



WE BUILD CHAMPIONS

Summer information

Please make sure your zoom screen is on mute during the presentation.

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



WE BUILD CHAMPIONS

Welcome Class of 2025!



WE BUILD CHAMPIONS

Minnetonka Football Website



www.minnetonkafootball.org

Summer strength/speed sign up

O/D camp or football week sign up

10-12 grade Legends FB camp at Augustana

All things Minnetonka Football



Stay Connected.



- ✓ Are you receiving team emails from Coach Esch and/or Coach Westmeyer? If not, reach out.

mark.esch@minnetonkaschools.org (10-12th grade)

jonathan.westmeyer@minnetonkaschools.org (9th grade)

- ✓ Is your athlete signed up for HUDL and HUDL notifications? If not, get signed up. We need a student email, phone number and phone service provider.

Email Coach Tuthill:

steven.tuthill@minnetonkaschools.org

Stay Connected.

Varsity Schoology page- Varsity only

- ✓ Sign up link is in your HUDL message inbox.
- ✓ Set your preferences so you receive messages and updates



Freshmen Team

- Head Coach- Jon Westmeyer
- Offensive line- Paul Herbes, Joel Newman (QB's), Jesse Nelson (WR's), Mitch Anderson (RB's), Dave Bierly (CBs), Nick Doble (Safeties), Josh Stephan("D" Line) Jon Westmeyer (LB's)

Sophomore Team

- Head Coach – John Croyle (QB;s) Jason Bell ("O" Line), Joe Carlson (WR's), TBD (RB's) , Brennan Dickinsen (Safeties), Evan Dahl (Corners) Jesse Meyen (D Line), Alex Griffith (OLB's) Careino Gurley (ILB's),

Varsity

- Head Coach – Mark Esch (QB's), Bryan Dammann (RB's), Joe Lenahan (Asst. Oline, Y's), Jason Opsal (WR's), Jon Christenson (O line), Tom Menke (OLB's) Alex Leitch("D" Line), Matt Gorman (Corners), Rod Tolen (Safeties), Ismail Karon (ILB's).
- Technology- Steve Tuthill and Josh Stephan
- Strength- Taylor Moon

A photograph of a football team in white jerseys and blue helmets huddled on a field at night. A referee in a black and white striped shirt is in the foreground, facing away from the camera. The text 'Have the Right Attitude' is overlaid on a semi-transparent circular area.

Have the Right Attitude

Relationships and Accountability

Stress Tolerance

Player Led Team

Culture of Character

Captains

Tyler Lien

Will Martin

Andrew McCalla

Will Richman

We will vote for a 5th captain in August.





©Photo by Amy Li, F

Registration

All Grades: Strength/Speed \$149

9th grade: O/D camp registration
\$150

10th-12th grade:

Football week \$20

Legends football camp \$215

Scholarships are available!

Registration & Scholarships



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

You still need to register now even if you fill out the scholarship form.

O/D camp scholarships reach out to your grade level coach.



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

Legends Football Camp



June 21-23
Sioux Falls, SD
Grades 10-12

Busses depart at 7:15 am June 21
Arrive back at MHS about 4 pm the 23rd.

The poster features a background image of a football team in white jerseys with 'MINNETONKA' on the front, celebrating on a field. A white rectangular box in the center contains the text: 'LEGENDS FOOTBALL CAMP', 'AUGUSTANA UNIVERSITY', and 'SIOUX FALLS, SD'. Above this text is a small logo of a blue and yellow bird. Below the white box, the dates 'JUNE 21 - 23' are displayed in a large, bold, blue font. Underneath the dates, it says 'Open to all rising 10TH - 12TH GRADE' and 'Currently in 9th-11th Grade'. In the bottom right corner, there is a logo for 'WE BUILD CHAMPIONS' featuring a stylized 'M' and a football.

LEGENDS FOOTBALL CAMP
AUGUSTANA
UNIVERSITY
SIOUX FALLS, SD

JUNE 21 - 23
Open to all rising
10TH - 12TH GRADE
Currently in 9th-11th Grade

WE BUILD CHAMPIONS

Legends Football Camp



What should I bring to camp?

What do I do at camp?

