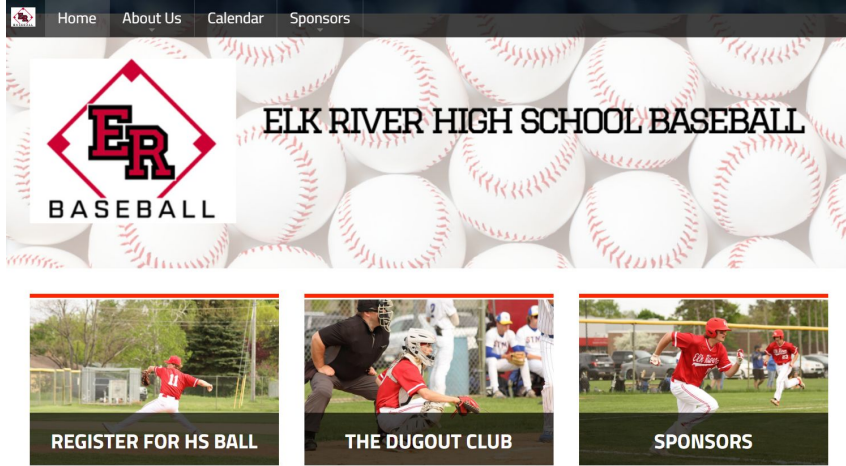
## 2025/2026 Academic Calendar Dugout Club Meeting Dates

Monday, November 10, 6-7 pm, ERHS Media Center
Monday, December 1, 6-7 pm, ERHS Media Center
Monday, January 5, 6-7 pm, ERHS Media Center
Monday, February 2, 6-7 pm, ERHS Media Center
Monday, March 2, 6-7 pm, ERHS Media Center
Monday, April 6, 6-7 pm, ERHS Media Center
Monday, June 1, 6-7 pm, VMS Media Center

[erhsbaseballdugoutclub@gmail.com](mailto:erhsbaseballdugoutclub@gmail.com)

# Stay Connected with the Dugout Club

[ElkRiverHSBaseball.com](http://ElkRiverHSBaseball.com)



## Follow us on Social:

X: @erhsdugoutclub

Facebook: Elk River HS Baseball Dugout Club

Instagram: [elkriverhsbaseball](https://www.instagram.com/elkriverhsbaseball)

Email: [erhsbaseballdugoutclub@gmail.com](mailto:erhsbaseballdugoutclub@gmail.com)

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Bob O'Brien | [babenickel5@gmail.com](mailto:babenickel5@gmail.com)

Member at Large - VACANT



# 2026 Spring Training Trip



## 2026 Spring Training Trip

- Dates: Mon, 3/30/26 - Fri, 4/3/26
- Location: St. Petersburg, Florida
  - [Tampa Bay Spring Training Facility](#)
  - [Bilmar Beach Resort](#)
- Pending 11/10 School Board approval

# 2026 Spring Training Trip Financial View

Projected Trip Expenses (subject to change) - **Approximately \$1,995/person total cost**

- **Sun Country Airfare:** approximately \$630/person
  - *Contract fee:* \$50
  - Includes one checked bag and assigned seat/person
  - \$60 non-refundable, per person deposit due within 7 days of booking (applied to total group payment)
  - Final payment due 60 days prior to departure
- **Tampa Bay Training Center Pkg:** \$1132/person (player or coach)
  - *Tampa Bay Training Registration Fee:* \$250
  - Total payment due 30 days prior to start of trip
- **MN airport transportation:** 2024 cost approx. \$600
- **Florida ground transportation:** 2024 cost was approx. \$1500/van (potentially need 3)
- **Additional fees to account for:** van gasoline, any additional meals (Tampa Bay provides 2 meals/day starting with breakfast day after arrival and ending with breakfast day of departure), team activity(ies), additional baggage fees

# 2026 Spring Training Trip Fundraising Start

## Group Fundraising & Individual Fundraising Opportunities to START

- Dugout Club dollar contribution - Amount TBD  
(**Individual**)
- Hat and Blanket Sales - November and December  
(**Group**)
- January - Pick a Date to Donate (**Individual**, chance to earn \$496)
- February - Open to ideas, possible pizza or Papa Murphy card sales (**Individual**)
- March - Youth Clinic (**Group**)



### CASH CALENDER FUNDRAISER

Pick a date to donate!

How Does it Works?  
Choose a Date and Make Your Payment!

Example:  
The 13th = \$13

Payment Options:  
Venmo: @xyz123  
Paypat: @xyz123

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Any Amount	Any Amount	Any Amount	Any Amount

Thanks You For Your Support!

# 2026 Spring Training Trip Planning - Next Steps

## Player Commitments and Deposits Due Monday, November 10:

- **Spring Trip Meeting** immediately following 11/10/2025 Dugout Club Meeting
  - Dugout Club Meeting - ERHS Media Center, 6:00-7:00 pm
- **\$100 deposit** due to secure player's spot on the trip
  - \$50 refund available if cancel by December 1, 2025
- Designated number of **player commitments** needed for trip to occur
- **Family commitment** to help with trip planning and fundraising efforts
  - Each family is required to contribute a designated amount of volunteer time and support



# 2026 Spring Training Trip Questions