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


LEGENDS FOOTBALL CAMP
AUGUSTANA
UNIVERSITY
SIOUX FALLS, SD

JUNE 21 - 23
Open to all rising
10TH - 12TH GRADE
Currently in 9th-11th Grade


WE BUILD CHAMPIONS

Summer Strength & Speed Training



Group 1	Group 2	Group 3	Group 4
Incoming 9th Grade Football 7:30am-9:00am	Incoming 10th Grade Football 7:30am-9:00am	Incoming 10th-12th Boys All Sports 8:30am-9:45am	Incoming 11th & 12th Grade Football 9:00am-10:30am
Group 5	Group 6	Group 7	Important Information
Incoming 10th-12th Grade Girls All Sports 9:45am-11:15am	Incoming 9th Grade Boys & Girls All Sports 10:30am-12:00pm	Incoming 7th/8th Grade Boys & Girls All Sports 12:45pm-1:45pm	<p>*Must wear a mask to training *Must bring own water bottle *Must be registered</p> <p><u>Start Date:</u> June 14th <u>End Date:</u> August 12th <u>Training Days:</u> Mon/WedThurs</p> <p>Non-Contact Week: July 5-9</p>
<p align="center"><u>Registration</u></p> <p>1. Go to Minnetonka High School Athletics Registration Page, Click “Register for Activities & Athletics”, Click “Catalog”</p> <p>2. Scroll to “MHS Strength Training-SUMMER”, login, and the select appropriate group</p>			
<p align="center">*Scholarships are available* *Email taylor.moon@minnetonkaschools.org with questions*</p>			

Summer Calendar



Download the summer calendar from the website!

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

June strength/speed workouts: Starts June 14th!

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)

***Weather cancellations will be emailed, messaged on HUDL**

June 2021

Minnetonka Varsity Football – We Build Champions.



- We try to create a schedule that allows for other sports.
- We understand you may not be at all practices or workouts.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1- Varsity walk thru 7 am	2- Varsity walk thru 7 am	3- Varsity walk thru 7 am	4- Varsity walk thru 7 am	5
6 Equipment handout 5-7 pm	7	8	9 Last Day of School	10- Varsity walk thru 8:30-10	11- Varsity walk thru 8:30-10	12
13	14 1 st Day of Summer Strength & Conditioning Program Grades 9-12 (7:30-10:30 AM) Make Up Equipment Issue: All Grades – 10 am-noon	15 2 practices 8:00 offense film 8:30-10:30 practice break 11:00 D film 11:30-1:30 practice	16 Summer workouts 7:30-10:30	17 Workouts and practice Practice 7:30-9:30 Weights 9:45	18 2 practices 8:00 offense film 8:30-10:30 practice break 11:00 D film 11:30-1:30 practice	19
20	21 Team Camp Depart 8 am for Sioux Falls South Dakota. Augustana Univ.	22 Team Camp	23 Team Camp return approx 4pm	24 Summer workouts Grades 9-12 (7:30-10:30 AM)	25	26
27	28 Summer workouts Grades 9-12 (7:30-10:30 AM)	29	30 Summer workouts Grades 9-12 (7:30-10:30 AM)	1 Summer workouts Grades 9-12 (7:30-10:30 AM)	2	3 MSHSL "No Contact" Period

July 2021

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>
4 MSHSL "No Contact" Period	5 MSHSL "No Contact" Period	6 MSHSL "No Contact" Period	7 MSHSL "No Contact" Period	8 MSHSL "No Contact" Period	9 MSHSL "No Contact" Period	10 MSHSL "No Contact" Period
11	12 Summer workouts Grades 9-12 (7:30-10:30 AM)	13	14 Summer workouts Grades 9-12 (7:30-10:30 AM)	15 Summer workouts Grades 9-12 (7:30-10:30 AM)	16 Football Speed Camp 8-9 am 5th and 6th grade 9-10 am 7th and 8th grade	17
18	19 Summer workouts Grades 9-12 (7:30-10:30 AM)	20	21 Summer workouts Grades 9-12 (7:30-10:30 AM)	22 Summer workouts Grades 9-12 (7:30-10:30 AM)	23 Football Speed Camp 8-9 am 5th and 6th grade 9-10 am 7th and 8th grade	24
25	26 Summer workouts Grades 9-12 (7:30-10:30 AM)	27	28 Summer workouts Grades 9-12 (7:30-10:30 AM)	29 Summer workouts Grades 9-12 (7:30-10:30 AM)	30 Football Speed Camp 8-9 am 5th and 6th grade 9-10 am 7th and 8th	31

August 2021

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>
1	2 Summer workouts Grades 9-12 (7:30-10:30 AM) Need player volunteers each day: Developmental Camp Grades 7-8 (4:00-6:00 PM) Youth Camp Grades 2-6 (6:00-8:00 PM)	3 Developmental Camp (4:00-6:00 PM) Youth Camp (6:00-8:00 PM)	4 Summer workouts Grades 9-12 (7:30-10:30 AM) Developmental Camp (4:00-6:00 PM) Youth Camp (6:00-8:00 PM)	5 Summer workouts Grades 9-12 (7:30-10:30 AM)	6	7  Salt sale delivery
8	9 Tentative 10-12 grade testing 20 yd dash 40 yd dash vertical broad jump	10	11	12 Off Day	13 Off Day	14
15	16 First Day of Football	17 Schedule TBD	18	19	20	21
22	23	24	25	26	27	28

Sophomore & Varsity Summer Practice Schedule



Football Week

Tuesday, June 15th (2 practices)

Thursday, June 17th (1 practice)

Friday, June 18th (2 practices)

Location:

Varsity- on the stadium

Sophs- Vets

Team camp June 21st – 23rd

Freshmen Summer Practice Schedule



Tonka O & D Camp (9th Grade Only)

Days: Monday, June 21st – Wednesday, June 23rd

- Meetings @ 9:15 (immediately following strength) Location TBD

Practice Location: Stadium

Practice Time: 10:00 – 11:45

Equipment: Helmets, Shoulder Pads, Girdles, Shorts

Register at www.minnetonkafootball.org

Please make sure you fill out the Google doc link with emails, contact info, etc.

Freshmen Summer Practice Schedule



Days: Monday's starting June 28th (immediately following weightlifting)

- **Meetings @ 9:15** Location **TBD**

Practice Location: Stadium

Practice Time: 10:00 – 11:45

Equipment: Helmets, Shoulder Pads, Girdles, Shorts

Film Session “Chalk Talk”: Thursday's 9:15-10:00 (Immediately following weightlifting)

- Starting July 1st.

- **Location:** TBD

June 2021

Minnetonka Freshman 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>
		1	2	3	4	5
6 Equipment Issue: All Grades – 5-7 pm	7	8	9 Last Day of School	10	11	12
13	14 7:30-9:00 AM 1 st Day of Summer Workouts Make Up Equipment Issue: All Grades – 10 am-noon	15	16 7:30-9:00 Summer Workouts	17 7:30-9:00 Summer Workouts	18	19
20	21 7:30-9:00 Summer Workouts 9th Grade Football Camp 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #1 (Stadium)	22 9th Grade Football Camp 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #2 (Stadium)	23 7:30-9:00 Summer Workouts 9th Grade Football Camp 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #3 (Stadium)	24 7:30-9:00 Summer Workouts	25	26
27	28 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #4 (Stadium)	29	30 7:30-9:00 Summer Workouts	1 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense	2	3 MSHSL "No Contact" Period

July 2021

Minnetonka Freshman 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>
4 MSHSL "No Contact" Period	5 MSHSL "No Contact" Period	6 MSHSL "No Contact" Period	7 MSHSL "No Contact" Period	8 MSHSL "No Contact" Period	9 MSHSL "No Contact" Period	10 MSHSL "No Contact" Period
11	12 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #5 (Stadium)	13	14 7:30-9:00 Summer Workouts	15 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense	16	17
18	19 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #6 (Stadium)	20	21 7:30-9:00 Summer Workouts	22 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense	23	24
25	26 7:30-9:00 Summer Workouts NO PRACTICE	27	28 7:30-9:00 Summer Workouts	29 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense	30	31

August 2021

Minnetonka Freshman 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>
1	2 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense 10:15-11:45 Practice #8 (Vets) Need player volunteers Developmental Camp Grades 7-8 (4:00-6:00 PM) Youth Camp Grades 2-6 (6:00-8:00 PM)	3 Need player volunteers Developmental Camp (4:00-6:00 PM) Youth Camp (6:00-8:00 PM)	4 7:30-9:00 Summer Workouts Need player volunteers Developmental Camp (4:00-6:00 PM) Youth Camp (6:00-8:00 PM)	5 7:30-9:00 Summer Workouts 9:15 Team Meeting 9:25-9:40 Offense 9:40-9:55 Defense	6	7
8	9 Off Day	10 Off Day	11 Off Day	12 Off Day	13 Off Day	14
15	16 First Day of Football	17	18	19	20	21
22	23	24	25	26	27	28 9th Grade Scrimmage

Equipment Issue



Sunday, June 6th (MHS Locker Room/Team Room)

Equipment Issue:

Grade 12 – 5:00 PM

Grade 11 – 5:30 PM

Grade 10 – 6:00 PM

Grade 9 – 6:45 PM

Enter West Entrance, report to Team Room

Monday, June 14th (MHS Locker Room/Team Room)

- Make up handout ALL Grades: 10am - 11:30am**
- Spirit Pack (Nike T-Shirt and Shorts) issued (\$35). Write checks to Minnetonka Touchdown Club or pay in cash.**
- Football Shoes – we have used shoes to check out.**

Equipment Issue (cont.)



- Spirit Pack (Nike T-Shirt and Shorts) issued (\$35). Write checks to *Minnetonka Touchdown Club* or pay in cash.
- Football cleats – we have used cleats to check out if needed.
- We will not use locker rooms until further notice from our admin team.

Helmets- Freshman Fee



Riddell Speed Flex helmets
\$75 fee when a player enters the program.

Other helmets: Regular SPEED

*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.

Forms and Fees – July Mailing



Registration:

Begins July 19th

Football Activity & Annual Participation

Fee: \$200 + \$75 transportation fee

Registration Process:

Online- Minnetonka Activities

Forms Required:

Sports Physical, Eligibility Form, Emergency Card

2021 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 16 – November 27, 2020) 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.

Twin Cities Orthopedics – Free Physicals



Nike Merchandise Program



Online Store Dates – Now through Tuesday June 1st!

Deadline is midnight on June 1st...

THIS IS A FUNDRAISER FOR OUR PROGRAM!

- **In the past, we'd have players sell and they'd earn credit for their order.**
- **This year, we lowered the prices of the travel suit (sweat suit) and the Spirit pack in advance.**
- **We hope you'll use this site to order YOUR apparel and share with family and friends!**

Nike Merchandise Program



<https://www.bsnteamssports.com/shop/20MHSFB21>

MINNETONKA HIGH SCHOOL FOOTBALL
MHS FOOTBALL 2021



STORE CLOSES: JUN 1

POWERED BY BSN SPORTS

Size Charts



PERSONALIZED

Nike Epic 2.0 Knit
Jacket

\$55.00



PERSONALIZED

Nike Club Pullover
Fleece Hoodie

\$42.00



Nike Club Fleece Pant

\$42.00



Nike Legend Short
Sleeve T-Shirt

4 Colors Offered

\$24.00



Nike Legend Long
Sleeve T-Shirt

4 Colors Offered

\$28.00

Join the Minnetonka Touchdown Club Today!


















TOUCHDOWN CLUB

What we DO:

- ✓ Provide support
- ✓ Enhance the experience
- ✓ Advance the culture

What we VALUE:

- ✓ FAMILY
- ✓ COMMUNITY
- ✓ SERVICE
- ✓ SUPPORT
- ✓ INTEGRITY

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 (MUST BE OVER THE AGE OF 18)					

All Donations Are Tax Deductible

<https://www.minnetonkafootball.org>

Water Softener Salt Fundraiser



Twice a year...a fundraiser... but more importantly it is a service to our community.

Online sale starts June 22nd-Aug 7

Goal – 50 bags – Player sales – not online. Information will be emailed out in June

Orders due July 24th!

Delivery – Meet at 8:00 AM on August 7th @ Cub (Highway 7 and 101)

It Actually Is A lot of Fun!

Minnetonka Football Golf Classic – Deer Run



We Need You!

- ✓ Monday, July 26th
- ✓ Golfers
- ✓ Hole Sponsors
- ✓ Silent Auction Items

Register at:

www.minnetonkafootball.org



2021 Game Program and Scoreboard.



Contact Kim Ahmann

612-269-8133

if you are interested in placing an ad
in this year's program or on the
scoreboard during games.

Minnetonka Football 2021 Varsity Schedule



Date:

Thursday, September 2nd

Friday, September 10th

Friday, September 17th

Friday, September 24th

Friday, October 1st

Friday, October 8th

Friday, October 15th

Wednesday, October 20th

Opponent:

Edina

Blaine

Maple Grove

Champlin Park

STMA

Totino-Grace

Centennial

Roseville

Location:

Home

Home

Away

Away

Home

Away

Home

Away

Social Media Guidelines



- Everything that is posted to social media or online is there forever.
- You can serve a MSHSL penalty for bullying, 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 sheep dog and not the wolf.

Advice To Parents



- 1. Help your son be accountable academically**
- 2. Guide your son to our strength program**
- 3. Encourage your son to be a multi sport athlete as long as possible.**
- 4. Encourage your son to “hang in there” with football – understand the process – “A” and “B” Team.**
- 5. Prepare your son for the path, not the path for your son.**
- 6. Let your son know you love them regardless of performance.**

1. **Hydrate-** ounces to body weight modified for activity level and heat. Limit caffeine intake, it dehydrates your body.
2. **Electrolyte intake-** helps with cramps and muscle health. Potassium, Magnesium, Calcium and Sodium are the main electrolytes. Chloride, Phosphate and Bicarbonate are also electrolytes. Consistently take in foods high in electrolytes:

Potassium- Bananas

Magnesium- Bananas and nuts

Calcium- dairy, calcium fortified foods like orange juice, leafy greens

Sodium/Chloride- salt

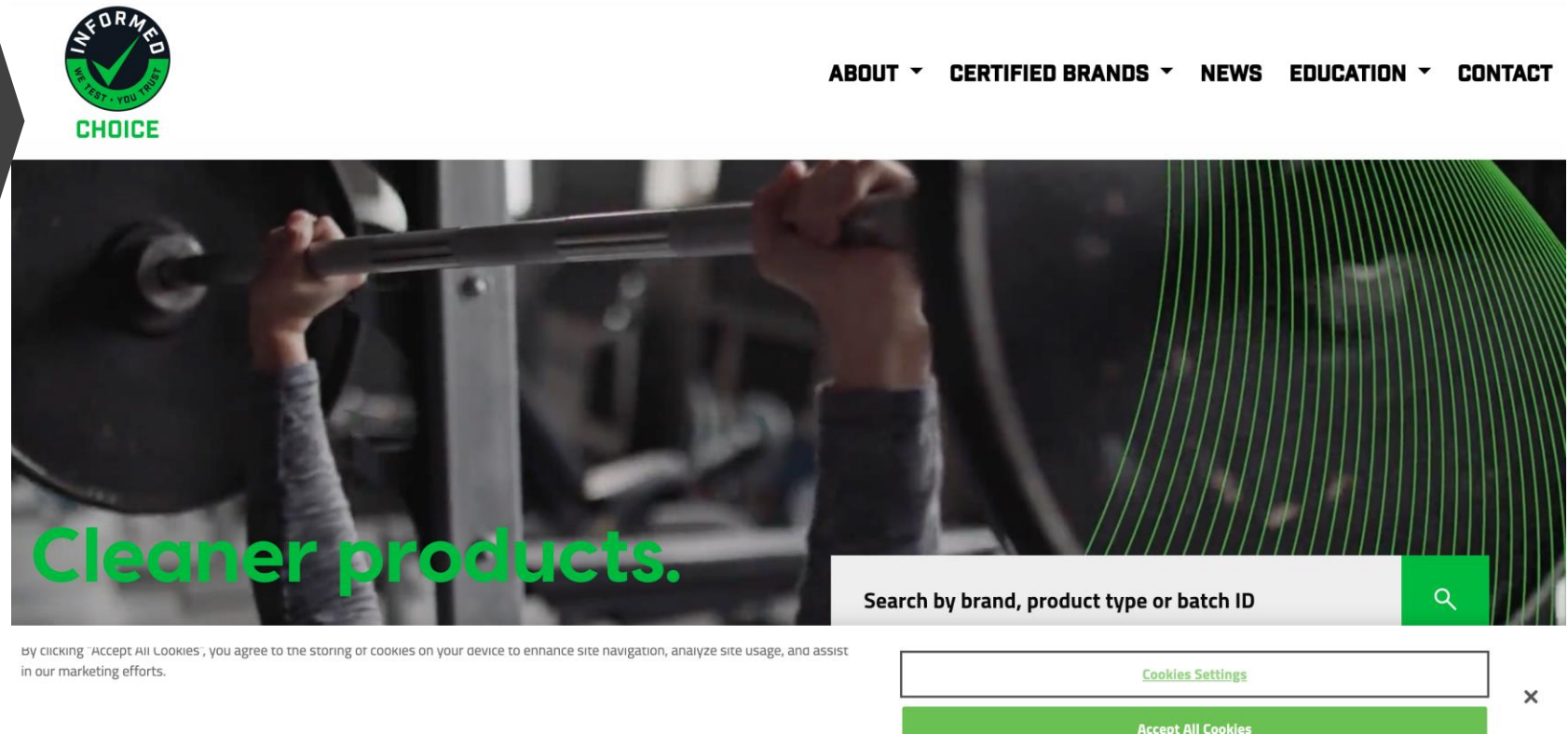
- 3. Take in more a few hundred more calories than you burn. This needs to be calculated and is not a perfect science. Calculate basal metabolic rate, calories burned, etc. Hormones tend to throw these numbers off.**
 - Eat 3 meals and 3-4 snacks a day.**
 - Eat until you are full**
 - It's hard to get enough calories from chicken and veggies.**
 - Depending on goals, eat 80% healthy foods.**
 - Eat breakfast!**
- 4. Post workout- replace muscle glycogen (carbs) immediately after your workout.**

SLEEP is super important to your recovery. You need 8-10 hours of sleep. The hours BEFORE midnight are where teenagers tend to waste sleep.

Tips:

- **Be consistent with your sleep. Go to bed and wake up at approximately the same time.**
- **Avoid screen time in the hours before bed.**
- **Your body uses sleep to recover from your workouts**
- **If you get up at 7 am, you need to be SLEEPING between 10-11 pm.**

Supplements



The screenshot shows the homepage of the Informed Choice website. At the top left is the Informed Choice logo, which is a green circle with a white checkmark and the text "INFORMED" at the top, "WE TEST • YOU TRUST" in the middle, and "CHOICE" at the bottom. To the right of the logo is a navigation menu with the following items: "ABOUT", "CERTIFIED BRANDS", "NEWS", "EDUCATION", and "CONTACT". Below the navigation menu is a large banner image showing a person's hands lifting a barbell in a gym. Overlaid on the bottom left of the banner is the text "Cleaner products." in green. On the bottom right of the banner is a search bar with the placeholder text "Search by brand, product type or batch ID" and a green search button with a magnifying glass icon. Below the banner is a cookie consent banner with two buttons: "Cookies Settings" and "Accept All Cookies".

INFORMED
WE TEST • YOU TRUST
CHOICE

ABOUT ▾ CERTIFIED BRANDS ▾ NEWS EDUCATION ▾ CONTACT

Cleaner products.

Search by brand, product type or batch ID

Cookies Settings

Accept All Cookies

There's a lot of bad stuff on the market.
www.informed-choice.org

TONKA FUEL



AS SOON AS YOU WAKE	As soon as you wake, it is important to get food/hyrdation into your body as soon as possible. FAST/EASY digesting CARBOHYDRATES are a great way to replace your lost energy stores overnight		
BREAKFAST	Eat a nutrient dense meal to jumpstart your METABOLISM & keep your body full of energy. Most important meal of the day: high quality protein, fast & slow digesting carbs, and healthy fats		
MID-MORNING SNACK	Continue to keep your body full of energy, fueling muscle growth, active mind. Pack snacks in your backpack!		
LUNCH	Primary energy source for mid-day! Prepare your body for afternoon training/practice/game/etc.		
MID-AFTERNOON SNACK	Essential time between lunch/dinner, continue to keep your body fueled and ready to work. Provide your body nutrients to perform at the highest level in the afternoon!		
DINNER	Might be your post-workout/practice meal. Rehydrate/Refeed your body with high quality nutrients (lean meats/fast or slow digesting carbs/healthy fats).		
LATE NIGHT BEFORE BED	REHYDRATE! Helps curve cravings at night. Allows body to recover at a faster rate. Slow digesting nutrients to aid your body in recovery overnight.		
POST-WORKOUT	Consume within 0-40 minutes after workout. Fast digesting carb = replenish energy. High quality carbs, proteins, healthy fats.		
AS SOON AS YOU WAKE	MID-MORNING SNACK	MID-AFTERNOON SNACK	LATE NIGHT BEFORE BED
a) Glass of water b) toast or bagel w/ PB c) Fruit Smoothie	a) PB&J b) Trail Mix/Granola Bar c) Protein Bar	a) chicken salad w/ light dressing b) lunch/dinner leftovers c) PB & banana sandwich on wheat	a) low-fat cottage cheese b) glass of milk w/ almonds (plenty of water)
BREAKFAST	LUNCH	DINNER	INSTASWOLE SHAKE
a) 2-3 eggs w/ 1 Cup Oatmeal b) Greek Yogurt, berries, granola	a) Turkey Sandwich on Wheat w/ Veggies/Cheese b) 1 cup rice w/ chicken, veggies	a) fish, chicken, lean beef/steak w/ rice, sweet potato, whole wheat pasta w/ green veggies	1 cup egg whites, 2 scoops PB, 1 banana, 1 cup of oats, 1 scoop protein powder, 1 cup milk
YOUR NUTRITION HABITS DETERMINE YOUR STRENGTH GAINS			
NUTRITION TIP #1	NUTRITION TIP #4	NUTRITION TIP #7	NUTRITION TIP #10
Hard boil carton of eggs at one time. Convenient & packable	Purchase fresh/frozen fruit & veggies (not canned)	Trim excess fat from meat/poultry before cooking	Drink 1 gallon of water per day at least
NUTRITION TIP #2	NUTRITION TIP #5	NUTRITION TIP #8	NUTRITION TIP #11
Use a blender to create shakes	Cook veggies in microwave, excess water will remove vitamins from veggies	Gatorade/Powerade drink in moderation or during competition	Consuming more calories than you use in a day = weight gain. Consuming fewer calories than you use in a day = weight loss.
NUTRITION TIP #3	NUTRITION TIP #6	NUTRITION TIP #9	NUTRITION TIP #12
Meal Prep: Plan your week. Cook several servings, leftovers are convenient	Add extra virgin olive oil as a substitute for butter	Consume fish or seafood as forms of healthy fats and Omega 3, 6, 9	Ask questions/educate yourself
WEIGHT GAIN/INCREASE LEAN MASS		WEIGHT LOSS/DECREASE BODY FAT	
Increase meal frequency; large quantity + high quality = gains Consume high caloric shake for breakfast & post-workout Snack on slow digesting proteins and healthy nuts at night		Increase meal frequency; limit portion sizes Restrict/limit carbohydrate intake w/ exception of Increase cardio training (high tempo)	
SHOPPING LIST-MUST HAVES			
Eggs/Liquid Egg Whites Fresh Turkey Chicken Breasts Ground Turkey/Ground Beef (Lean) Low Fat Cottage Cheese	Low Fat Milk Greek Yogurt Fresh/Frozen Fruit All natural honey Peanut Butter	Whole Wheat Pasta Whole Wheat Bread Rice Oats/Oatmeal Sweet Potatoes	Spinach Broccoli Virgin Olive Oil Walnuts/Almonds Granola/Protein Bars

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